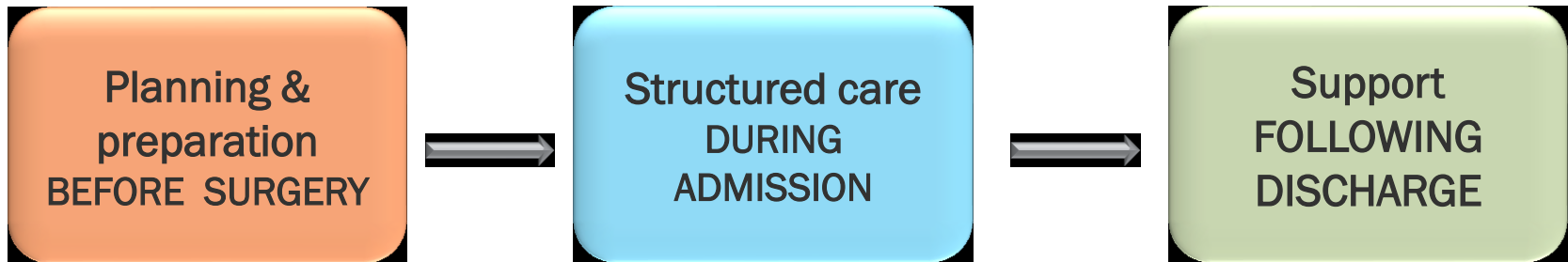




# ENHANCED RECOVERY AFTER SURGERY

- Originated in Denmark in 1990s
- Initiated in Oxford University Hospital NHS Foundation Trust in 2012
- Modern ,evidence based approach to help patients recover sooner after major surgery and return to their normal life
- Partnership between patients, their families and health care professionals
- Empowering patients to be active participants in their care through 3 key stages:



## BEFORE SURGERY

### Discussion

ERAS Surgical team - your surgery & your expectations

Enhanced Recovery Programme for Oesophagectomy & Gastrectomy

Anticipated stay on hospital – 7 to 8 days

### Assessment

Review your medical & surgical history

Nutrition needs

General health & fitness

Detailed tests: - CPET (Cardio-Pulmonary Exercise Test)

### Advice

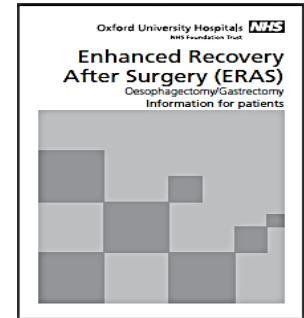
ERAS information leaflet

Health Promotion e.g stopping smoking; increased fitness activity

Inspiratory Muscle Training

Specific fasting advice

Carbohydrate rich pre-Op drinks (*not suitable if you have diabetes*)



## DURING ADMISSION

### Preparation

Getting you ready for your surgery

Meet your surgeon & anaesthetist

ERAS Patient Diary – recovery targets and goals

### Recovery - structured care pathway

Routine 24 hours in our high dependency unit

Early mobilisation + deep breathing

Enhanced nutrition – nutrition supplements & earlier progress to meals

### Discharge

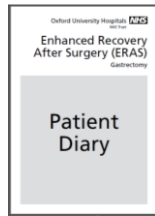
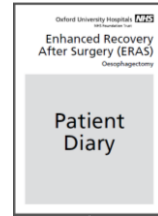
Returning to your normal level of independence

### Planning

Training on administering your blood thinning injection

Eating & drinking well

Care advice : e.g wound care



Surgery



**FOLLOWING  
DISCHARGE**

**Support**

Details on who to contact if any concerns

Routine follow up call by your Specialist Nurse



**Follow- up**

# TEAM APPROACH



Consultant



Pre-assessment team



Physiotherapy



Anaesthetists



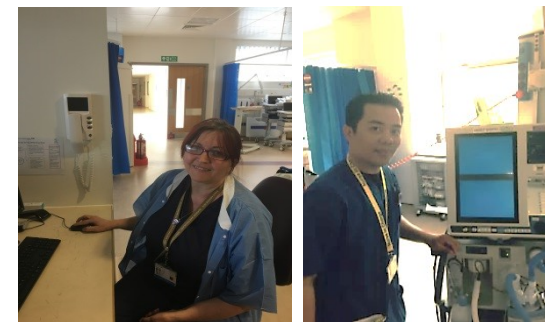
Theatre direct admissions team



Ward team



Dietitian



High dependency team

# THE ROLE OF ERAS FACILITATORS

- Oversee the ERAS project in the Trust
- Work with your ERAS surgical teams to help improve your care and experience based on evidence and research
- Provide education and training to new staff in each of the key areas
- Monitor your progress in your ERAS journey and advice/support to your teams
- Audit Data and patient feedback – shared with team and improvements discussed



# YOUR ERAS FEEDBACK

Clinical excellence! Early start to rehab worked well.

Everything was well explained and the care received was excellent.

Listened and responded in a caring way to my concerns. Communication among staff is good

Well informed; prepared; in control; supported

My complete care was taken care of in the best possible way. All the staff were extremely good. I felt in very safe hands – Thank you.

The diary helped to keep track & remember when the brain was a bit fuzzy. It set the targets for me to achieve & aid my recovery.

Continuity of staff would be ideal

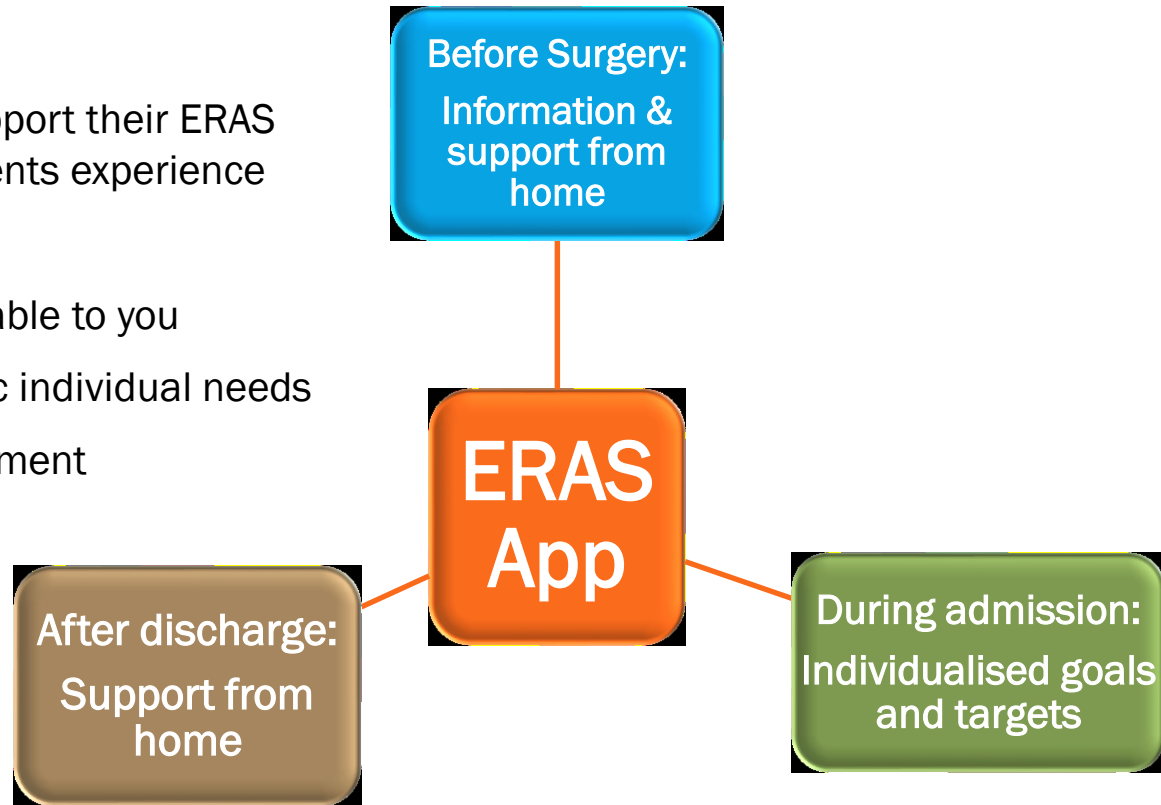
WINE LIST WITH DINNER





# ERAS DIGITAL PROJECT

- Trust funded digital project
- Aim: further enhance patient support their ERAS journey and improve overall patients experience
- ERAS diary into an 'app'
  - information automatically available to you
  - adjustable goals to your specific individual needs
  - data and feedback for improvement



ANY QUESTIONS?

