

Royal Bolton Hospital

Colorectal ERAS Pathway



Part of the Greater Manchester rollout of ERAS +

Main aims are oral hygiene, nutrition, chest exercises, activity and lifestyle

Surgeons, Colorectal Specialist Nurses, ERAS Nurse working closely

Feedback at monthly audit meetings

Prehabilitation



Surgery school
MDT clinic - consultants, nurses, physios
Learn about interventions

Hospital Stay



Identify ERAS + patients by green wristbands
Brush teeth 2 x day and mouthwash
Incentive spirometry at least twice daily
Cough
Nutrition and fluids
Move as soon as able
Encourage use of PCA

Benefits



Aim to reduce length of stay

Evidence from Manchester Royal Infirmary shows savings of £500 000 by reducing length of stay