



## 3<sup>rd</sup> Annual Quality & Patient Safety Conference Improving the Healthcare Journey for Patients & Staff



### TITLE

## Enhanced Recovery After Surgery (Caesarean Section)

### SUBMITTED BY

Eimear Lawlor, CMM2 Enhanced Recovery After Surgery,  
Rotunda Hospital

### ABSTRACT

#### INTRODUCTION

Caesarean sections are the most common surgical procedure performed worldwide with rates continuing to rise. Caesarean section (CS) patients face the dual challenge of being postpartum and post-operative; therefore it is crucial we provide the highest standards of perioperative care to ensure improved recovery. Enhanced recovery after surgery (ERAS) involves a series of evidence based, patient-centred protocols that aims to standardise the perioperative care of the patient, helping patients return to their baseline level of function as soon as possible. ERAS has been shown to address the “triple aim”; improving quality of care while reducing cost and increasing patient satisfaction.(1)

#### METHODOLOGY

Implementation involved a ‘Plan-Do-Study-Act’ approach.

#### AIM

Develop and implement Ireland's first ERAS programme for Caesarean Sections by September 2021.

#### CHANGE IMPLEMENTED

1. Protocols to optimize maternal anaemia, limit fasting times pre and post-op, earlier resumption of oral diet, manage pain, nausea and vomiting.
2. A six hour post-op care bundle including earlier ambulation, removal of urinary catheter.
3. Early discharge at 48 hours.

#### MEASUREMENT

Baseline data was collected on 100 patients who had undergone an EL LSCS which was compared with outcomes for ERAS patients. Patient satisfaction survey is sent 6 weeks postnatally.

#### RESULTS

Over 200 patients have gone through the programme to date. Overall, we have seen tremendous improvements in reaching some of our KPI's. These include reduced fasting time pre and post-operatively, earlier mobilisation and catheter removal, improved pain scores and reduced length of stay. There have been no cases of Ileus, and no readmissions. 60% of patients availed of early discharge home. 89% of patients were followed up with the Community Midwifery Team

#### VALUE

- Reduced fasting times, earlier mobilisation, catheter removal and reduced pain scores allow patients feel more independent sooner.
- A standardised approach to ERAS patients helps staff to improve the quality of care provided at ward level.
- Earlier discharge reduces hospital costs, and allows patients to recover in the comfort of their home.

#### SUSTAINMENT

1. Robust audit of data continues as the ERAS programme progresses and improves within the hospital.
2. Education of staff and feedback is ongoing, ensuring a standardised approach is taken.
3. Guidelines and supporting documents have been created and distributed.
4. Plan to expand ERAS.

#### ADDITIONAL INFORMATION

Expand ERAS programme to elective Gynecology procedures. Data will be used to improve patient outcomes and satisfaction and empower staff.