



Guideline for the Implementation of ERAS



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Dr. Lisa Spruce is the Senior Director of Evidence Based Perioperative Practice for the Association of PeriOperative Registered Nurses. She is responsible for the overall leadership, development, evaluation and maintenance of the products, services, and guidelines for perioperative practice developed by AORNs Nursing Practice Team and AORNs Research and Information Center. Dr. Spruce led the process for producing the AORN evidence appraisal tool, which helped translate literature-based interventions into systematic, evidence-based guidelines, thus raising the bar for perioperative standards. This work led to AORN developing its own evidence-based practice model.

Prior to coming to AORN she was the Clinical Manager of Surgical Services for Universal Health Services where she managed all clinical practice for 25 perioperative departments throughout the U. S. She was instrumental in bringing evidence-based practice changes to the Universal Health Care System.

Dr. Spruce was a Clinical Nurse Specialist in the Perioperative Departments for 5 hospitals in Las Vegas and a Nurse Practitioner in private practice in Florida.

Dr. Spruce is an Acute Care Nurse Practitioner, Adult Clinical Nurse Specialist, Perioperative Clinical Nurse Specialist and a CNOR. She has published many articles in the AORN Journal and the Journal for the American Academy of Nurse Practitioners and presents nationally and internationally on topics of concern to the perioperative community. Dr. Spruce has authored four AORN national guidelines and was the creator and author of the AORN Journal's Back to Basics Series for 8 years.

Dr. Spruce is a fellow in the American Academy of Nursing and served as the AORN representative to the American Academy of Nursing's Choosing Wisely campaign. Dr. Spruce has been a PCORI Ambassador since 2014 and has served as a Merit Reviewer for PCORI since 2015.

ERAS



Implement an ERAS Program

- Benefits

- Reducing the incidence of patient complications (SSI)
- Promoting a faster recovery
- Promoting a shorter length of stay
- Improving patient satisfaction
- Reducing morbidity rates
- Improving functional recovery

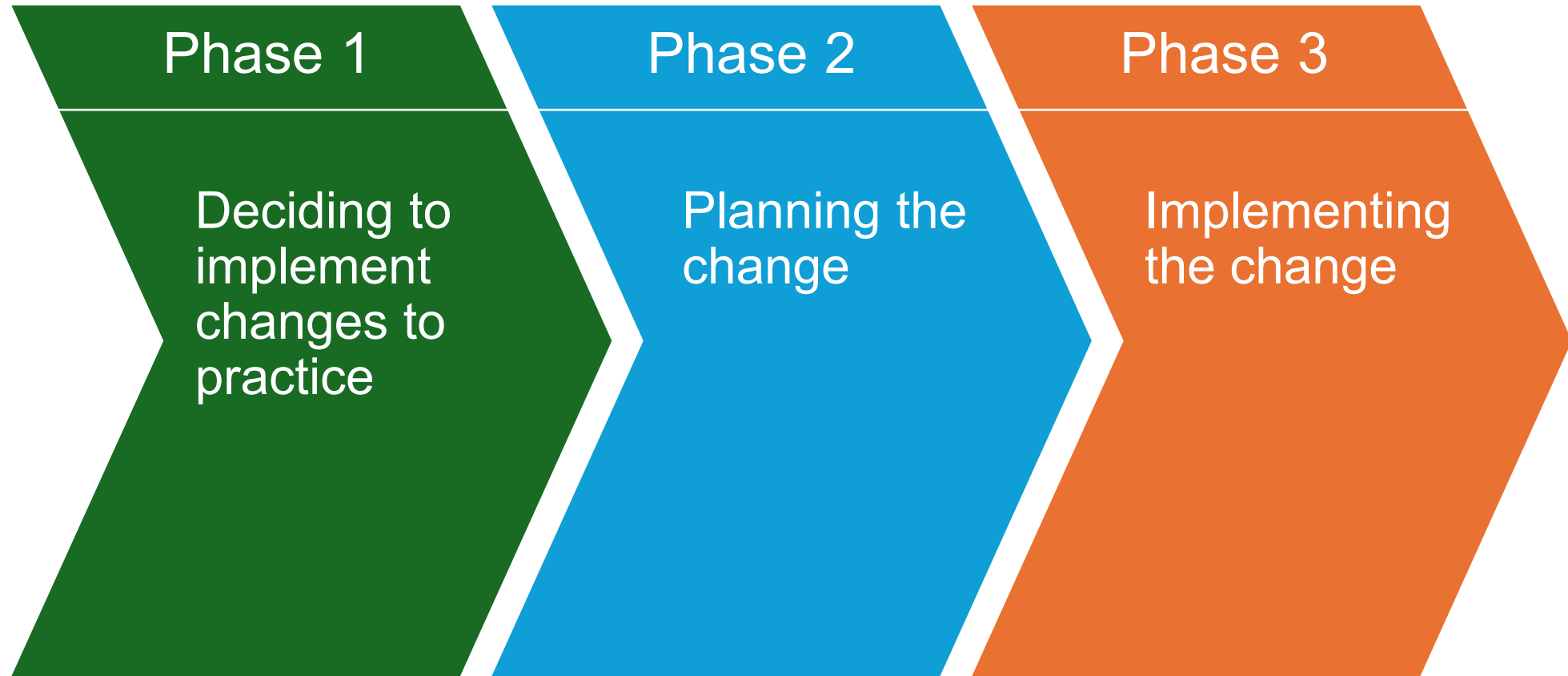
- Benefits

- Decreasing opioid consumption
- Reducing pain
- Decreasing intraoperative blood loss
- Reducing the incidence of PONV
- Decreasing patient depression and anxiety
- Decreasing costs

Interdisciplinary Team

ERAS coordinator(s) designated by the organization who have the expertise and authority needed to lead the program,
anesthesia professionals,
surgeons,
perioperative RNs,
perianesthesia RNs (representing both preoperative and postoperative phases of care),
RNs representing surgeons' clinics,
pharmacists,
nutritionists
physiotherapists
nurse informaticists,
quality assurance professionals, and
others identified by the organization (eg, a designated pain specialist, other specialists, educators, leaders).

Implementation Strategies



Inpatient and Outpatient Settings



A Standardized Clinical Care Pathway



Perioperative RNs





Phases of Care



Surgical Optimization/Prehabilitation Phase



Education and Counseling



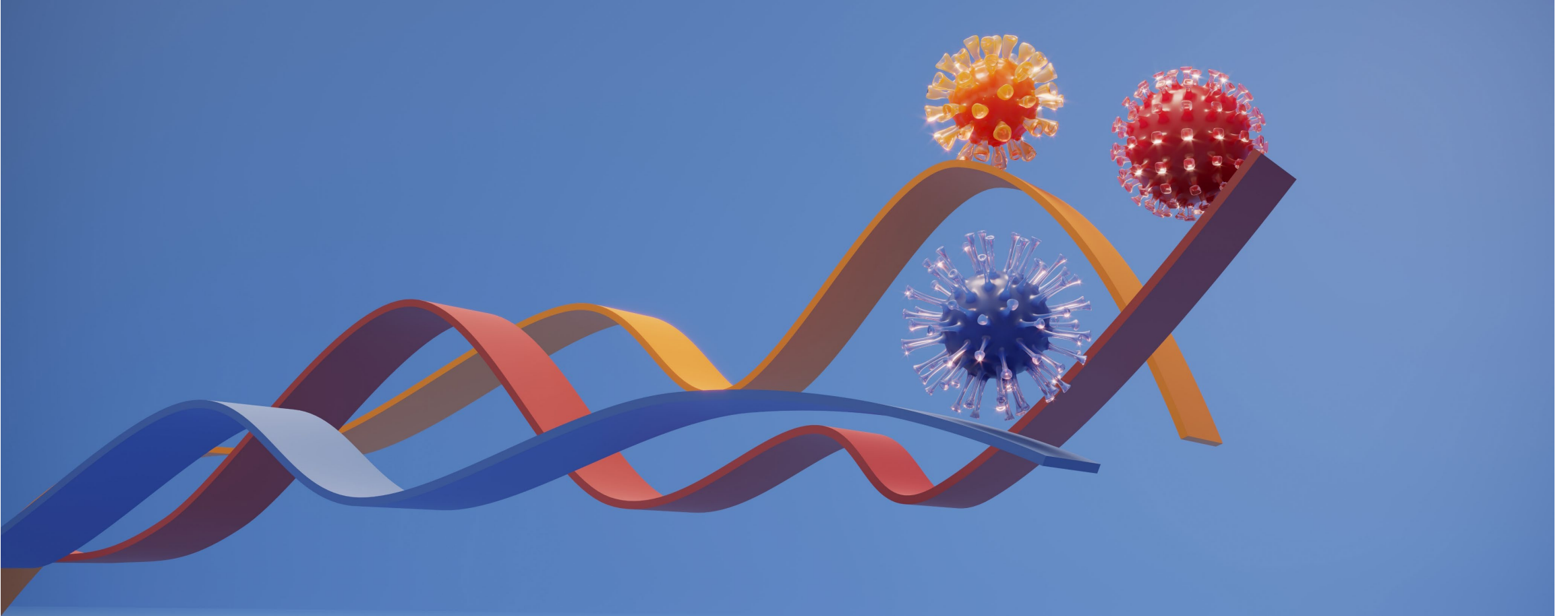
Preoperative Phase



Fasting Guidelines



SSI Prevention



Prevention of VTE





Maintaining Normothermia

Start patient warming in the preoperative phase of care.

PONV



Sedation



Intraoperative Phase





No Pain Act

Non-opioids Prevent Addiction in the Nation

Multimodal Pain Management Techniques



Nonsteroidal anti-inflammatory medications (NSAIDs),

Acetaminophen

Regional block techniques

Local infiltration analgesia

Spinal or epidural analgesia

Liposomal bupivacaine

Muscle relaxants

Topical anesthetics

Nonpharmacologic techniques (acupuncture, aromatherapy, music therapy, transcutaneous nerve stimulation, hypnosis, biofeedback, external cooling devices, heat)

Minimally Invasive Surgery



Postoperative Phase



Mobility



Early Oral Feeding



Patient Specific Considerations



Post-operative Cardiac Events



ERAS in Pediatrics

preoperative medical management and counseling to include a pain management plan

anti-anxiety measures

shorter fasting guidelines

carbohydrate loading

antibiotic prophylaxis

PONV prophylaxis

a standardized anesthesia plan

maintaining euvoemia

maintaining normothermia

minimizing opioids

multimodal pain management (eg, acetaminophen, regional anesthesia, lingual sucrose/dextrose)

early ambulation

early feeding

perioperative team communication that is structured, interdisciplinary, and uses existing checklists

Quality



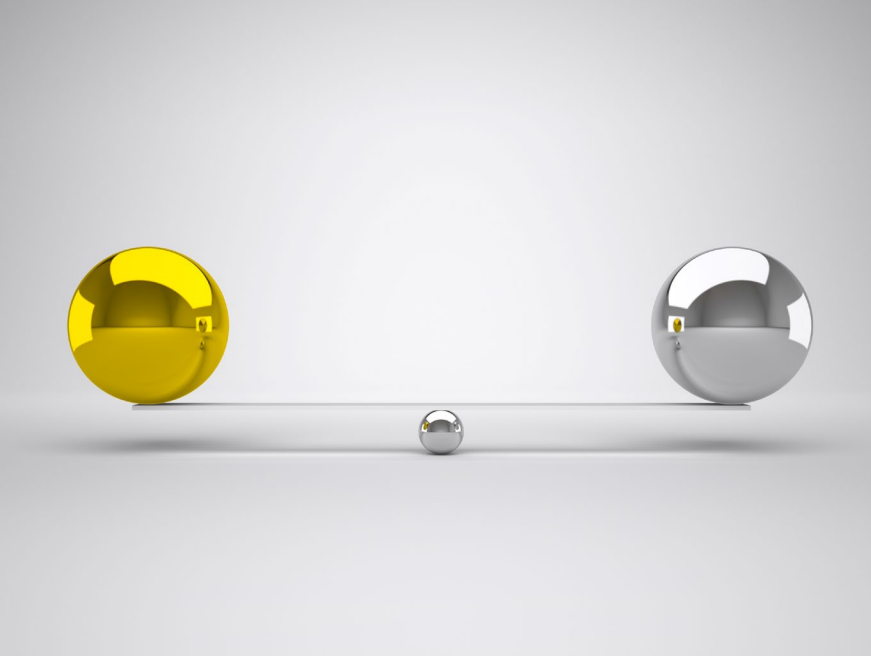


Education

Initial and on-going education

Health Disparities

Implement ERAS programs among all patients to reduce health disparities that can occur among marginalized patient populations because of conscious and unconscious bias.







Thank you!

Thank you for your unwavering dedication and exceptional care of perioperative patients! Your skills and compassion make a world of difference in perioperative nursing. We appreciate all that you do!!

References

Guideline for the Implementation of Enhanced Recovery After Surgery in Guidelines for Perioperative Practice. Denver, CO: AORN, Inc; 2024



COMING IN 2025:

AORN CENTER OF EXCELLENCE IN SURGICAL SAFETY: ENHANCED RECOVERY AFTER SURGERY (ERAS)

A complimentary education & recognition program

This evidence-based program is made possible by our sponsors through the AORN Foundation.





CENTER OF EXCELLENCE: Program Overview



ERAS uses evidence-based protocols to improve patients' physical and psychological conditions before, during, and after surgery. It involves the entire perioperative team in a coordinated plan tailored to each patient to enhance outcomes and speed up recovery.

CENTER OF EXCELLENCE: Program Benefits & Objectives

Enhance patient recovery

Provide staff & patient education

Increase compliance

Improve patient recovery & satisfaction

Decrease costs due to shorter hospital stays and lower readmission rates

Interdisciplinary collaboration

Reduce team workload

Gain community & national recognition

SAFE SURGERY TOGETHER

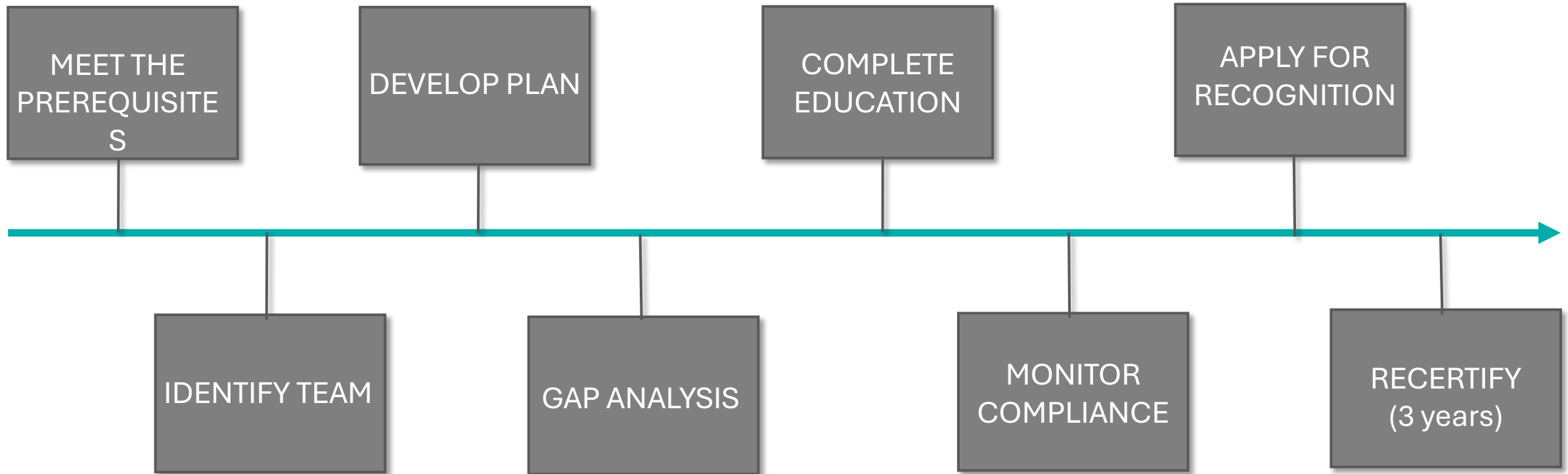


CENTER OF EXCELLENCE: Program Components

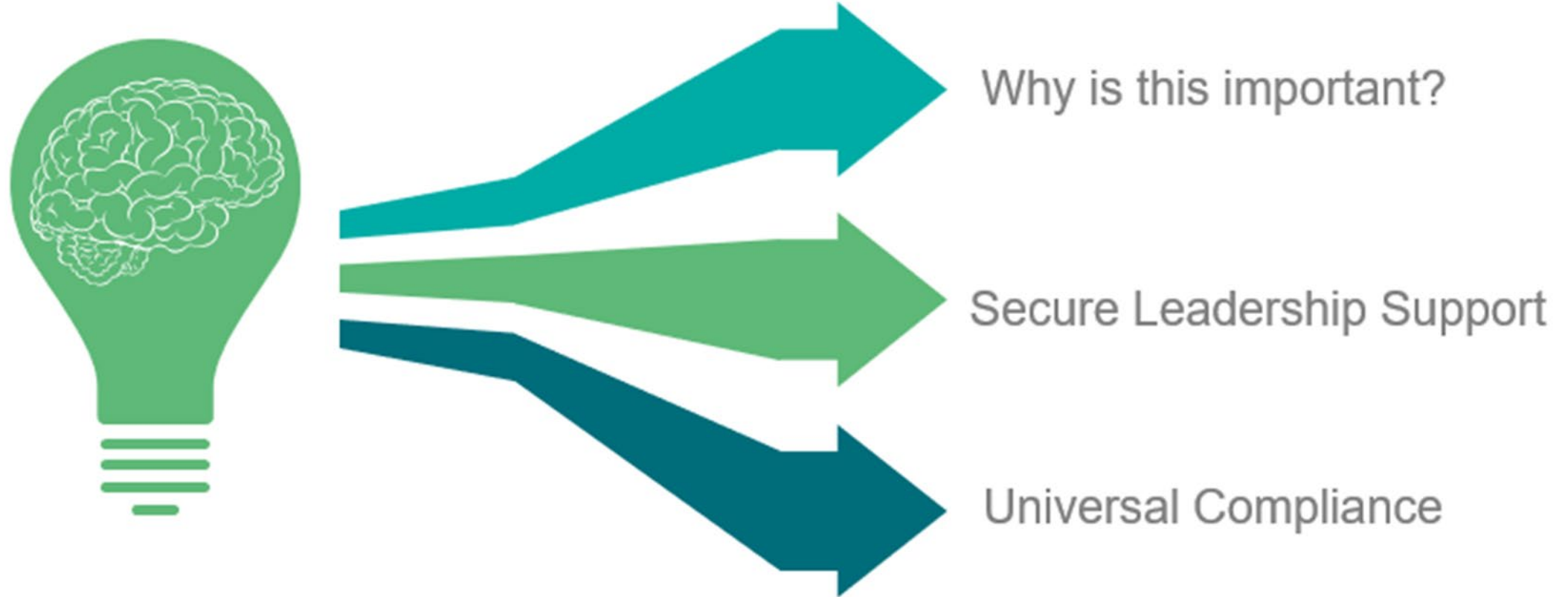


SAFE SURGERY TOGETHER

CENTER OF EXCELLENCE: Program Steps



CENTER OF EXCELLENCE: Prerequisites



CENTER OF EXCELLENCE: Identify the Team



FACILITY
COORDINATOR

CHAMPION/S

TEAM MEMBERS

SAFE SURGERY TOGETHER



CENTER OF EXCELLENCE: Develop a Plan




HOLD A KICKOFF MEETING

- Review the goals of the program
- Review team members' roles and responsibilities
- Review time commitments

DEVELOP TIMELINE

- Introduce education activities
- Develop policy and procedures (Use the P & P template)
- Conduct a product evaluation
- Hold in-service education on new equipment and supplies

CENTER OF EXCELLENCE: Gap Analysis



Implementation of Enhanced Recovery After Surgery (ERAS)

GAP ANALYSIS

	Yes/Always	No/Never	Don't know/sometimes	Comments/Next Steps
Do you have the following in the intraoperative phase:				
A. Maintain normothermia				
B. Measure the patient's temperature				
C. Maintain euvolemia (Goal-directed fluid therapy)				
D. Standardized anesthesia protocol				
E. Multi-modal pain management protocol				
F. Minimally invasive surgery techniques such as conventional laparoscopy, arthroscopic procedures, and robotic-assisted procedures using low pressure insufflation				
Do you have the following in the post-operative phase:				
G. Minimize the use of drains and catheters and removing Foley catheters as soon as possible				
H. Early patient mobilization and postoperative exercise				
I. Early feeding				

Can you identify from your investigation a person(s) who would "champion" the implementation of ERAS program in your facility?
Name(s) _____

What are the obstacles to the implementation of ERAS in your facility?

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CENTER OF EXCELLENCE: Assign Education

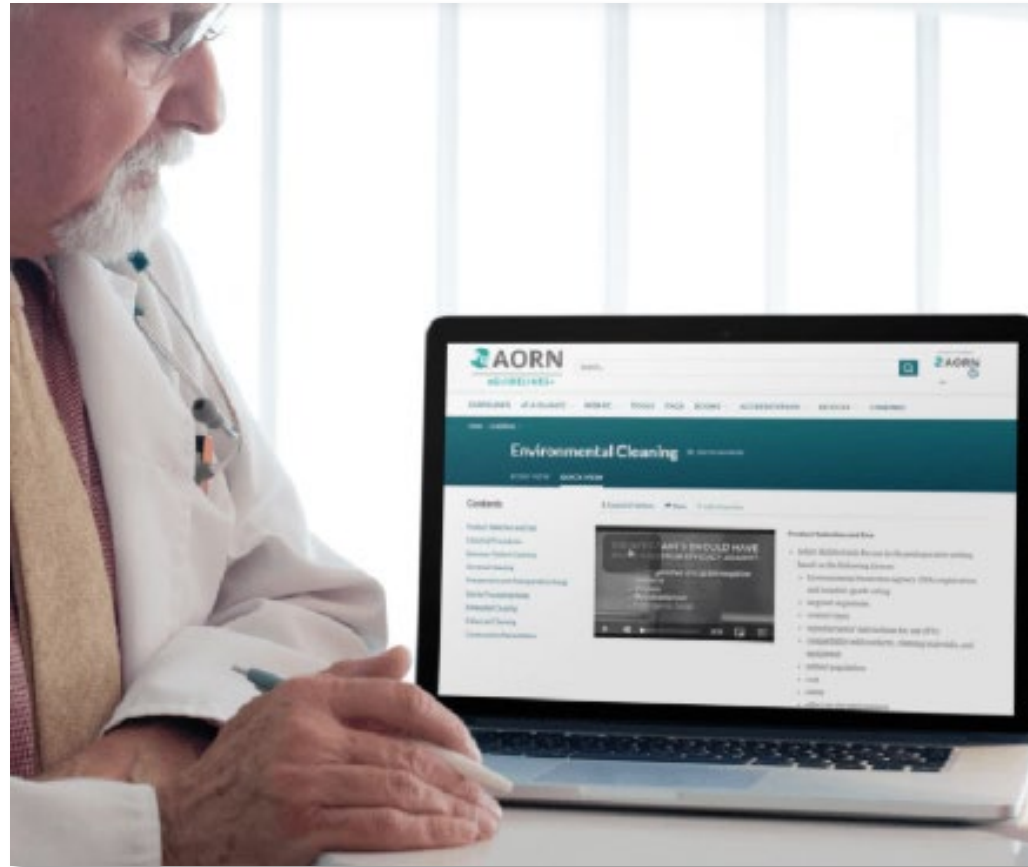
Pretest Knowledge
Assessment



Interdisciplinary
Educational Modules
& Quizzes



Post-test Knowledge
Assessment



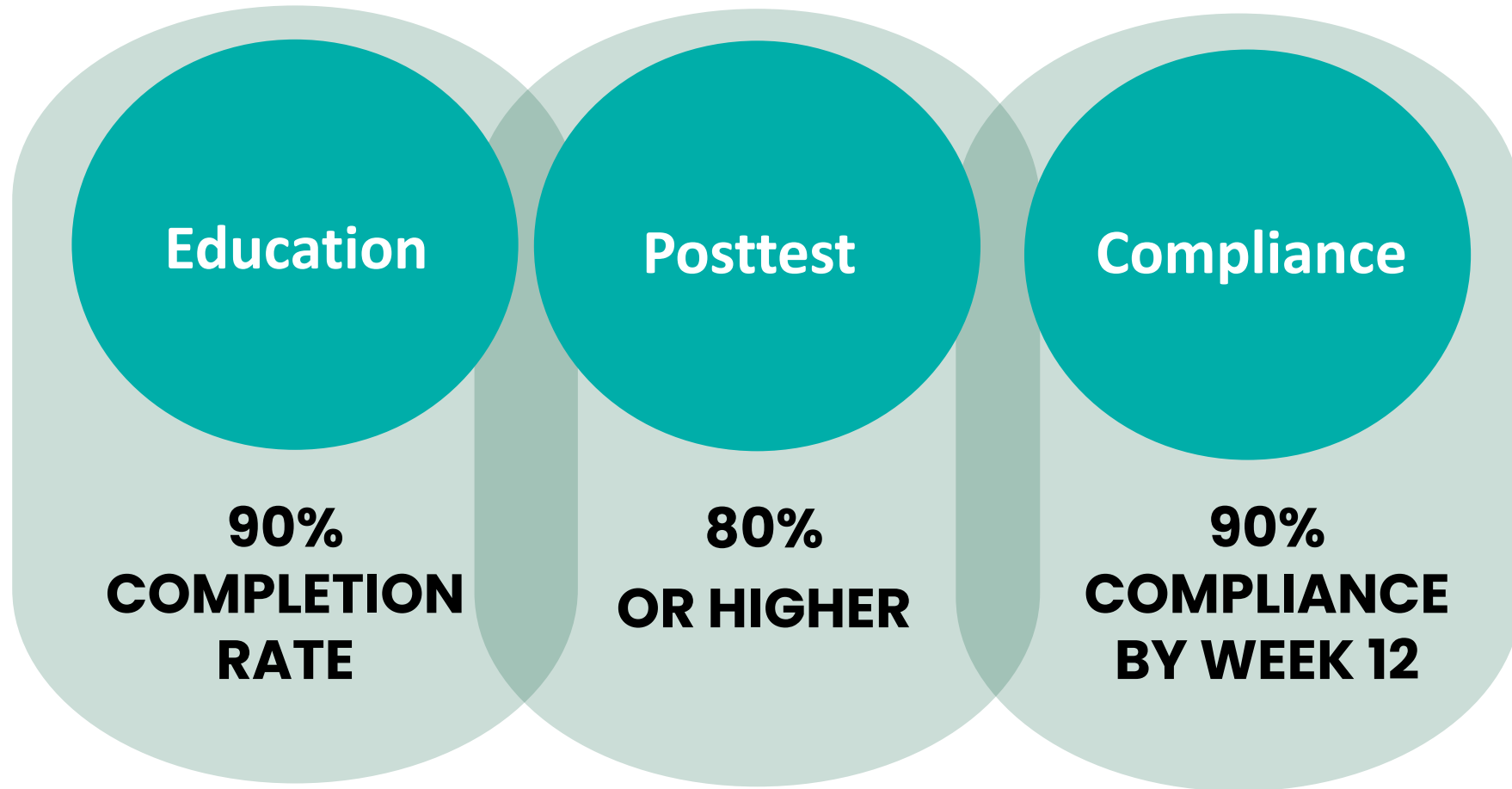
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CENTER OF EXCELLENCE: Audit & Monitor Compliance



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CENTER OF EXCELLENCE: Apply for Recognition



CENTER OF EXCELLENCE: Award Package

AWARD PLAQUE

Custom engraved award plaque

AORN WEBSITE

Dedicate spot on the AORN Center of Excellence in Surgical Safety Award Recognition webpage

MEDIA KIT

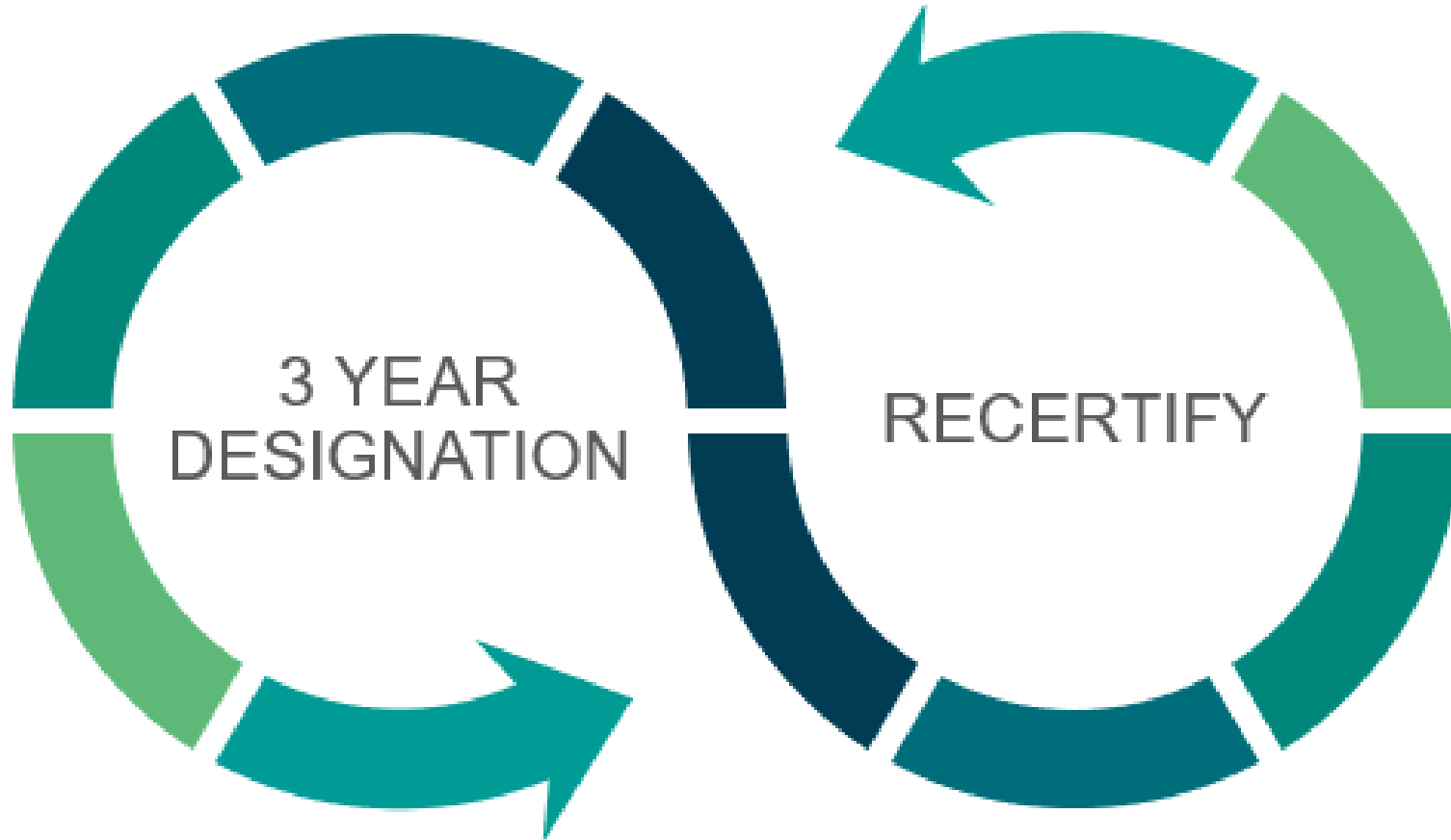
Digital award kit with sample press release, social media assets, and e-signature icon

AWARD CEREMONY

Recognition onstage at the AORN Global Surgical Conference & Expo Awards Ceremony



CENTER OF EXCELLENCE: 3 Year Designation



SAFE SURGERY TOGETHER

NATIONAL RECOGNITION PROGRAM

CENTER OF EXCELLENCE: ENHANCED RECOVERY AFTER SURGERY

Confirm your commitment to the highest standards of patient and workplace safety.



GET
STARTED
TODAY



SAFE SURGERY TOGETHER

