

“Get Fit” for Surgery: Benefits of an Prehabilitation Clinic for an Enhanced Recovery Program for Colorectal Surgical Patients

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Purpose: The purpose of this project is to implement an Enhanced Recovery After Surgery (ERAS) clinic at Beaumont Health System-Troy campus for patients undergoing elective colorectal surgery.

Introduction: Enhanced Recovery After Surgery (ERAS) is an innovative method of patient care management designed to accelerate patient recovery following surgery and decrease post-operative complications. ERAS uses a multi-disciplinary approach to surgical care designed to improve patient readiness, enhance patient recovery and increase patient satisfaction throughout the entire surgical experience by allowing the patient to actively participate in their own preparation and recovery periods. By utilizing a collection of ERAS evidence-based strategies, we can successfully contribute to our patient’s recovery without compromising their safety. Currently there is no standardized means of managing expectations of patients undergoing complex surgical procedures. Efforts in the past have failed due to overly complex and often contradictory educational efforts, and have led to patient confusion, dissatisfaction, and poor compliance. Using established standards for healthcare literacy as well as evidence based perioperative preparatory instructions, we seek to properly prepare our patients for colorectal surgery. We anticipate that this standardized and evidence based approach will improve satisfaction, reduce outcome variability, and shorten length of stay.

Method: To implement this program, a multidisciplinary team of experts was assembled to drive this project forward. Team members meet monthly and include: surgeons, anesthesiologists, nurse educator, quality nursing, floor nursing, pharmacy, librarian, CRNAs, administrative managers, and a project manager. Our comprehensive ERAS care pathway includes many of the established ERAS protocols including: nutrition optimization, strength and conditioning, appropriate use of pre-medication, bowel preparation and optimization, goal directed fluid therapy, anesthetic optimization, multimodal analgesia, glycemic control, nausea and vomiting control, early feeding and bowel stimulation, early mobilization and conditioning, multimodal analgesia, glycemic control, and education and expectation management

After 1 year of the Enhanced Recovery Program we decided to open multi-disciplinary pre-operative clinic for surgical patients. The clinic is called the STTAR clinic which is an acronym for Surgical Testing and Teaching for an Accelerated Recovery. It serves as a “1 stop shop” for patients and all pre-operative activities are able to get accomplished during this single clinic visit. This serves as a tremendous satisfier for the patient and helps to eliminate the last minute scramble that often happens in the pre-operative unit on the day of surgery. A pre-operative patient clinic visit is multi-disciplinary in nature and includes: history and physical from a PA, consult from an anesthesiologist, drawing of necessary labs by RN, EKG and other diagnostics, dietary consult as needed, a goody bag with nutritional drinks, incentive

spirometer, pedometer and patient educational booklet and visit from the ostomy nurse as needed.

Results: Based on data examining our first 150 ERAS cases in the clinic since July 2015, we have seen a reduction in length of stay from 5.05 days to 4.30 days with a decrease in direct cost from \$8,171 to \$7,245. We have also seen a reduction in surgical site infections and a reduction in readmissions. We have received very positive feedback from patients based on patient surveys. We anticipate seeing similar results as the project expands.

Future Plans: Our STTAR clinic continues to grow with not only colorectal surgery but we have expanded to Urology and have included cystectomies. Our future plan is to expand to other disciplines including orthopedics and spine surgery.