



Enhanced Recovery after Surgery for Elective Orthopaedics



Overview

■ What is Enhanced Recovery?

- is a modern evidence-based approach which aims, through a variety of methods, to help patients to get better sooner after major surgery



Key Principles

- Patient education / communication
- Anaesthetic factors
- Surgical factors
- Nutrition
- Rehabilitation
- Process





Key Principles

■ Patient education / communication

- Starts at Out patient appointment
- Continues at pre-operative assessment
- An education session held before surgery
 - Over 2 hours, cover what to expect / pain relief / physiotherapy / occupational therapy
- Alleviating patient worries / managing expectations



Key Principles

■ Anaesthetic factors

- Avoidance of premedication
- Individualised goal – directed fluid therapy
- Regional anaesthesia
- Short acting anaesthetic agents
- Prevention of hypothermia
- Effective opiate-sparing analgesia



Key Principles

■ Surgical factors

- Minimally invasive approaches
- Reduced tourniquet time
- Careful haemostasis
- Careful tissue handling
- Local anaesthetic infiltration
- Leave dressing in situ for at least 48 hours
- Training



Key Principles

■ Nutrition

- Maximising patient's pre-operative hydration
- Carbohydrate Loading
- Individualised and targeted prevention of nausea and vomiting
- Early post-operative hydration



Key Principles

■ Rehabilitation

- Front loading
- Same day mobilisation
- 365 day service
- Encouragement of patient's self care
- Own clothes (and make up!)

■ Process

- Admit patients on the day of surgery
- Planned discharge criteria
- Telephone and follow up support immediately post discharge – 48 hours call from the nurse
- Auditing and monitoring of outcomes



References

- **NHS (2013) *Fulfilling the potential: a better journey for patients and a better deal for the NHS, London, NHS***
- **NHS (2013) *My role and my responsibilities, London, NHS***