

Enhanced Recovery At A Glance

Post Discharge



Enhanced recovery refers to patient-centered, evidence-based, multidisciplinary team developed pathways for a surgical specialty and facility culture to reduce the patient's surgical stress response, optimize their physiologic function, and facilitate recovery. Enhanced recovery pathways can be used across any service line to standardize practice.



Intervention



Practice Options

Analgesia

- ✓ Reinforce pain expectations and goals
- ✓ Consider using tool to determine amount of opioids for breakthrough pain (see Michigan OPEN)
- ✓ Consider scheduled non-opiates (acetaminophen, COX inhibitors, tramadol, gabapentinoids)
- ✓ Consider PRN opioids rather than scheduled

Miscellaneous

- ✓ Follow up with patients and family for feedback loop for improvement
- ✓ Consider utilizing apps to follow up with patients post-surgery

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