Outcomes following introduction of a Enhanced Recovery in Obstetric Surgery (EROS) protocol for elective caesarean sections

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Objectives:
Enhanced recovery for colorectal surgery has been accredited with improved outcome and reduced inpatient stay (1,2). There are no reports in the literature for search terms “enhanced recovery” and “obstetrics” as of 02/2013. To the best of our knowledge, we introduce and present the outcomes of the first enhanced recovery program for elective caesarean sections. Following introduction of this novel program we have prospectively audited the outcomes of the first 100 patients.

Methods: An evidenced based protocol was devised extrapolating data from other enhanced recovery programs of which a summary is shown (figure 1). Key aims were to enable improved preoperative information, early restoration of normal diet, return of normal bladder function, optimised postoperative comfort, early mobilisation, improved patient satisfaction and minimised inpatient stay. The following were recorded for the first 100 women enrolled into EROS: timing of enteral nutrition, mobilisation and catheter removal postoperatively; re-catheterisation rates and duration of inpatient stay.

Results:
- Pre EROS - average duration of stay of 2.85 days with 6.5% of women discharged on day one post elective LSCS.
- After EROS the average duration of stay reduced to 1.73 days (SD 0.83) with 46 (46%) women discharged on day one postoperatively.
- Enteral nutrition was recommenced whilst in recovery for 75 (75%) women.
- Urinary catheter removal on day zero occurred in 47 (47%) of women with only five requiring re-catheterisation.
- Sixty (60%) women first mobilised on day zero postoperatively and the remainder on day one.

Conclusions: Through the implementation of EROS we have reduced the duration of inpatient stay and improved patient flow ad capacity on the post-natal ward. This is not the sole raison d’etre, by enabling women to return to normal function sooner it also reduces their risk of morbidity. Initial feedback from the women involved has been very positive.

References