

ERAS Pathways –A Model for Specific Pathway  
Implementation?  
–European Experience

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**Traditional surgery**  
No perioperative protocol  
Slow recovery, high morbidity  
No documentation  
Doctors recording complications

Enhanced recovery after surgery  
(ERAS)



Reduce complications  
Costs  
Length of stay  
Enables research

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**Enhanced Recovery after Surgery (ERAS)**

- **Evidenced Based Guidelines** –detailed protocols
- **Local team** -implementation of guidelines
- **Patient education and information**
- **Patient data base (EIAS), Research possibility!**
- **Compliance to 20 central items**
- **Follow-up meetings**

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**Guidelines**  
**Evidence level and recommendation grade**

Colorectal surgery  
 Gynecology / Oncology surgery  
 Gastrointestinal  
 Gastrectomy  
 Cystectomy for bladder cancer  
 Pancreaticoduodenectomy  
 Bariatric surgery  
 Liver surgery




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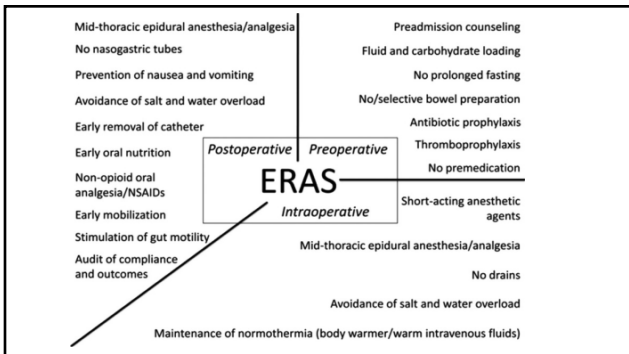
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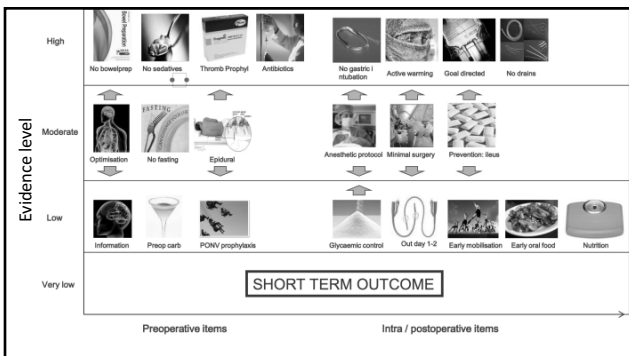
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**Patient education before surgery**  
**Check list**

**After surgery**

**Check list**

Mobilization, enteral feeding, blood samples etc

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**LOCAL TEAM**

**Surgeons, Anesthesiologists, ERAS coordinator + staff from units**

Implement ERAS in local routines

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**REGISTER (EIAS)**  
**Pre operative:** Smoking, diseases, P-possum score  
**Per operative:** Surgery, anesthesia, analgesia, fluids....  
**Post operative:** Nutrition, mobilization, pain, opioids, length of stay...  
Complications  
30 day follow-up

**Compliance to 20 items**



ERAS Coordinator

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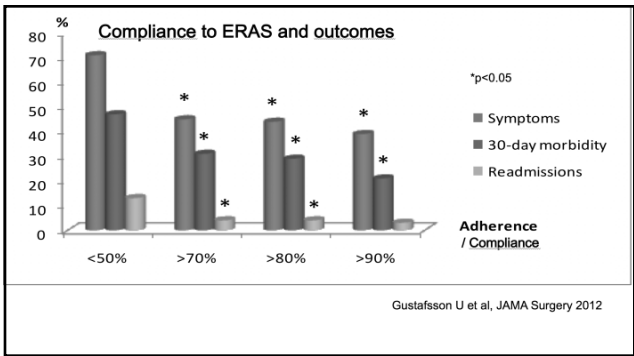
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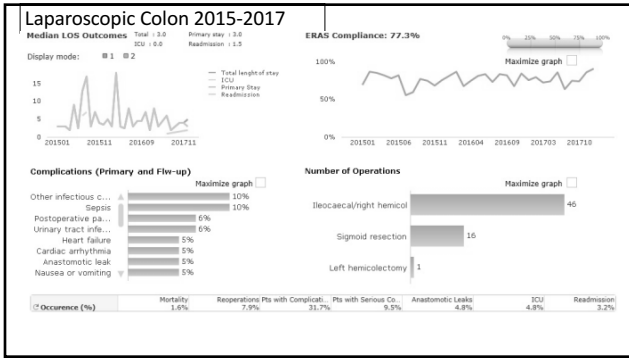
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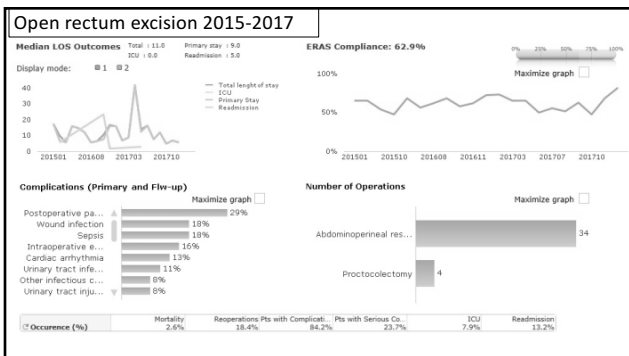
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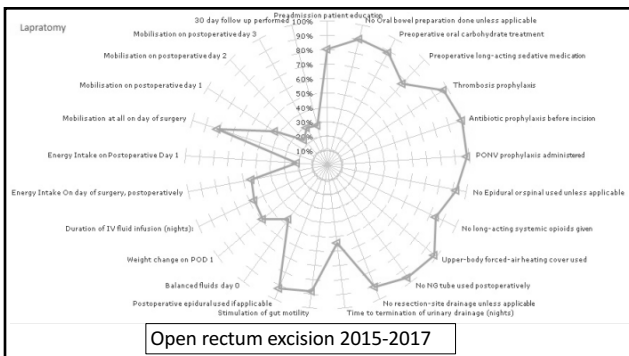
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**What about sleep apnea in ERAS??**

**Guidelines -Bariatric surgery**

CPAP treated, continue on CPAP  
Consider CPAP at BMI >50 kg/m2  
Postop BiPAP/NIV in OHS

Evidence	Recommendation
moderate	strong
low	strong
low	strong

CPAP rather than oxygen in OSA

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**Registration of sleep apnea**

Pre operative registration of sleep apnea  
Post operative usage of CPAP

**Sleep apnea treatment, one of 20 “compliance items”?**

Needs better evidence of effect

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**RESEARCH**

Outcomes and baseline characteristics  
ERAS database (EIAS)

- Multicenter large studies
- OSA identification and RCT on CPAP treatment

**SASM and ERAS could connect USA and Europe**

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