

# FAST TRACK Surgery Protocol Components Use Results in Planned Non-Surgical Interventions During Pregnancy

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## **Abstract**

*Purpose:* To evaluate FAST TRACK surgery protocol components use results in planned non-surgical interventions during pregnancy. *Materials and methods:* Performed elective surgical treatment of 457 pregnant women in the 2nd and 3rd trimesters with primary progressive chronic venous disease (CVD) C2-4s, Ep, As, p, Pr (according to CEAR 2002 classification) according to the FAST TRACK surgery protocol. *Results:* A multidisciplinary approach to treating pregnant women, their hospitalization in a specialized obstetric hospital on the day of surgery, the perinatal psychotherapy use for preparing a pregnant woman and her fetus before surgery, performing surgical interventions by a vascular surgeon so-called mono technologist or obstetric vascular surgeon in optimal timing. Due to these factors, 97.2% of the operated patients received a positive clinical effect from the planned surgical treatment with 100% absence of all operated complications from the fetus and mother. Treatment did not cause premature birth, in the postoperative period the pregnancy is comfortable. All children were born in a timely and satisfactory condition. *Conclusions:* The multidisciplinary approach ensures 100% childbirth and the postpartum period safety. It forms in 98% comfortable pregnancy in the postoperative period with a decrease in the hospital stay length with the fastest possible patient's return of the patient to their daily lifestyle. All operated patients did not need medical support in the postoperative and postpartum periods, except for the use of elastic knitwear with compression class 2 (stockings or socks) during physical activity. Postoperative complications from postoperative complications, which did not require additional treatment, did not affect the development of the child, the course of pregnancy, were noted in 2.4% of the operated patients.

## **Keywords**

Non-Obsessive-Compulsive Disorder, Protocol FAST TRACK Surgery, Non-Obstetric Scheduled Surgical Treatment, Multidisciplinary Approach