



# How Do We Get There? Using a QI Approach to Successfully Implement and Monitor an ERAS (ERC) Program

CAS June 2018  
Montreal

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# Workshop Objectives

1. Upon completion, participants will be able to discuss the ERC (Enhanced Recovery Canada) recommendations and compare them to what is being done in their own institution
2. Upon completion, participants will be able to discuss challenges in effective implementation of ERC, including building excitement, interprofessional teamwork and program measurement
3. Upon completion, participants will be able to identify potential strategies to improve ERC recommendation adoption and maintenance

# Enhanced Recovery

| Active Patient Involvement          |  |                             |
|-------------------------------------|--|-----------------------------|
| <i>Pre-operative</i>                | <i>Intra-operative</i>                                 | <i>Post-operative</i>       |
| •Pre-admission education            | •Active warming  | •Early oral nutrition       |
| •Early discharge planning           | •Opioid-sparing technique                              | •Early ambulation           |
| •Reduced fasting duration           | •Surgical techniques                                   | •Early catheter removal     |
| •Carbohydrate loading               | •Avoidance of prophylactic NG tubes & drains           | •Use of chewing gum         |
| •No/selective bowel prep            |  | •Defined discharge criteria |
| •Venous thromboembolism prophylaxis | •Pain & nausea management                              |                             |
| •Antibiotic prophylaxis             | •Goal directed <u>peri</u> -operative fluid management |                             |
| •Pre-warming                        |  |                             |
| Audit of compliance & outcomes      |  |                             |
| Whole Team Involvement              |  |                             |

# Who is in the Room?

- Who has not started implementation?
- Who has implemented a few items?
- Who has implemented most items?
- Who has met barriers?
- Who is doing measurement?
  
- Who is in a leadership role? (authority to make changes for your group)
  
- What are your goals for this session?

# Overview of ERAS Workshop

- 5 minute quick summaries of recommendations
  - Fluid management
  - Pain management
  - Data collection and adherence
- Review of quality improvement basics
- Time to formulate thoughts and questions
- 45 minutes to discuss barriers and solutions (Q and A)
- More time to revise plan to take home

# 5 minute Summaries

- Fluids
- Pain
- Data and adherence

# QI Basics

- Canadian Patient Safety Institute (CPSI)

- Website with useful tools
- Getting Started Kit (GSK)
- Project Charter



- CAS website

- Will post link to useful websites
- Materials from today



# QI Basics

- Need to collect data: process measures, outcome measures, balancing measures
- Need to collect stories
- Don't make assumptions - go read the pamphlets yourself, do a walk through from patient perspective or nursing perspective
- Expect resistance and plan how to deal with them (ignore, leadership involved, slow change)





# Timeline Expectations

- Projects this size usually take **at least** 3 years of **serious effort**
  - year 1 gather team and start collecting baseline data
  - year 2 implement changes, collect data
  - year 3 sustain changes, collect data
- Note: actual data collected may change over time, but always collecting data

# Websites to get more detailed info



CAS website will have links to these materials

- ✓ CPSI and ERC <http://www.patientsafetyinstitute.ca/>
- ✓ ERAS Society <http://erassociety.org/>  
International site
- ✓ BC <https://enhancedrecoverybc.ca/>  
Guidelines, forms, sample reports, PPTs, videos, order sets, care pathways
- ✓ McGill <http://www.muhcpatienteducation.ca/surgery-guides/surgery-patient-guides.html?sectionID=31>
- ✓ Toronto <http://bestpracticeinsurgery.ca/>

# Lessons Learned

- Can implement all bundle items at once or in sequence but need to implement all as much as possible, allowing for some modification to fit center
- Can go back to original research to guide the decision on modifications from bundle
- If people are barriers, keep going up the chain till you find strong support

# Time to Think

- Take 5 minutes to think about an idea to take home and start to fill out project charter
  - What can you change?
  - What do you want to work on?
  - Do you have authority/influence to change this?
- Think about questions for our panel: What are your barriers? What do you need to help you?

# Q and A

# Revise Your Plan

- Based on what you have heard, take some time to review your Project Charter and make changes and/or additions
- Prepare to share your ideas