

York Hospital Colorectal ERAS Pathway



Preoperative Clinic



MULTI-STOP CLINIC

Pre-assessment nurse

Medications, Bloods & ECG, explains pre-operative incentive spirometry, carb loading, post-op exercises

Consultant Anaesthetist

Risk stratification - CPET, Frailty, cognitive impairment, cardiac risk

Stoma Nurse

Research Nurse

Perioperative Website

Intraoperative



STANDARDISED INTRAOPERATIVE CARE

<https://www.yorkperioperativemedicine.nhs.uk/health-professionals/preoperative-care/intraoperative-care/>

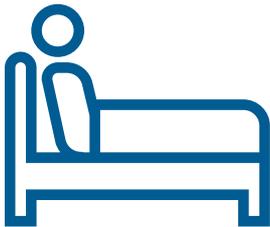
Goal directed fluid therapy

Hartman's solution 250 ml fluid boluses

Metaraminol infusion to maintain MAP >65mmHg

Surgical APGAR score for post-operative planning

Postoperative



DAILY MDT WARD ROUNDS

Consultant Anaesthetists and Surgeons

Nurses

Physios

AHPs

Goal setting

Patient data booklet

Day 1



- Maintain haemodynamic stability
- Pain Control
- Oral intake - fluids and light diet
- Sit out in chair/ walk a short distance
- Chest physiotherapy

Day 2



- Independence around bed area
- Walk longer distances

Day 3



- Stop Epidural
- Maintain pain control
- Oral intake
- Independence

Day 4/5



- Comfortable on oral analgesia
- Adequate oral intake to meet nutritional requirements
- Mobility comparable to pre-op
- Wound healing, no signs of infection
- Bowels functioning
- Physically, psychologically and socially fit for discharge