

# Torbay and South Devon NHS FT Colorectal ERAS Pathway



## Established 2005

### Preoperative



Optimise patient

Fitness assessment, anaemia pathway, improve nutritional status

ER Nurse led

Prescribe iron infusions, bowel prep, nutritional supplements

Clarify patient expectations

Provide information

Discharge Planning and liaison with MDT

### Perioperative



ERAS anaesthetic regime and new analgesic techniques

Pain team input

Early review

ER Nurse support for ward staff

Goal based recovery pathway

Moving, rehabilitated and ready for discharge

Intensive stoma team input

### Post Discharge



Telephone follow up

Rapid access back to hospital

Review by ER nurse and surgical team

Early investigation and treatment of complications

## Driving a successful ERAS programme

- Strong clinical leadership
- Cohesive MDT
- Dedicated driver - ERAS Nurse
- Patient engagement
- Ongoing annual audit of outcomes with feedback to teams
- Adapt programme to improve outcomes