

Improving Access to Hernia Surgery: A Study of Same-Day Procedures in Public Hospitals

ACTRN12625000458437

Status	RECRUITING
Sponsor	Canterbury Hospital
Enrollment	352 participants

Plain Language Summary

Hernias — where tissue or organs push through a weakness in the surrounding muscle — are among the most common conditions requiring surgery, but many patients in the public health system face long waits for elective hernia repair. Same-day surgery (where patients go home the same day rather than staying overnight) can help hospitals treat more patients more efficiently, provided it is done safely with the right support in place.

This study is evaluating a dedicated same-day hernia surgery service that uses minimally invasive (laparoscopic) techniques and nerve blocks to help patients recover more quickly and comfortably at home. The study will track complications, patient-reported quality of life, and recovery outcomes at four weeks and twelve months after surgery.

You may be eligible if you are a male aged 18 to 75 with an uncomplicated groin or abdominal wall hernia, are in generally good health (ASA status I or II), have a BMI below 40, and have appropriate support at home after discharge. Complex hernias (such as recurrent or strangulated hernias), significant other health conditions, and lack of home support are reasons for exclusion.

Key Eligibility Criteria

Inclusion (7)

- Adults aged 18 to 75 years
- Diagnosed with an uncomplicated abdominal wall or groin hernia (inguinal, femoral, umbilical, or small ventral hernia)
- ASA Physical Status I–II
- BMI < 40
- Medically suitable for same-day discharge based on anaesthetic assessment

... and 2 more (see full listing online)

Exclusion (9)

- Age > 75 years
- Complex hernias (e.g., recurrent, strangulated, incarcerated, or requiring mesh explant)
- ASA Physical Status IIIb or higher
- BMI > or = 40
- Significant comorbidities requiring inpatient monitoring (e.g., unstable cardiovascular or respiratory disease, insulin-dependent diabetes with complications)

... and 4 more (see full listing online)

Locations (1 total)

NSW, Australia

<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12625000458437>

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