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HEALTH QUALITY
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Enhanced Recovery After Surgery (ERAS)

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What is ERAS?

A perioperative care pathway to improve patient outcomes and recovery after major surgery

- Implementation of **standardized, evidence-based** perioperative protocols
- Integration preoperative, intraoperative and postoperative care



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What is ERAS?

Mid-thoracic epidural anesthesia/analgesia
No nasogastric tubes
Prevention of nausea and vomiting
Avoidance of salt and water overload
Early removal of catheter
Early oral nutrition
Non-opioid oral analgesia/NSAIDs
Early mobilization
Stimulation of gut motility
Audit of compliance and outcomes

Postoperative | *Preoperative*
ERAS
Intraoperative

Preadmission counseling
Fluid and carbohydrate loading
No prolonged fasting
No/selective bowel preparation
Antibiotic prophylaxis
Thromboprophylaxis
No premedication
Short-acting anesthetic agents

Mid-thoracic epidural anesthesia/analgesia
No drains

Avoidance of salt and water overload

Maintenance of normothermia (body warmer/warm intravenous fluids)



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Rationale for the Project

When: Pilot project from March 1st – August 31st, 2016

Who: Elective bowel surgery patients at St. Clare's Mercy Hospital

Why: Improve the quality of surgical care



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The Goal of the Project or Strategy

- Reduction in postoperative complications
- Decreased hospital length of stay
- Maintenance of readmission rate
- Improved patient satisfaction



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Measures

| Primary Outcomes | Baseline | ERAS | Interpretation |
|---------------------------|-----------------|-------------|-----------------------|
| Average LOS (days) | 10.8 | 6.6 | 39% reduction in LOS* |
| Secondary Outcomes | Baseline | ERAS | Interpretation |
| Complication rate | 46% | 41% | Not significant |
| Mortality | 1.9% | 1.1% | Not significant |
| Readmission rate | 12% | 10% | Not significant |



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Tips & Tools for Others

What can you suggest to others addressing similar issues?

- Takes a coordinated approach along entire surgical continuum; ERAS Coordinator facilitates communication and provides overall project direction
- ERAS recommends paradigm shifts in the way we deliver care; Physician champions are essential
- Data is necessary to drive practice change
- Consider sustainability



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Tips & Tools for Others

What ideas can you offer on how to incorporate the patient and family voice?

- Feedback may find you
- Patient advisors on committees
- Patient feedback through surveys
- Grants available for research on patient reported outcomes
- Be aware of context



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Questions and Discussion