

# Masterclasses

**M14.3****Evidence Based Perioperative Medicine****13:15 Theatre 2****Enhanced Recovery after Surgery in a Tertiary Cluster Hospital***Poon KS**Department of Anaesthesiology and Operating Theatre Services, Queen Elizabeth Hospital, Hong Kong*

Enhanced Recovery After Surgery (ERAS) is a multimodal, multidisciplinary peri-operative care pathway designed to achieve early recovery for patients undergoing major surgery. It was initially developed for colorectal surgery patients, but its principles are now being applied to a wide range of surgical disciplines. The key elements of ERAS include optimisation of nutrition, avoidance of prolonged peri-operative fasting, standardised analgesic and anaesthetic regimens, and early post-operative mobilisation. These have been shown to reduce surgical stress response and end organ dysfunction, thereby resulting in major improvements in clinical outcome.

Benefits of ERAS can be clinically translated into reduction in surgical complications and shorter hospital length of stay without compromising patient safety. It has resulted in better health service utilisation as well as substantial improvement in overall healthcare cost. This presentation aims to review the best evidence of ERAS from the literature, covering the concept and its applications in general surgery.