



Service Priorities and Programmes Electronic Presentations

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Colorectal Enhanced Recovery After Surgery (ERAS) Programme, United Christian Hospital improve the patient outcome undergo colorectal surgery

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Introduction

Colorectal Enhanced Recovery After Surgery (ERAS) Programme, United Christian Hospital was established to improve the patient outcome undergo colorectal surgery.

Objectives

1. Enhance patient recovery after colorectal surgery
2. Advanced patient readiness for discharge and shorten hospital stay
3. Reduce perioperative complications
4. Reduce perioperative transfusion

Methodology

Methodology

Clinical Pathway and Protocols

Multidisciplinary Colorectal ERAS team was formed in June 2016, including doctors of anaesthesia, and surgery, nurses from Surgery, OR, SOPD, Community Nursing Service, and allied health from Dietetics, Physiotherapy and Medical Social Workers. Evidence based protocol and clinical pathway were discussed and written up. The clinical pathway starts from the time when patient agreed for surgery and ends when they are discharged from hospital after surgery. Enhanced recovery are achieved by comprehensive medical, physical and nutritional optimization, minimal invasive surgical technique, better pain management, rehabilitation program after surgery. The programme started at December, 2016.

Patient education and empowerment

Every patients planned for elective colonic and rectal surgery will attend education session led by surgical cancer case manager, dietitian and physiotherapist. Patients

and their family, through education video and discussion with our professionals, are empowered and motivated to prepare themselves for surgery by adopting various strategies such as smoking & drinking cessation, nutrition supplement, pre-habilitation exercise etc.

Reduction of unnecessary hospital stay due to social issues

Early detection of discharge issues after surgery are achieved at the time when patient agree for surgery and early admission period. And these patients were referred to MSW for early arrangement of postop short term old age home placement and other social support.

Result

According to SOMIP 2015/16 and 2016/17 report, the postoperative median LOS reduced from 11 days to 8 days. The morbidity rate slightly increase from 15.6 to 18.9% but remained lower than HA average of 22.1%. Of those, the rate of UTI and anastomotic leakage shows reduction from 1.1% to 0.6% and 1.9% to 0.6 % respectively.