



# ENHANCED RECOVERY AFTER SURGERY IN A VETERAN POPULATION

## CHARLES GEORGE VA MEDICAL CENTER

1100 TUNNEL ROAD, ASHEVILLE, NC 28805 828.298.7911



### BACKGROUND

Enhanced Recovery After Surgery Pathways (ERAS) have emerged as one of the best strategies to improve the value and quality of Surgical Care and have been increasingly adopted for a broad range of Surgical procedures.

Multimodal analgesia, incorporating nonopioid techniques is an integral part of these pathways. Less emphasis on opioid analgesia. More emphasis on regional anesthesia, non-opioid medications, and other non-medicinal therapies.

### IMPLEMENTATION

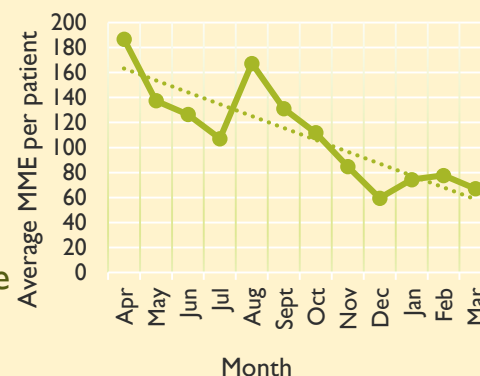
#### TOTAL KNEE ARTHROPLASTY PILOT ERAS IMPLEMENTATION ACTIONS:

- ❖ **Pre-Operative:**
  - ❖ Developed patient education booklet; includes all appointments, care, education, and follow up
  - ❖ Veteran is engaged; brings booklet to all pre-op visits
  - ❖ Minimal Fasting
- ❖ **Intra- Operative:**
  - ❖ Opioid sparing multimodal analgesia
  - ❖ Avoid tubes and drains
  - ❖ Increase in use of spinal and regional analgesia
- ❖ **Post-Operative:**
  - ❖ Cryotherapy implementation
  - ❖ Multimodal analgesia
  - ❖ Early nutrition
  - ❖ Early PT and mobilization

### Outcomes

- ❖ Approx. **72% decrease** in TKA opioid use.
- ❖ Approx. **21% decrease** in overall opioid use.
- ❖ Some used no opioids at all.
- ❖ Veteran satisfaction increased.
- ❖ **87% Decrease** in anti-emetics
- ❖ **Decrease in LOS 1.43 days** resulting in \$364,500 savings in one quarter since implementation est. annual savings: \$1,458,000 for TKA

Opioid use in total knee arthroplasty April 2017 – Mar 2018



### MULTIMODAL ANALGESIA

- \***PROTOCOL DEVELOPED**
- PREOPERATIVE MEDICATIONS:**
  - Gabapentin 600 mgs PO (on admission to day surgery)
- INTRAOPERATIVE MEDICATIONS:**
  - IV Tylenol 1000 mg
  - Magnesium 30 mg/kg (2-3 gms)
  - Ketorolac 15-30 mgs (if appropriate)
  - Ketamine 0.5 mgs/kg
  - Precedex 0.2-0.7 mcg/kg/hr
  - Zofran 4mg
- LOCAL ANESTHESIA PER SURGEON -**
  - Generally longer acting agents preferred (eg.Bupivacaine/Experel)

Local continuous anesthetic infusion.  
**COMPLEMENTARY INTEGRATIVE THERAPIES:**  
 Expanded Healing Touch, Virtual Reality, Aromatherapy, Battlefield Acupuncture, Meditation, Whole Health Coaching

- ❖ Questions? [Vada.Campbell@va.gov](mailto:Vada.Campbell@va.gov)
- ❖ [Amanda.Graves2@va.gov](mailto:Amanda.Graves2@va.gov)

### OUR ERAS MULTI-DISCIPLINARY IMPLEMENTATION TEAM

**Presenter:** Vada Campbell, RN-BC, HTP, ERAS Workgroup Co-Chair, Inpatient Pain Management Case Manager, Chair CEP Pain Management, ANCC, Silver Springs, MD

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| <ul style="list-style-type: none"> <li>❖ Susan Bazemore, CRNA, Surgery Services</li> <li>❖ Sidney Carter, RN, Orthopedics Case Manager</li> <li>❖ Tamara Cornell, PT, DPT, Clinical Program Manager</li> <li>❖ Eileen Ferrell, MSN, Nursing Education</li> <li>❖ Sherry Goar, FNP, Pre-Anesthesia</li> <li>❖ Amanda Graves, RN, Nurse Manager, Surgical Floor, ERAS Workgroup Co-Chair</li> <li>❖ Douglas Huntley, MD, Assistant Chief of Surgery</li> <li>❖ Joe Kelley, MD, Anesthesiologist</li> <li>❖ Jill Kerik, FNP, Hospitalists</li> <li>❖ Libby Libner, RN, Orthopedics Case Manager</li> </ul> | <ul style="list-style-type: none"> <li>❖ Sheri Norman, RN, Pre-op/PACU</li> <li>❖ Chris Nagy, MD, Orthopedics</li> <li>❖ Natalie Micale, Clinical Dietician</li> <li>❖ Angela Padgett, CNL, Surgical Floor</li> <li>❖ Natalie Parce, CNS, Shared Gov, PTE Coordinator</li> <li>❖ Craig Powell, MD, Chief of Surgery Services</li> <li>❖ Caitlin Rawlins, RN, Surgical Floor</li> <li>❖ Troy Schmidt, MD, Orthopedic Surgeon</li> <li>❖ Shirley Trantham, RN, Utilization Management</li> <li>❖ Josh Walbert, DPT, PM&amp;RS</li> <li>❖ Auburn Rathbone, PharmD</li> </ul> |
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