

New Resource for Patients Facing Outpatient Procedures

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By WRIC Newsroom **CONNECT**

RICHMOND, Va. (WRIC) - Do you have outpatient surgery scheduled anytime soon? Virginia has a new resource to help answer your questions about the safety, effectiveness and recovery from the ten most common procedures: Breast Surgery, Colonoscopy, Facial Surgery, Gall Bladder Removal, General Laparoscopic Procedures, Hernia Repair, Hysterectomy, Knee Surgery, Liposuction and Gynecological Procedures.

In August, Sandra Rawlins had an outpatient lumpectomy a few weeks after a routine mammogram first detected she had Stage One Intermediate Breast Cancer. "Never thought it would happen. It was the last thing I ever considered in my life," the Chesterfield resident says about her diagnosis.

It's why Rawlins is happy to learn [Virginia Health Information](#) just released an online database for outpatient procedures. [VHI's Consumer Guide to Outpatient Procedures](#) describes why a procedure may be needed, questions to ask your doctor and information to help you compare and select where the procedure will be performed. It also includes information about alternative treatments and tests.

Executive Director Michael Lundberg explains why VHI put together this guide. "The idea is to get people most comfortable with the procedures and to help them talk with their doctors."

Outpatient procedures account for a growing number of all surgeries. VHI says last year more than 300,000 outpatient surgeries were reported for the Virginia procedure groups, up 1.4 percent from 2012.

Lundberg says all patients need to do their homework. [Joan Rivers' sudden death](#) last month raised concerns about procedures done outside a hospital whether they are part of a treatment or are diagnostic. "While they seem like they are less serious because there isn't an overnight stay, it's important to understand there are risks and benefits."

"Doing your research ahead of time helps a lot and calms a lot of the fears," Rawlins says about how she approached her own recent outpatient surgery. She knows this resource is valuable for any patient facing the unknown. "You have a lot of questions, a lot of things that come to mind and maybe having one place to go instead of making phone calls to everybody would be a good reason to have it."



VHI's Consumer Guide to Outpatient Procedures is a new resource for patients.