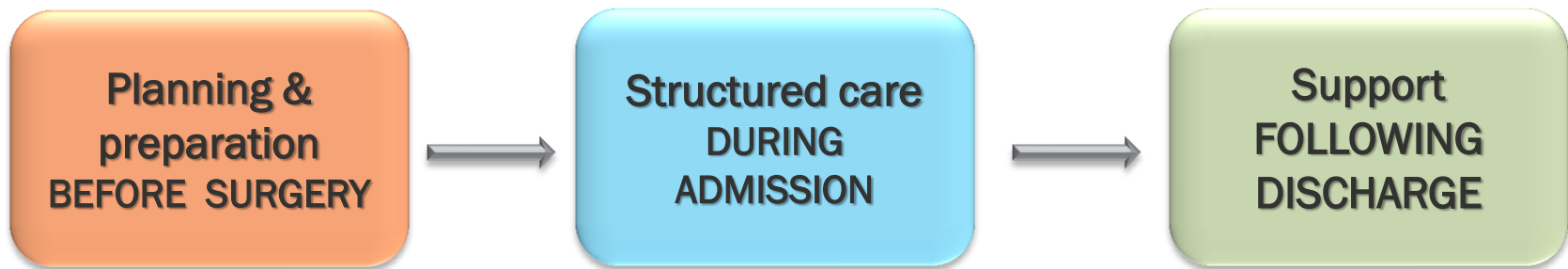


ENHANCED RECOVERY AFTER SURGERY

- 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

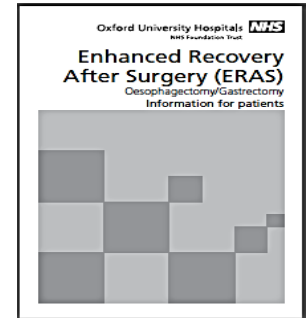
ERAS information leaflet

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

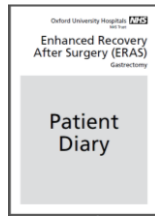
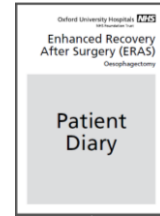
Returning to your normal level of independence

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.

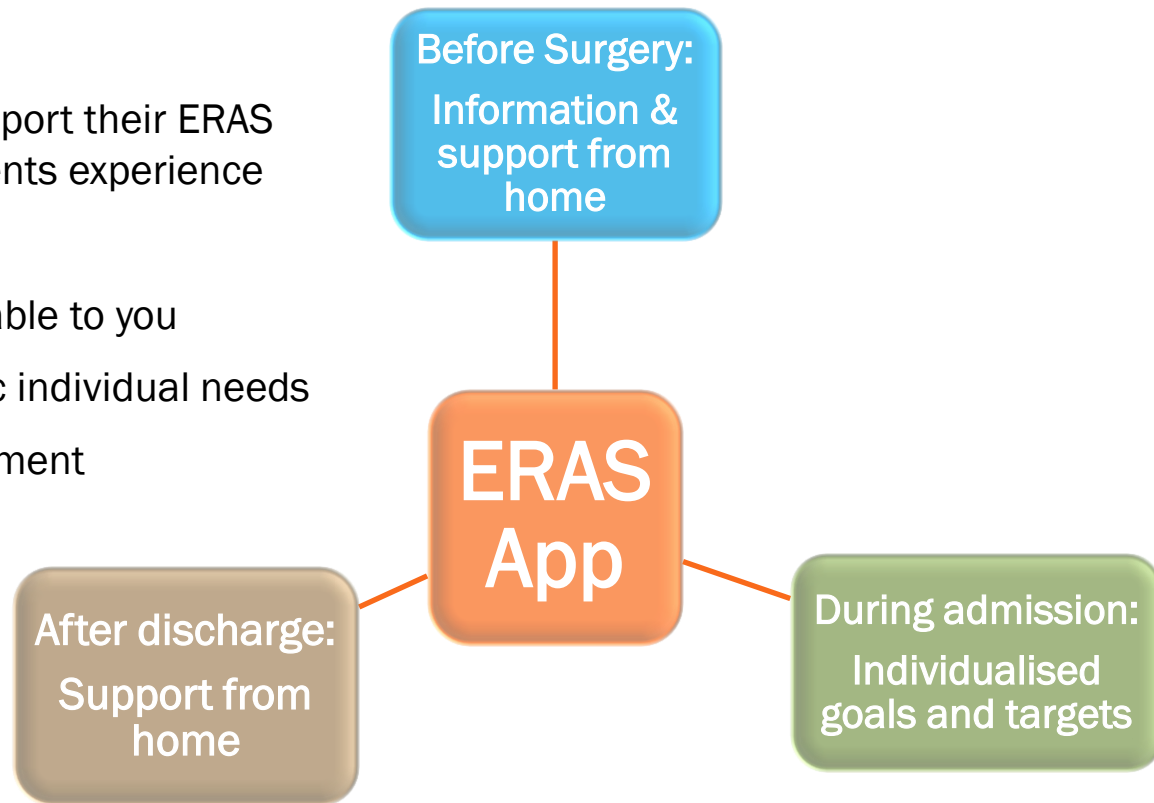
Continuity of staff would be ideal

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?

