

Enhanced Recovery after Surgery: Pre-operatively Improving Patients' Health to Positively Impact Post-operative Recovery

1. Novant Health Matthews Medical Center/Presbyterian Medical Center, Charlotte, NC

2. Providence Anesthesiology Associates, Charlotte, NC

Implementation of an Enhanced Recovery pathway has proven beneficial to our patients through reducing length of stay and 30-day readmissions.

Significance:

In an effort to improve patient outcomes, the Greater Charlotte Market facilities of Novant Health, Inc. have implemented an Enhanced Recovery after Surgery (ERAS) program for Bariatric Surgery patients. Measures have been implemented in the pre-, intra-, and post-operative areas.

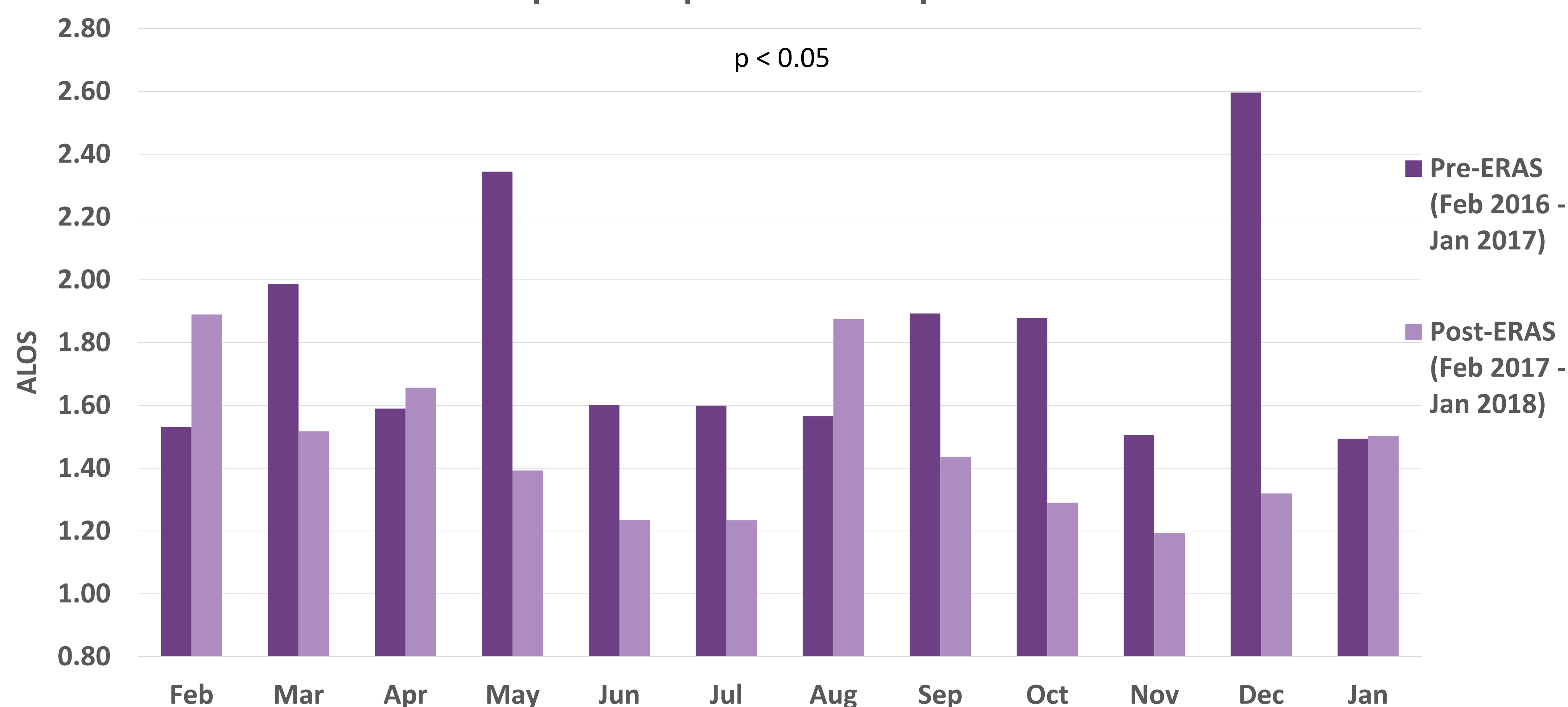
Data Population and Results:

We identified 475 patients who underwent bariatric surgery from the NH MMC and NH PMC surgery schedules. The analysis revealed that in the first 12 months of the program, the average length of stay decreased by 0.43 days over the previous 12 month period ($p < 0.05$). Thirty-day readmissions decreased from 4.92% to 3.16%.

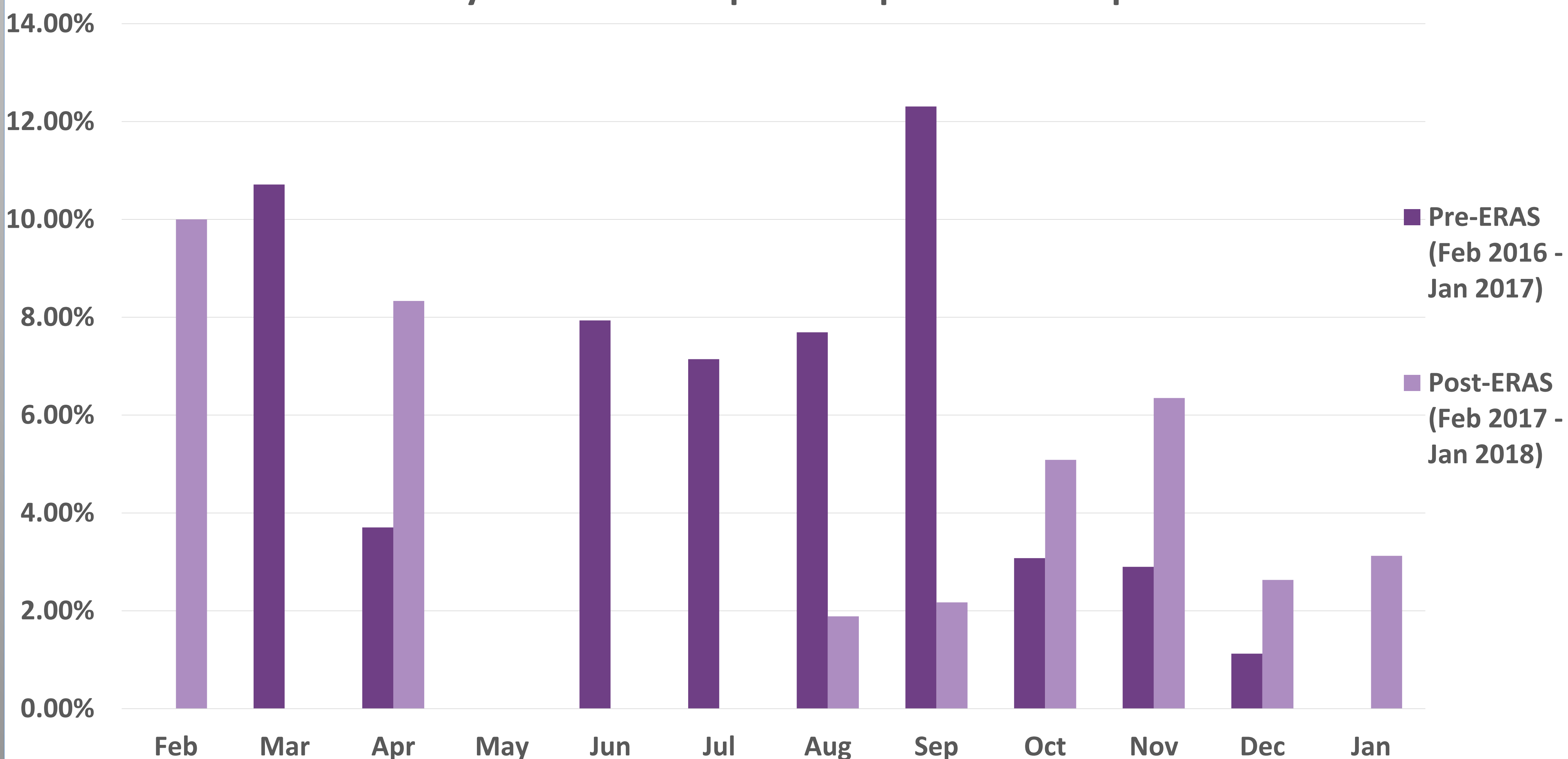
Lessons Learned:

- Maintaining and measuring compliance is essential to a successful ERAS program
- Significant and continued education of all enhanced recovery pathway elements is necessary to achieve positive outcomes

ALOS pre- and post- ERAS Implementation



30-Day Readmissions pre- and post- ERAS implementation



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