



Enhanced Recovery in Colorectal Surgery

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What is Enhanced Recovery?

aka 'Fast Track', Rapid Recovery, Accelerated Surgery



2000 - Multimodal approach pioneered in Copenhagen (Prof. Henrik Kehlet)

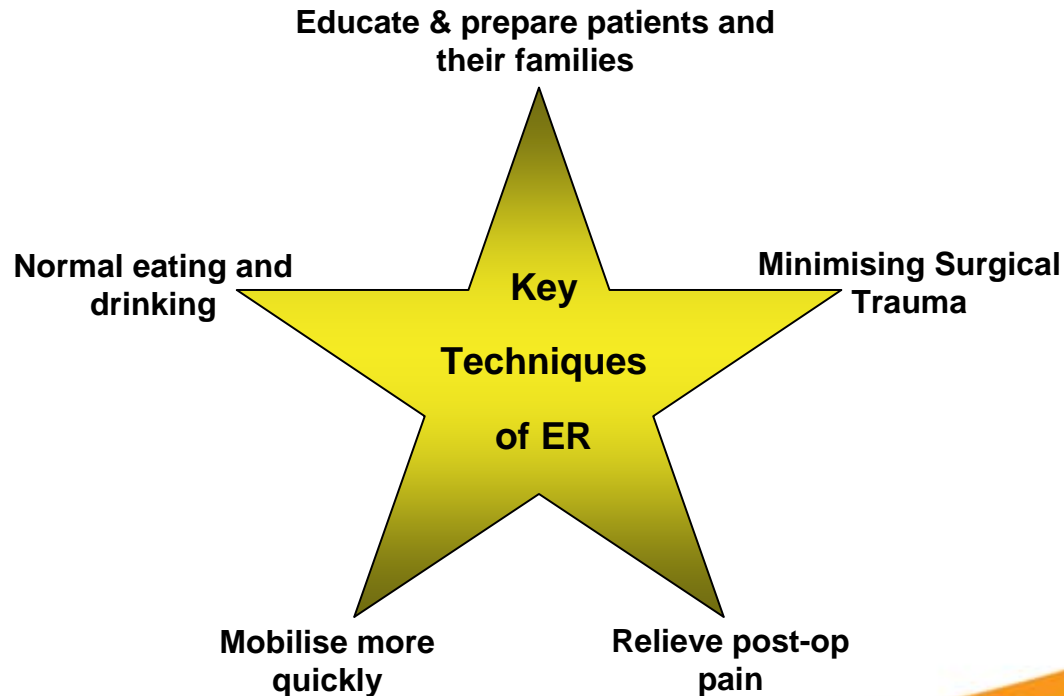
2008 – Hillingdon Hips & Knees

2010 – Colorectal Surgery & Gynaecology

...is all about Getting Patients Fitter, Quicker

Not about early discharge...

...but about planned discharge. Not about being poorly, but about focusing on getting better.



How do we Measure Success?

...By how quickly patients reach optimum post-op health

- Majority cancer patients
 - High proportion of older patients
 - Higher incidence of co-morbidities
 - Greater risk of deterioration
- Length of Stay
 - Number of Readmissions
 - Listening



Project Sponsors...



Jacqueline Totterdell
Dir. Of Operations



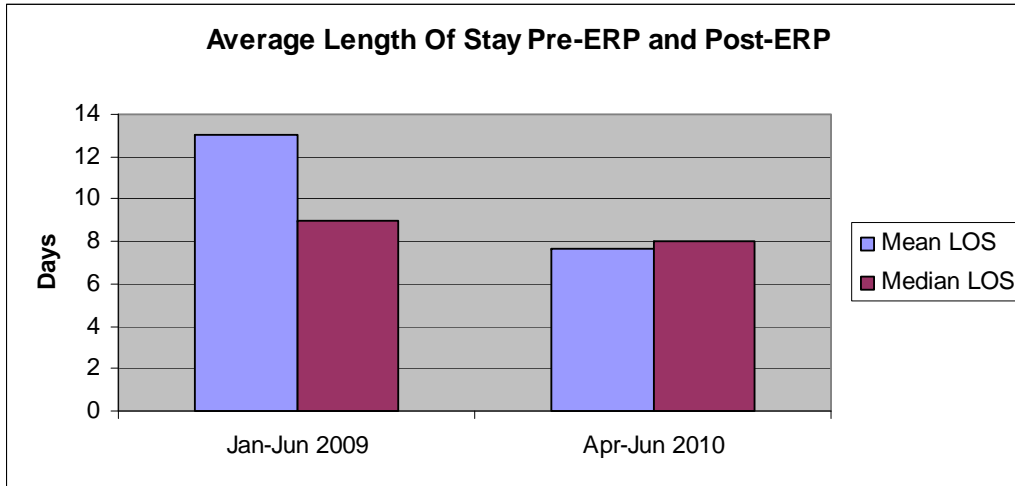
Mr Mohsen
Consultant in Surgery



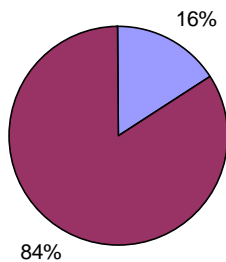
Andy McMeeking
Asst. Dir. NCAT

LIVE – March 2010

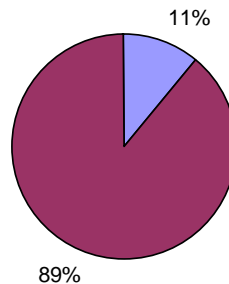
How Are We Doing?



Readmissions Jan-Jun 2009



Readmissions Apr-Jun 2010



“Great care was taken to prepare me for the operation and this no doubt contributed enormously to my feelings of ease and confidence.”

Patient

“Patients have been coming into recovery, sitting up, and asking for a drink of water.”

Recovery Sister

HOW?

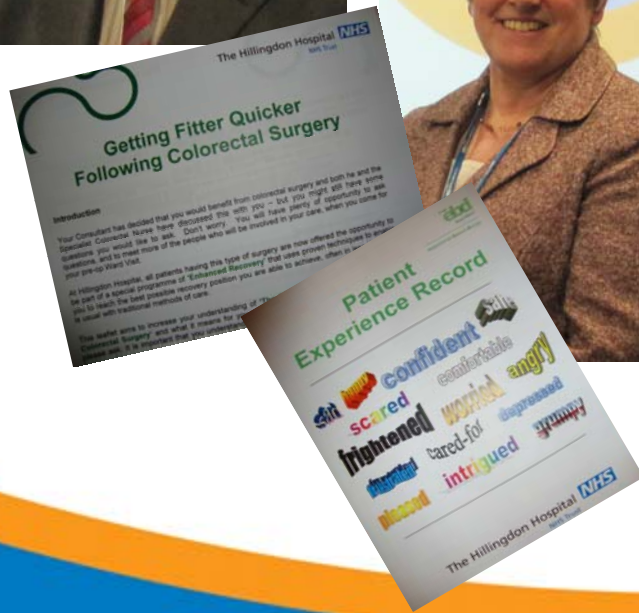
Outpatient ('News') Appointment



Seen by Consultant – given date for surgery & EDD



Seen by Specialist Nurse – given information ('Bad News' fax to GP)



Assessed in Pre-Op

Friday before Surgery...



- Check patient understanding
- Stoma training
- Pre-load drinks
- (Bowel Prep)
- FAQs and Contact numbers
- Admissions clerking
- Ward visit



Annette Oliver
Senior Ward Sister

Treatment...

- Admitted 6pm eve before
- Fluids / Obs
- CHO drinks
- (Enema)
- Laparoscopic surgery
- Epidural anaesthesia
- Doppler for goal-directed fluid therapy



Post-Op...



- Minimising pain, sickness and debilitation
- Early mobilisation
- Early drinking
- Early return to normal eating

Post-Discharge

2-way Telephone Contact – 48hrs + Mobile



Traditional Consultant Follow-up



Return & Review of Diaries



In short...

Enhanced Recovery gives us...

- Better Productivity
- Better Quality of Care
- Better Patients

