

## **Strategies for reducing costs in anesthesia: Examples of successful initiatives in Brazilian health institutions**

**Dhiego Alves de Lacerda<sup>1</sup>, Pedro Fechine Honorato<sup>2</sup>, Larissa Luana Lopes Lima<sup>3</sup>, Anaylle Vieira Lacerda Oliveira<sup>4</sup>, Francisco Alencar de Souza Neto<sup>5</sup>, Hector Estrela Celeste<sup>6</sup>, José Leonardo Frutuoso Miranda<sup>7</sup>, Mikaely Andrade de Lacerda<sup>8</sup>, Thainá de Oliveira Siqueira, Thárcio Ruston Oliveira Braga<sup>9</sup>.**

### **ABSTRACT**

This paper reviews strategies adopted by health institutions in Brazil to reduce costs in anesthesia services. The initiatives include the standardization of protocols, the use of generic drugs and the optimization of material resources. Results demonstrate that such measures are effective in reducing operating costs, without compromising the quality and safety of anesthetic services. Managers are encouraged to consider these practices to sustain financial efficiency and improve hospital care.

**Keywords:** Anesthesia, Hospital management, Public health.

### **INTRODUCTION**

Efficient cost management in anesthesia services represents an imperative for healthcare institutions in Brazil, which face constant pressures for operational efficiency and rational use of resources. This study aims to analyze successful strategies implemented at the national level, aiming not only at reducing expenses, but also at maintaining high standards of quality and safety in patient care.

### **OBJECTIVE**

The objective of this study is to investigate and document exemplary cases of initiatives adopted by Brazilian health institutions to reduce costs in anesthesia services. Specific strategies, their implementation methodologies and the results achieved will be examined, offering valuable insights for managers and health professionals.

---

<sup>1</sup> Undergraduate student of the Medicine Course, UNIFSM, Cajazeiras, PB

<sup>2</sup> Undergraduate student of the Medicine Course, UNIFSM, Cajazeiras, PB

<sup>3</sup> Undergraduate student of the Medicine Course, UNIFSM, Cajazeiras, PB

<sup>4</sup> Undergraduate student of the Medicine Course, UNIFSM, Cajazeiras, PB

<sup>5</sup> Undergraduate student of the Medicine Course, UNIFSM, Cajazeiras, PB

<sup>6</sup> Undergraduate student of the Medicine Course, UNIFSM, Cajazeiras, PB

<sup>7</sup> Undergraduate student of the Medicine Course, UNIFSM, Cajazeiras, PB

<sup>8</sup> Advisor Professor. Nurse, Faculdade Santa Emília de Rodat, João Pessoa, PB

<sup>9</sup> Advisor Professor. Nurse, Faculdade Santa Emília de Rodat, João Pessoa, PB



## **MATERIAL AND METHODS**

This research used a literature review methodology, with a careful selection of scientific articles indexed in the SciELO, PubMed and other relevant sources. Studies published in the last five years, written in Portuguese, which detailed concrete strategies for reducing costs in anesthesia services in the Brazilian context, were included.

## **RESULTS**

Among the strategies identified, the strict standardization of anesthetic protocols, the adoption of quality-assured generic drugs, and the optimization of the use of material resources during surgical procedures stand out. Health institutions in Brazil have been successful in implementing such measures, resulting in a substantial reduction in operating costs without compromising the excellence and safety of the anesthetic services offered.

## **CONCLUSIONS**

This study shows that the strategic and judicious implementation of specific measures can significantly contribute to the financial sustainability of health institutions, especially in the challenging context of anesthesiology. The standardization of practices, the intelligent selection of inputs, and the effective control of resources emerge as fundamental pillars for efficient and responsible management. Health managers and professionals are encouraged to consider these practices as essential not only for cost reduction, but also for the continuous improvement of the quality of care.