



Emergency Surgery Or Not (ESORT)



Health research about emergency surgery for common medical conditions



The ESORT Study



**Improving Decisions
About Emergency Surgery**



Health Research



**Using Personal
Health Information**



Collected In A Hospital

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About this guide



Blue Words

When a word or phrase is difficult, we have explained it in **blue writing**.



We have split it up into different sections to make it easier to read.

You may want to read it in stages.



There is more information at the end of this guide, if you still have questions.



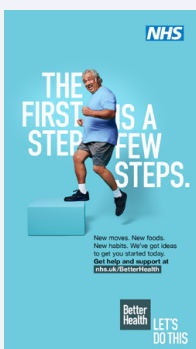
01. What is Health Research?



The NHS is always investigating how to improve what it does.



The NHS does this in health research when health professionals and scientists look into new treatments such as testing new medicines.



We can also do health research to work out the best ways to encourage everyone to live healthy lives.



02. ESORT: Emergency Surgery OR noT



ESORT is a health research study.

The ESORT study team is investigating what happens at hospitals when we have a **common health condition** which becomes an emergency.



The ESORT Study is looking at 5 common health conditions which may need surgery OR which may not need surgery!



Emergency Surgery



OR noT

02. ESORT: Emergency Surgery Or not



The 5 **common conditions** are:

Appendicitis

Diverticulitis

Intestinal obstruction

Gallbladder inflammation

Acute symptomatic hernia



The ESORT health research study wants to find out the best way to manage these common conditions in an emergency.

03. The **ESORT** Question

Is it better to have emergency surgery, or some other treatment, when we have when we have a common health condition which becomes an emergency?



03. The ESORT Question



Is emergency surgery the best treatment?

OR



Is it better to wait and see and perhaps have a planned operation later?

OR



Is it better look after the patient using treatment which is not surgery?

OR



Or is it a combination of these?

Turn the page to find out.



04. What do we know already?



Some patients see their health improve following emergency surgery.



But, other patients see their health improve by NOT having emergency surgery.



Surgeons already know that complications after emergency surgery are higher than for planned surgery.

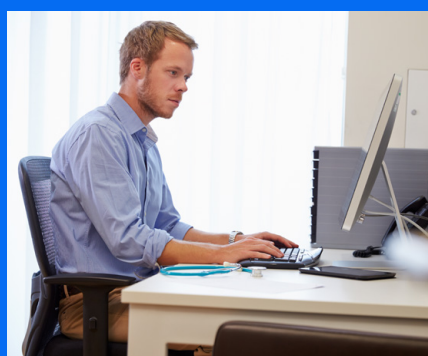
04. What do we know already?



Doctors also know that sometimes it is better to wait and see if the condition gets better without surgery.



For many patients, we really don't know what the different health benefits and risks are of having emergency surgery.



That is why we need to do health research to inform surgeons about which decision to make.

Every patient is different





We also do not really know what it costs the NHS for a patient to have emergency surgery or a different treatment.



Our ESORT study will find out and compare how much the different treatment options cost:



Emergency surgery



Planned surgery



No surgery



How the ESORT study will work?



In 2018, there were 697,314 common emergency admissions to NHS hospitals in England.



Of these 697,314 people:

56% DID have an operation

43% did NOT have an operation



The hospitals collected the health information about ALL these patients' emergency hospital visits.

06. How the ESORT study will work?



The ESORT study team will examine the **de-identified** health information for common adult emergency admissions (see section 8).



The ESORT study team will look at what happened in 136 NHS hospitals in England from 2009 to 2020.



We will look into the procedures received by patients admitted for the 5 emergency conditions.



Appendicitis



Diverticulitis



Intestinal obstruction



Gallbladder inflammation



Acute symptomatic hernia

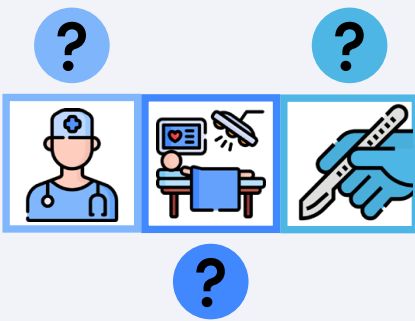
06. How the ESORT study will work?



The ESORT study team will analyse what happened to each of these 697,314 patients.



The data will tell us how many had surgery and how many did not.



The data will tell us what each patient's condition was and what treatments they had.



The data will tell us what the health outcomes were for each patient:
good and bad.

06. How will this study find out which way is best: emergency surgery or not?



The de-identified data will tell us about the differences between groups of patients.



Age



Gender



Other illnesses



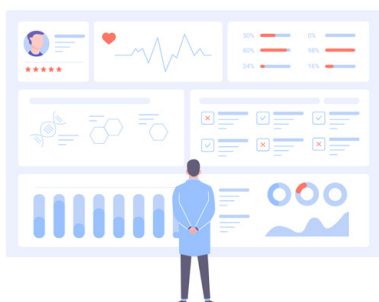
Ethnic background

These differences include age, gender, ethnic background and whether they had any other illnesses.



We will also have information on how rich or poor the local area a person lives in.

This may influence the type of services people receive.



All of this adds up to millions of pieces of information about going to hospital in an emergency with a common condition.



The ESORT Study will help improve how the NHS treats patients who come into hospital with a common condition.



Surgeons will know much more about when to go ahead with surgery and when not to.



Surgeons will know much more about which treatment options are better than others.

07. The ESORT Study: Helping make improvements to the NHS



Patients will have the right kind of surgery at the right time OR avoid unnecessary surgery.



The NHS will know much more about the costs of treating patients with emergency conditions.



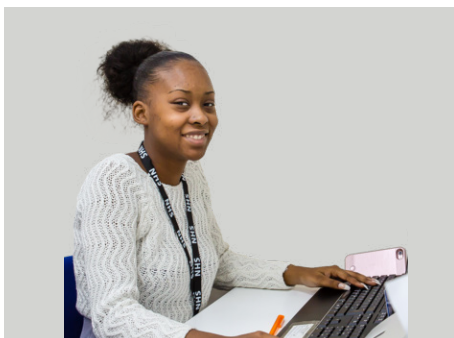
The study will help the NHS to plan how to respond to patients who come to a hospital with common emergency conditions.



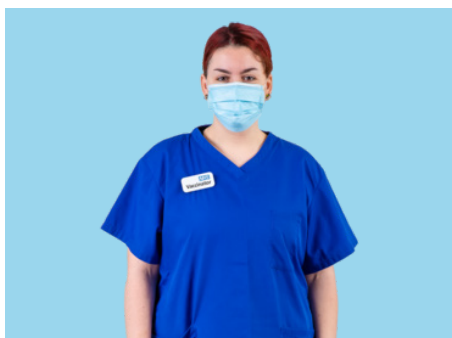
The NHS will learn what extra research is needed about treating patients with common emergency conditions.



08. Collecting patient information in the NHS



A doctor



A nurse



A Dietician

08. Collecting patient information in the NHS



Confidential



Private

Our personal health information is confidential and private.



The NHS needs to share patients' health information between different health professionals.



This is to make sure patients get the right treatment and aftercare.



The NHS also **de-identifies** patients' health information.

De-identifies means taking out any information in the health record which could tell us who the person is.

08. Collecting patient information in the NHS



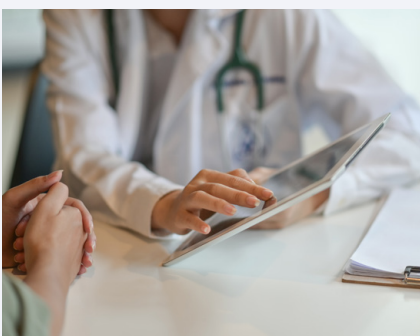
The Data Protection Act 2018 sets down strict rules about using patients' health information for research.



The de-identified health information is collected at a hospital and sent via computer to NHS Digital.



The computer system is very secure in order to protect patients' confidential health information.



NHS Digital removes any personal details that could identify a real person.

Only then can health researchers use the de-identified health information.

08. Collecting patient information in the NHS



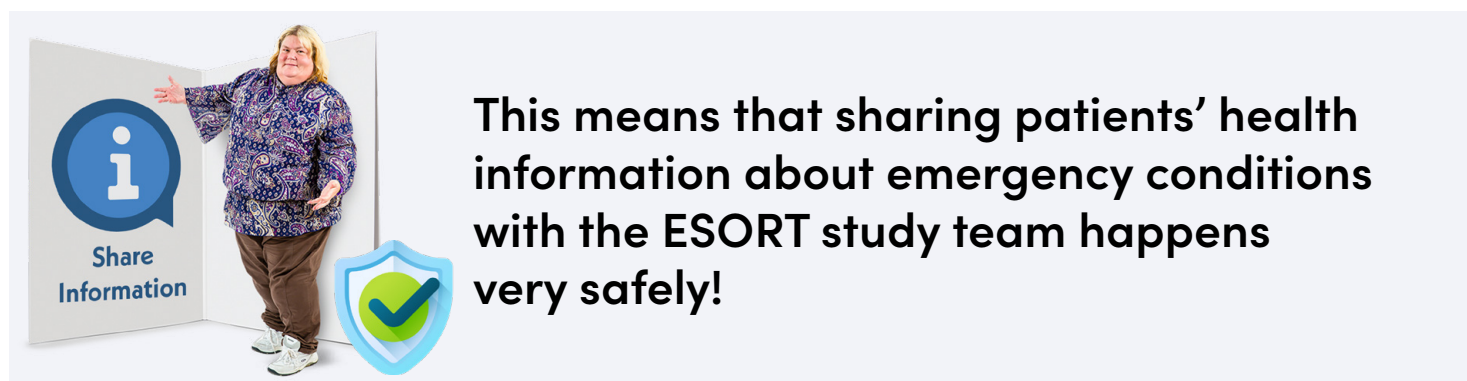
WHY the data is needed



WHO is accessing the data



HOW the data will be protected



09. The ESORT Study Team



Universities



Clinicians



Patients

The ESORT study team brings together experts in universities, clinicians and patients.



Patients have told the study team about their experiences of going to a hospital with a common emergency condition.



A panel of specialist clinicians guides the study team.



Advisory Group

An expert advisory group, with an independent chairperson, oversees the study.

10. **More information about the ESORT study**



This link takes you to patient stories about the 5 common conditions studied in ESORT.

<https://bit.ly/38xoXNr>



The study team has made sure information is in formats that allow everyone to understand the ESORT study.



This is the link to the ESORT webpage for patients and the public:

<https://bit.ly/30AGobm>

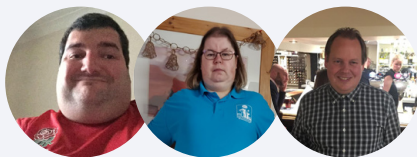


The link includes a transcript of the text in this document for use with screen readers.

10. More information about the ESORT study



This document was made in co-production with people with a learning disability and / or autism.



Thank you to everyone who contributed to the design of the booklet.



The Government is funding the ESORT health research study.

**LONDON
SCHOOL of
HYGIENE
& TROPICAL
MEDICINE**



The research is directed by a university in London called The London School of Hygiene and Tropical Medicine.

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