ENHANCED RECOVERY AFTER SURGERY (ERAS) COLORECTAL PROGRAMME

IN A TERTIARY HOSPITAL: BETTER COMPLIANCE, BETTER RESULTS?

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BACKGROUND AND GOAL OF STUDY:

ERAS protocol in colorectal surgery (CRS) reduces length of hospital stay(LOS) and complication rate.

Despite of the evidence their full implementation into daily practice meets certain difficulties.

We review how adherence to the protocol (compliance) determines results in the implementation of the ERAS protocol in a tertiary hospital.

MATERIALS AND METHODS:

We examine a prospective cohort of patients operated on colorectal surgery (CRS) under ERAS program based on international guidelines: 165patients (101men/64women) (surgery: 57open, 108laparoscopic) between January and November 2017. Average age was 67.54ys (SD=12.34).

We evaluate if increasing compliance (<70%, >70%,>80%,>90%, 100%) have any repercussion in complications (defined using the Clavien-Dindo classification), readmission rate and LOS (aiming for discharge on day 5).

ERAS ELEMENTS

- Preadmission counseling
- Anemia optimization
- No bowel preparation (only in rectal surgery)
- Fluid carbohydrate loading
- No premedication
- Thromboprophylaxis
- Antibiotic prophylaxis
- Laparoscopic surgery
- Regional block in laparoscopy/ epidural in open surgery
- Multimodal analgesia
- Normothermia
- Avoidance of salt and water overload
- No nasogastric tube
- Prevention nausea and vomiting (Apfel score)
- Early oral nutrition
- Early mobilization
- Early urine catheter removal
- Early removal of drain

DISCHARGE CRITERIA

- Solid oral tolerance
- Pain control with oral analgesics
- Deambulation
- Gas/stool output
- No nausea
- Correct stoma self-care with controlled output
- No postoperative complications
- PCR<50
- Wanted discharge

RESULTS AND DISCUSSION:

Compliance (%)	Laparoscopic surgery (%)	Rectal Surgery (%)	CD I (%)	CD II (%)	CD III (%)	CD IV (%)	CD V (%)	Readmission (%)	Discharge on day 5 PO (%)	LOS (days) P50 [p25-p75]
< 70 (n=12)	58,3	41,7	58,3	33,3	0	0	0	0	16,7	6 [9-13]
70-79 (n=25)	60	36,0	68,0	16,7	12,0	4	0	4	12	8 [6-13]
80-89 (n=62)	64,5	29,0	45,2	16,1	8,1	3,2	0,01	1,6	30,6	6 [5-9,5]
90-99 (n=46)	73,9	28,3	37,0	17,8	4,3	4,3	0	2,2	41,3	6 [5-9]
100 (n=12)	83,3	16,7	25	0	0	0	0	0	58,3	5 [5-6]
P value	0,058	> 0,1	0,003*	> 0,1	> 0,1	> 0,1	> 0,1	> 0,1	0,01*	0,009*

CONCLUSIONS:

When compliance increases, there is a trend in reducing complications (grade I,II,III) and LOS with more patients being discharge at day 5.

We should make bigger groups to observe statistically significant differences.