

Royal Papworth Hospital

ERAS for Thoracic Surgery



Introduced in 2014

Cohesive multidisciplinary team

Consultant Anaesthetists, Surgeons and Chest Physicians
Nurses
Physiotherapists
Pain team specialist nurses
Oncology nurses



Ongoing annual audit of outcomes and review of pathway

Constant adaptation to requirements of patients

Preoperative Clinic



- Correction of malnutrition
- Smoking cessation
- Inhaler optimisation
- Correction of anaemia
- Physical activity
- Patient information, education, counselling

Day of Surgery

- Oral carbohydrate loading
- No sedative pre-medication

Intraoperative



- Anaesthesia
- Opioid free anaesthesia
- Pre and intraoperative paravertebral blocks +/- phrenic nerve block
- Protective mechanical ventilation
- Surgery
- Minimally invasive techniques - uniportal VATS and subxiphoid
- 1 drain and portable digital suction on gravity mode

Postoperative care

- Pain control - multimodal to reduce use of opiates
- Day 0 eating, drinking and mobilising
- Early removal of chest drains (<450ml/day)



Discharge home

- Prolonged VTE prophylaxis
- Telephone follow-up
- Rapid access to outpatient unit for surgical team review

