

# ERAS in a Nutshell (Enhanced Recovery After Surgery)

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## Abstract

**Enhanced Recovery After Surgery (ERAS)** is an evidence-based interdisciplinary care delivery model that focuses on quickly moving the evidence developed from surgical research to bedside patient care, making a more immediate positive impact on patient recovery. **This poster presents a high level overview of:**

- The definition of ERAS,
- Components and Benefits of ERAS, and
- Why Clinical Informatics is the perfect medium for implementing ERAS.

## Definition of ERAS

ERAS is designed to

- reduce perioperative stress,
- maintain postoperative physiological function, and
- accelerate recovery after surgery.

(Gustafsson, et al., 2019)

The key **elements of ERAS** protocols include:

- preoperative counseling,
  - optimization of nutrition,
  - Standardization of analgesic and anesthetic regimens, and
  - early mobilization.
- (Melnyk, Casey, Black, & Koupparis, 2011)

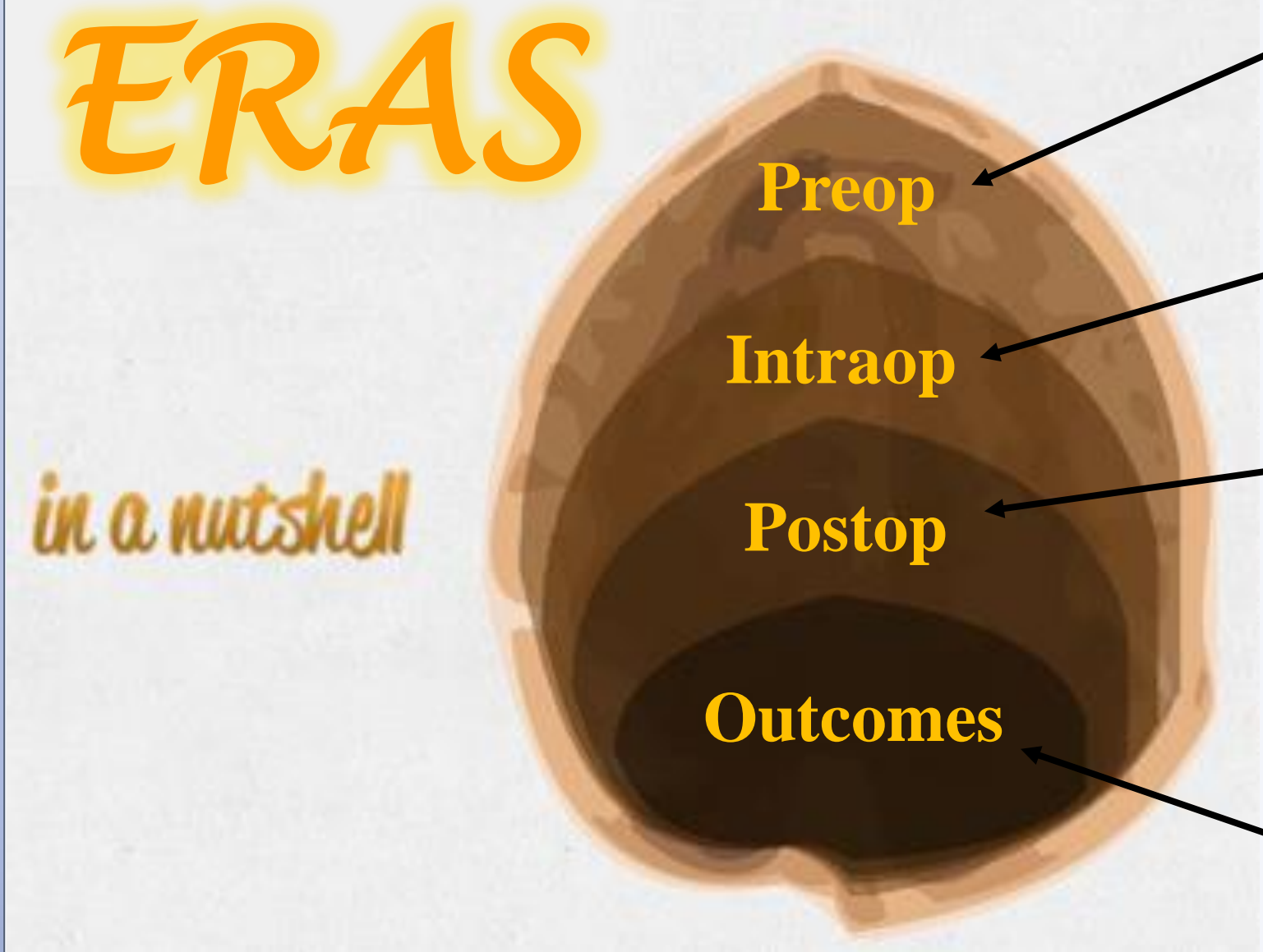
The **goals of ERAS** protocols include:

- reducing the surgical stress response, and
  - decreasing organ dysfunction in the postoperative period
- through integrated preoperative, intraoperative, and postoperative pathways.
- (Ricciardi, MacKay, & Joshi, 2017)

## Benefits of ERAS

- Decreased trauma to affected organs
- Fewer complications
- Shorter recovery time
- Decreased length of stay
- Lower overall cost of surgery and recovery
- Reduced opiate use
- Improved nutritional status

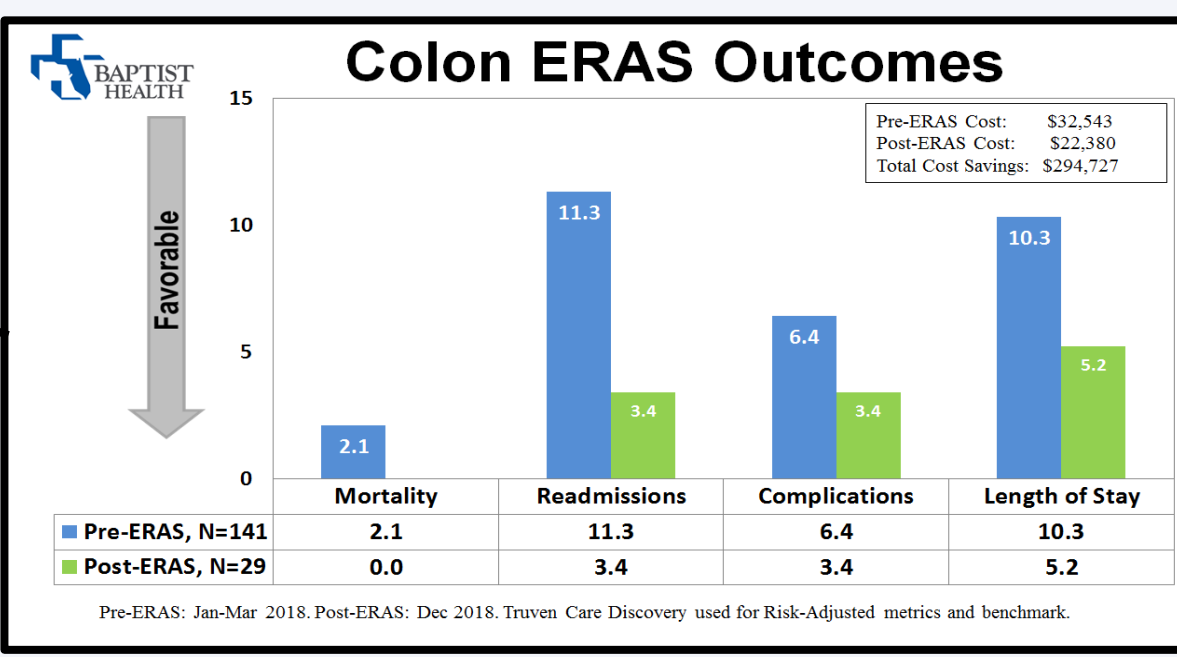
## Components of ERAS at Baptist Health



Preadmission Optimization, Patient and Family Education, Smoking Cessation, Antibiotic Prophylaxis, Antiemetics, High Protein Diet, Carb Load, NPO 3 hours before surgery

Opioid Sparing Multi-Modal Pain Management, Normoglycemia, Goal-Directed Fluid Management, Normothermia

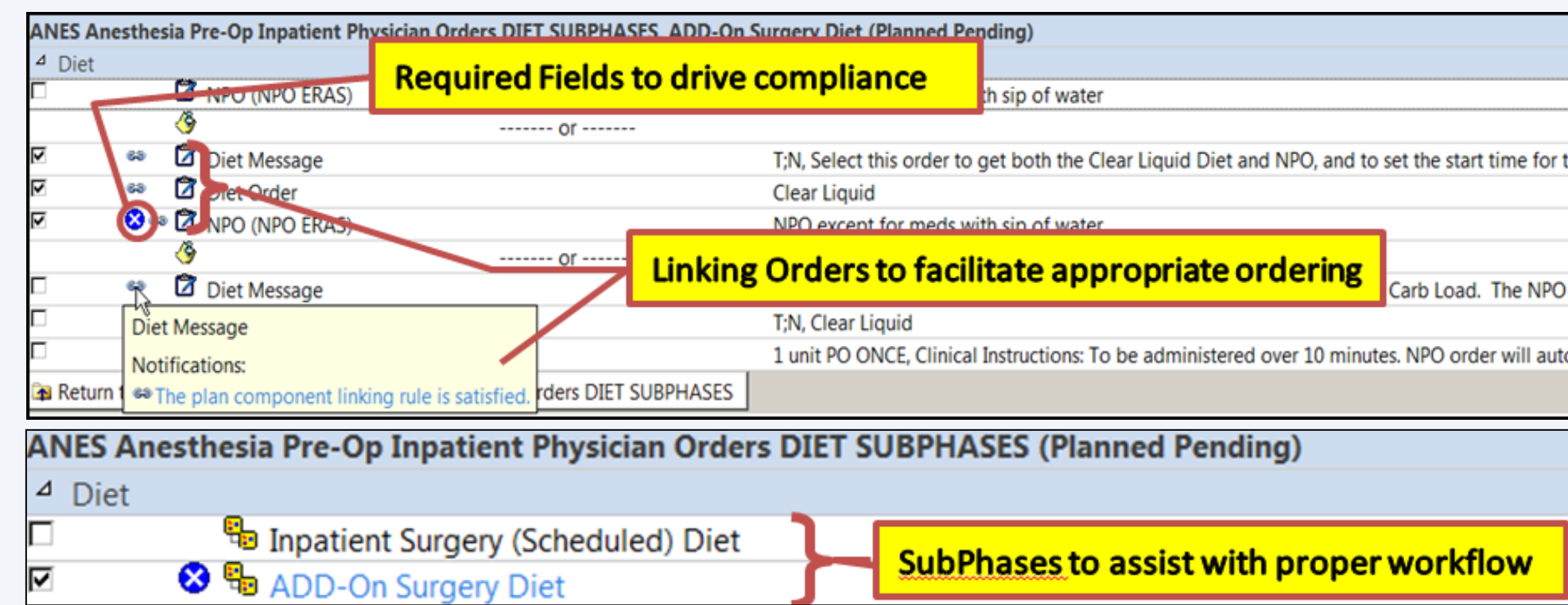
Patient Education, Early Mobilization, Early Oral Intake, Multi-Modal Pain Management, Limited/No Opioids



## Clinical Decision Support Driven Order Sets

Evidence-Based best practice was driven through careful design of the order sets. Examples of the Clinical Decision Support include:

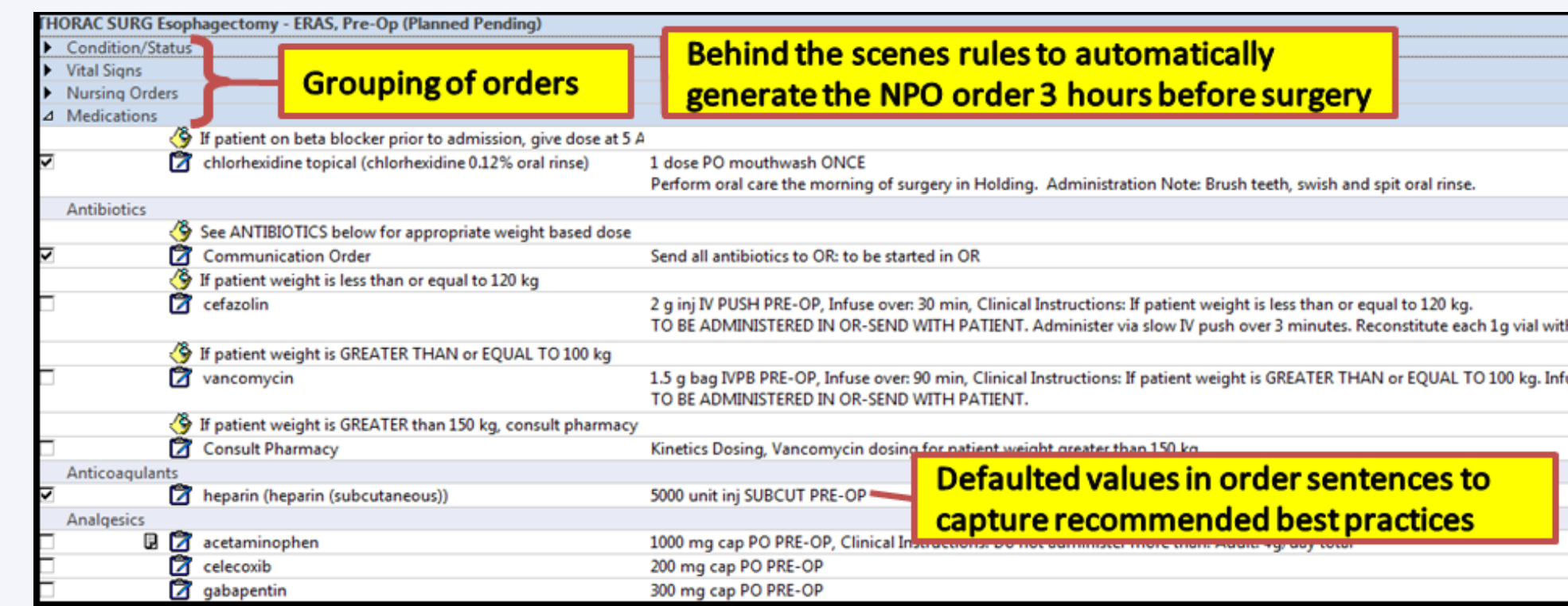
- Required Fields to Drive Compliance
- Linking Orders to Facilitate Appropriate Ordering
- Creation of Grouped Orders, Subphases, to Assist with Proper Workflow
- Categorization of Orders into Groups to Assist with Consistent Ordering
- Logic Rules Working Behind the Scenes to Assist with Workflow
- Defaulted Values to Drive Recommended Best Practice



**Required Fields to drive compliance**

**Linking Orders to facilitate appropriate ordering**

**SubPhases to assist with proper workflow**



**Grouping of orders**

**Behind the scenes rules to automatically generate the NPO order 3 hours before surgery**

**Defaulted values in order sentences to capture recommended best practices**

## Clinical Informatics Involvement

### Service Line Selection

- Analysis of Physician Favorite Order Sets to Determine Variance in Clinical Practice
- Physician Specific Outcomes to Determine Effectiveness of Treatment
- Wide Clinical Practice Variations + Poor Physician Outcomes = Perfect Service Line to Implement ERAS

### Standardized Service Line ERAS Order Sets

- Interdisciplinary Meetings to Determine Evidence-Based Content Lead by Clinical Informatics
- Information Services (Pharmacy, Laboratory, and Radiology) Collaboration with Clinical Informatics to ensure that orders flow smoothly through the system.
- Clinical Decision Support Driven through Order Set Build

### Implementation Support

- Analysis of Saved Physician Favorites with Targeted Education at the Provider Level
- Lenient Adoption Period- Providers have 1 month to Adopt New Order Set
- Clinical Informatics Support Specialist Elbow Support for Providers Struggling with Adoption



## Clinical Interdisciplinary Team



### Departments Represented in Clinical Interdisciplinary Team:

- Quality
- Surgery
- Anesthesiology
- Nursing
- Clinical Informatics
- Pharmacy
- Performance Improvement
- Dietary
- Analytics
- Respiratory
- Information Services
- Education



Bonding over Nuts and Hockey

## Contact Information

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## References

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