Enhanced Recovery after Surgery (ERAS®) in Gynecology

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Educational Objectives

- Participants will understand the impact of ERAS® on patient and surgical outcomes
- Participants will understand how to implement an ERAS® program for their Gynecologic patients
- Participants will be able to describe the preoperative, perioperative, and postoperative components of an ERAS® program

Outline

1. What is ERAS®?
   - History of ERAS® in other surgical subspecialties
   - Gynecologic oncology guidelines
2. Implementing an ERAS® program for your patients
   - Implementation team and ERAS® champion
   - Project goals
   - Protocol development
   - Audit database to evaluate compliance and outcomes
3. Preoperative education
   - Counseling – surgeon and nurse
   - PACT
   - Patient – brochure, videos
4. Perioperative management
   - Multimodal pain control
   - Intrathecal
   - Intraoperative algorithms (anti-emetics, lidocaine, Propofol)
   - Goal directed fluids
5. Postoperative optimization
   - Diet and ambulation
   - Multimodal analgesia
   - Decreased narcotic use
6. Outcomes
   - Length of stay
   - Decreased narcotic use
   - Readmissions
Select References


