FOR MEDICAL PROFESSIONALS

Colorectal Enhanced Recovery Pathway

Enhanced recovery protocols for colorectal surgery have been shown to reduce post-operative morbidity, decrease average length of stay and encourage early return to normal function when compared with traditional colorectal surgical protocols.

**PROGRAM GOALS**

The Colorectal Enhanced Recovery Pathway being implemented at Sacred Heart Medical Center aims to reduce post-operative ileus, a major cause of delayed discharge after colorectal surgery. Other goals include reducing surgical-site infections and length of stay, while increasing patient education and satisfaction.

Colorectal patients will attend pre-operative classes and receive a handbook outlining what to expect before, during and after surgery. The handbook provides discharge checklists, nutritional guidelines and information for families.

“Explicit pre-operative instructions can lead to better recovery and pain control, particularly in anxious patients,” said David DeHaas, MD, Executive Medical Director for Surgery at Sacred Heart. “A clear explanation of what to expect helps patients comply with the care pathway, contributing to early recovery and discharge.”

**TEAM APPROACH**

Implementation requires a team approach involving surgical, anesthetic, nursing, nutritional and other staff. Nursing clinical pathways, colorectal order sets for pre- and post-surgery, and staff education are also included in the program.

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Performance Measurement

Program success will be measured by length of stay, surgical site infection rate and post-operative ileus data. Patient satisfaction scores and feedback from clinicians and staff will also be considered.

Efficacy

Similar programs have been implemented at the Mayo Clinic and other centers nationwide, with much success. In a systemic review that included 11 studies examining the evidence for enhanced recovery protocols when compared with traditional care, enhanced recovery programs were associated with shorter hospital stay, lower morbidity and no significant differences in readmission rates.

Program Leadership

David R. DeHaas, MD

- Executive Medical Director for Surgery, Sacred Heart Medical Center
- Board-Certified, General Surgery
- Fellowship, General and Vascular Surgery, Gloucestershire Royal Hospital, Gloucestershire, England

- Special Interests: Colorectal, Vascular and Oncologic Surgery

Duc M. Vo, MD

- Northwest Surgical Specialists
- Board-Certified, General Surgery
- Fellowship, Colon and Rectal Surgery, Creighton University School of Medicine, Omaha, Nebraska

- Special training, laparoscopic surgery, robotic-assisted general surgery

For More Information

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