



Goldfinch Health Case Study

Eliminating Waste from Surgery and Recovery with Enhanced Surgical Pathways + Nurse Navigation

Each suboptimal and unnecessarily invasive surgery and recovery costs companies thousands of dollars each year.

Let's take a closer look at this issue by examining the case of one man's journey through **shoulder surgery**.

Background

A rotator cuff repair is a common surgical procedure designed to restore arm and shoulder motion and alleviate pain. According to MD Guidelines, a national database that serves as a benchmark for Return to Work data, the average time out of work for an arthroscopic surgery with rotator cuff repair is 126 days (18 weeks).

A Better Approach to Surgery and Recovery

Clinically validated, opioid sparing Enhanced Surgical Pathways help patients to achieve fast-track recovery and reduce the risk of complications and re-operations. The benefits of these pathways have been studied and reported in more than 4,000 journal articles over the last 15 years:¹

Length of Stay

↓ **30%**

Complications

↓ **50%**

Opioid Use

↓ **up to 90%**

Results

This member received expert and compassionate Nurse Navigation through an Enhanced Surgical Pathway. As a result, he returned to full duty in 4 weeks (28 days) after shoulder surgery (not the typical 18 weeks), required 0 doses of an opioid painkiller, and reported pain at "0" throughout the recovery.

98 Saved Days in Recovery

In this case, 98 days of recovery time were saved due to Nurse Navigation and optimized surgical care (before, during and after the procedure). This represents a 78% improvement on the national average.

	Standard Pathway ^{2,3}	Nurse Navigator + Enhanced Surgical Pathway	Results
Days out of work	126	28	Saved: 98 days (↓78%)
Doses of narcotic painkillers used (opioids)	82	0	Avoided: 82 doses

53% Savings in Cost of Surgery

Making informed decisions about Appropriateness of Care (e.g., surgery vs. non-surgery options) and Appropriateness of Site of Care (e.g., outpatient/Ambulatory Surgery Center vs. inpatient) can save thousands of dollars per case. In this instance, **\$4,131 (53% savings)** was saved by helping the member to find an outpatient surgery option for his needed shoulder procedure.

Summary

Enhanced Surgical Pathways supported the employee throughout the entire surgery and recovery process and returned the employee to work 78% faster than national benchmarks. In addition, the company realized significant medical and labor savings.

This same approach applies to many surgical procedures, including:

- Back/spine surgery
- Carpal tunnel surgery
- Hip surgery
- Knee surgery
- Shoulder surgery
- Other musculoskeletal (and non-musculoskeletal) procedures

For more information, visit **GoldfinchHealth.com**.

References:

1. Joliat G, Ljungqvist O, Wasylak T, et al. "Beyond surgery: clinical and economic impact of Enhanced Recovery After Surgery programs". BMC Health Serv Res 18, 1008 (2018).
2. MD Guidelines. <https://www.mdguidelines.com/>.
3. Plan Against Pain. 2018 National Report. https://www.planagainstpain.com/wp-content/uploads/2019/11/Pacira_2018report_102419b_FINAL.pdf.