

Enhanced Recovery At A Glance

Pre Hospital



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

Patient Engagement/ Education

- ✓ All patients should receive pre-operative counseling via:
 - In-person class
 - Multimedia content
 - Virtual reality
 - Telephone interview: 15 minute interview consisting of anesthesia interview and reviewing ER packet/providing education conducted by ER coordinator
- ✓ Content may include:
 - Enhanced recovery education and patient/caregiver expectations
 - Fasting guidelines and CHO beverage information
 - Incentive spirometer demo
 - Prescriptions for Emend and Scopolamine patch if high risk
 - PONV
- ✓ Fulfill all prescriptions (e.g., bowel prep, antibiotics)
- ✓ Meeting with ERAS Coordinator, Surgeon and Anesthesia
- ✓ Contact information for questions
- ✓ H&P per hospital policy

Optimization/Risk Stratification

- ✓ History & physical to identify optimization needs
- ✓ Optimization may be addressed via:
 - Surgeon's office
 - Optimization clinic
- ✓ Deep breathing exercises
- ✓ Smoking cessation 4 weeks prior to surgery
- ✓ Alcohol abstinence 4 weeks prior to surgery
- ✓ Anemia - FIVE therapy (Folate, Iron, Vitamin B12 and Vitamin C, and/or erythropoietin)



Intervention



Practice Options

- ✓ PONV Risk Assessment
- ✓ Nutritional optimization – Consider PONS score for nutritional screening
- ✓ Prehabilitation – Consider frailty assessment score
- ✓ For diabetics, consider endocrinology consult
- ✓ For chronic pain patients, consider O-NET screening
 - Recommend setting expectations early and educating patient
- ✓ Consider showering with Chlorohex or theraworx day before surgery

The AANA thanks Joshua Newman, MSN, CRNA, Kara Douglas, MS, BSN, CRNA, Desiree Chappel, MSNA, CRNA, Joseph Chapman, MSN, CRNA, and the members of the Enhanced Recovery Shared Interest Group for their time, commitment, and expertise in the development of this enhanced recovery resource series.

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