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Evaluating Compliance with Epidurals at LVH–Cedar Crest and LVH–Muhlenberg Under the Enhanced Recovery After Surgery Protocol in Patients Undergoing Colorectal Procedures

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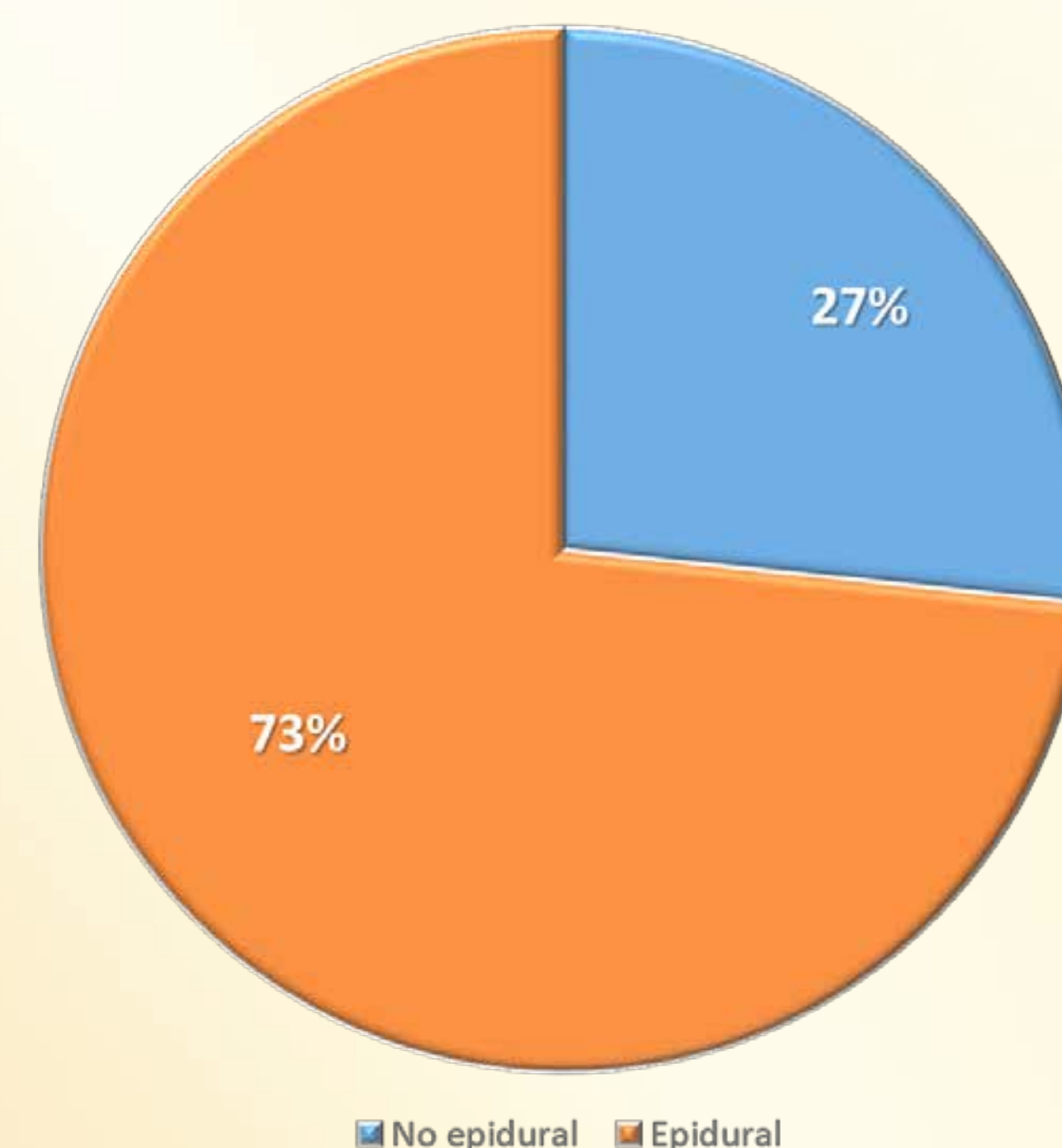
Background

- In recent years, evidence supporting the use of clinical pathways to improve post-operative recovery have had a significant impact on surgical care.
- Appropriate pain-control, oral feeding, fluid optimization, and early mobilization lead to improved outcomes.¹
- Epidural use is known to reduce pulmonary complications, reduce opioid use, decrease the incidence of deep venous thrombosis, improve bowel function, and provide effective pain relief compared with opioid pain control post-operatively.²⁻⁶
- The use of epidurals has also been found to improve overall survival in patients undergoing colon cancer surgery.⁷
- High compliance with ERAS protocols significantly improve short term outcomes in patients in comparison to lower compliance.^{8,9}
- The aim of this study is to evaluate compliance with epidural use under the ERAS protocol at LVHN-CC and LVHN-M in patients undergoing colorectal procedures.

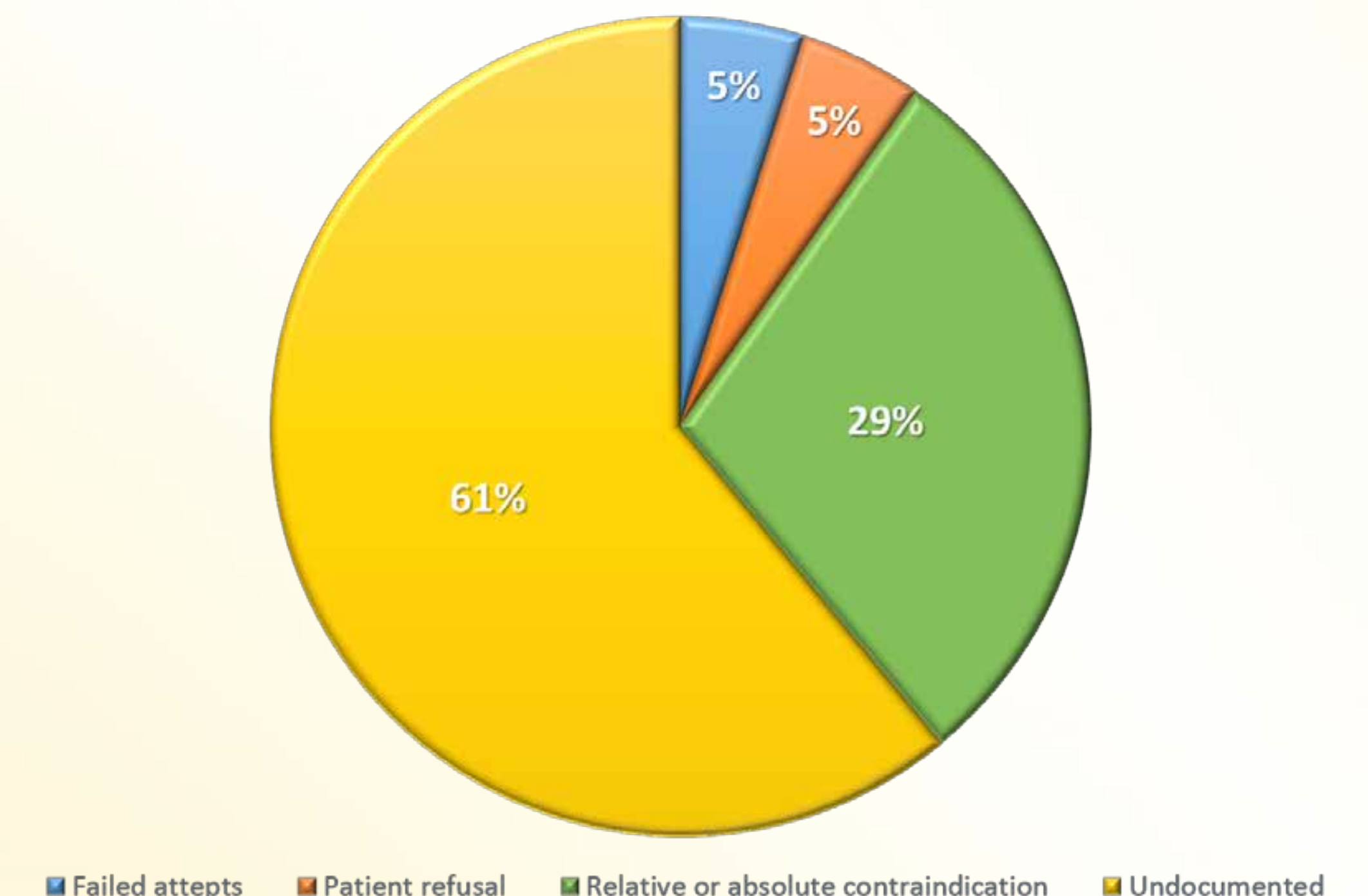
Results

- 41 of 154 patients (26.6%) included in the evaluation did not receive epidurals.
- Epidurals under the ERAS protocol are largely not placed due to four main reasons:
 - 2 failed attempts (4.9%)
 - 2 patient refusal (4.9%)
 - 12 relative or absolute contraindication (29.3%)
 - 25 undocumented reasons (58.5%)

Epidural Use for ERAS Colorectal Patients



Reasons for No Epidural



Problem Statement

- What are the factors that influence the decision-making to not place epidurals in patients undergoing colorectal procedures under the ERAS protocol at LVH–Cedar Crest and LVH–Muhlenberg?

Methodology

- A retrospective chart review was performed for patients that had colorectal procedures performed under the ERAS protocol at LVH–Cedar Crest and LVH–Muhlenberg between June 2015–June 2016.



Conclusions and Future Implications

- The use of epidurals in colorectal surgery have been evidenced to improve outcomes for patients.
- Evidence supports its use in major abdominal surgery and its use is recommended by multiple Enhanced Recovery guidelines.
- Additionally, higher compliance with ERAS protocols also improves short term outcomes for patients.
- The study revealed that the major reason for not placing epidurals is largely undocumented at LVHN, which suggests an opportunity for improvement.

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