



# Emergency Surgery Or Not (ESORT)



Health research about emergency surgery for common health conditions

**Study findings**



**The ESORT Study**



**Improving Decisions  
About Emergency Surgery**



**Health Research**



**Using Personal  
Health Information**



**Collected In A Hospital**



**Many patients are admitted to NHS hospitals in an emergency with common health conditions.**



**In England just over half of these patients have surgery within days of going into hospital.**



**This is emergency surgery.**



Other patients have different care and treatment.



For example:  
**taking medication**



or **having surgery at a later date.**



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



## What did our research do?



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



**The ESORT Study looked at 5 common health conditions. These are:**



**Appendicitis**



**Diverticulitis**



**Intestinal obstruction**



**Gallbladder inflammation**



**Acute symptomatic hernia**



**The ESORT study wanted to find out the best way to manage these common conditions in an emergency.**



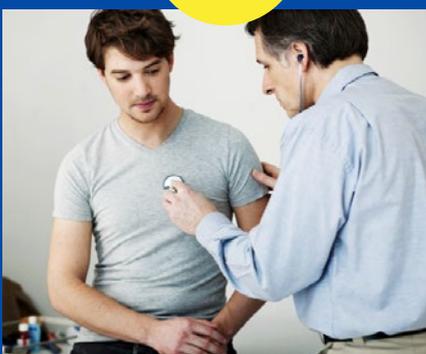
**Is emergency surgery the best treatment?**

**OR**



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

**OR**

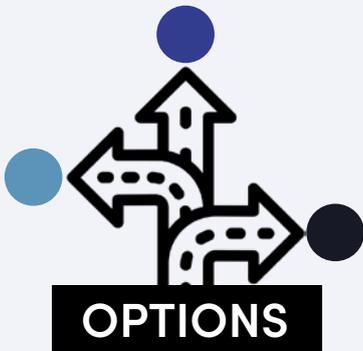


**Is it better look after the patient using treatment which is not surgery?**

**OR**



**Is it a combination of these?**



**The ESORT study also found out and compared how much the different treatment options cost.**



**Emergency surgery**



**Planned surgery**



**No surgery**



## What did our study find out?



**Most of the time emergency surgery or another treatment had the same result.**



**What happened to a patient's health was similar, whether they had emergency surgery or another treatment.**



**And the cost to the NHS was the same.**

For patients with intestinal obstruction who were not frail we found that most of the time emergency surgery was the best approach.



For people who were very frail, we found that not having emergency surgery was the best approach.



**Our study will:**



**help doctors to make better emergency surgery decisions.**

**AND**



**help the NHS to plan more emergency surgery research.**



**A group of patients who had experienced emergency surgery helped us with this health study.**



**At the beginning they helped us to understand what was important for patients to know.**



**At the end they helped us to communicate the results to the public.**



**We have also made an easy read guide explaining the ESORT Study.**



**Our guide describes how the research used our personal health information to improve what the NHS does.**



**Click on the picture to read the easy-read guide.**

**A co-production group worked together to make this easy-read document.**

**We created this survey as people who are:**

“Chilled, relaxed, kind, helpful and caring”

“Creative and committed”

“Kind and generous with my time to others”

“Passionate, approachable and dedicated”



---

**To find out more:**

**Visit our website:** [thinklusive.org](http://thinklusive.org)

**e-mail:** [hello@thinklusive.org](mailto:hello@thinklusive.org)

**Thinklusive**

