

Enhanced Recovery After Surgery

Best Practice Change Idea	Process Measure
Pre-admission	
Patients and their caregivers receive pre-admission education on ERAS and their expected recovery	% of patients and caregivers who received pre-admission education
Preop correction of anemia (if appropriate)	% of patients who had preop anemia corrected
Preoperative Care	
Patients receive preoperative mechanical bowel prep	% of patients who received preoperative mechanical bowel prep
Patients receive preoperative oral antibiotics	% of patients who received preoperative oral antibiotics
Patients receive preoperative venous thromboembolism (VTE) chemoprophylaxis	% of patients who received preoperative venous thromboembolism (VTE) chemoprophylaxis
Patients receive clear liquids up to 2 hours before surgery start	% of patients who received clear liquids up to 2 hours before surgery start
Perioperative Care	
Patients receive regional anesthesia	% of patients who received regional anesthesia
Patients receive perioperative multimodal pain management, with opioids added only when appropriate (Teams working on improving pain management can also consider these change ideas)	% of patients who received perioperative multimodal pain management
Patients receive perioperative anti-emetic prophylaxis	% of patients who received perioperative anti-emetic prophylaxis
Postoperative Care	
Patients receive postoperative VTE chemoprophylaxis	% of patients who received postoperative VTE chemoprophylaxis
Patients receive early postop mobilization	% of patients appropriately mobilized
Patients receive early postop intake of liquids	% of patients with timely intake of liquids
Patients receive early postop intake of solids	% of patients with timely intake of solids
Patients receive timely foley removal	% of patients with timely foley removal
Patients receive appropriate discontinuation of IV fluids	% of patients with timely IV fluid discontinuation
Additional Change Ideas	
Teams working on preventing surgical site infection can also consider these change ideas .	
Teams working on preventing urinary tract infection can also consider these change ideas .	
Teams working on preventing pneumonia can also consider these change ideas .	

Opioid Prescribing and Pain Management

Best Practice Change Idea	Process Measure
Patients who are prescribed opioids receive the lowest effective dose of the least potent immediate-release opioid	% of patients prescribed opioids according to the common opioid prescribing protocol
Patients participate in nonpharmacological pain management strategies, such as physical therapy and relaxation techniques	% of patients who participate in nonpharmacological pain management strategies
Patients and their caregivers receive a written transition plan that includes appropriate use of opioids when transitioning from hospital to home	% of patients who receive a written transition plan that includes appropriate use of opioids when transitioning from hospital to home

Pediatric Teams

Best Practice Change Idea	Process measure
Patients and their caregivers receive pre-admission education on pain management and their expected recovery	% of patients and caregivers who received pre-admission education
Patients should bathe or shower before surgery	% of patients who shower or bathe before surgery
Appropriate bowel prep prior to surgery	% of patients who receive appropriate bowel prep prior to surgery
Remove hair only when necessary, using a clipper outside of the operating room	% of patients with appropriate hair removal
Select and administer the correct antibiotic prophylaxis (based on surgery type) at the appropriate time, dose and duration	% of patients with appropriate selection of prophylactic antibiotic % of patients with timely prophylactic antibiotic administration
Redose appropriately, based on antibiotic type, duration of surgery and blood loss	% of patients who received appropriate prophylactic antibiotic redosing
Select and apply appropriate skin antiseptics	% of patients with appropriate intraoperative skin antisepsis
Maintain normothermia preoperatively, intraoperatively and in the immediate postoperative period	% of patients with normothermic temperature maintained
Surgical closing protocol adhered to including changing gloves and use of new sterile towels and instruments	% of patients for whom a closing protocols were adhered to

Preventing Surgical Site Infection

Best Practice Change Idea	Process Measure
Pre-Operative Decolonization	
Patients should bathe or shower before surgery	% of patients who received a pre-operative bath/shower
Select and apply appropriate skin antiseptics	% of patients with appropriate intra-operative skin antisepsis
Pre-Operative Assessment	
Patients receive a pre-operative health assessment of their risk for developing an SSI	% of patients given a pre-operative health assessment about their risk for developing an SSI
Anti-microbial Coverage	
Select and administer the correct antibiotic prophylaxis (based on surgery type) at the appropriate time, dose, and duration	% of patients with appropriate selection of prophylactic antibiotic % of patients with timely prophylactic antibiotic administration
Redose appropriately, based on antibiotic type, duration of surgery and blood loss	% of patients who received appropriate prophylactic antibiotic redosing
Hair Removal	
Remove hair only when necessary, using a clipper outside of the operating room	% of patients with appropriate hair removal
Glucose Control	
Monitor and control perioperative blood glucose levels in surgical patients as appropriate	% of patients with appropriate blood glucose control
Normothermia	
Maintain normothermia pre-operatively, intra-operatively and in the immediate postoperative period	% of patients with normothermic temperature maintained
Wound Care	
Use of closing trays and wound protectors as appropriate	% of patients for whom a separate closing tray was used % of patients for whom wound protection was used
Manage surgical sites effectively in the postoperative period	% of patients with discharge instructions for wound care
Supplemental Oxygen	
Patient is given sufficient supplemental oxygen during major surgery and in the recovery period to maintain a hemoglobin oxygen saturation of more than 95%.	% of patients who maintained a hemoglobin oxygen saturation of more than 95% during surgery and in recovery period.

Preventing Urinary Tract Infection

Best Practice Change Idea	Process Measure
Limited Use of Urinary Catheters in the Operating Room	
Achieve consensus on the appropriate indications for urinary catheterization	% of patients with unnecessary urinary catheters
Implement restrictive insertion practices as appropriate	
Remove urinary catheters as soon as possible postoperatively, unless there are appropriate indications for continued use	% of patients with urinary catheters removed in the operating room or PACU
Improving Urinary Catheter Insertion Technique	
Use aseptic technique and sterile equipment for catheter insertion	% of patients with urinary catheters inserted using aseptic technique and sterile equipment
Only appropriately trained care providers should insert urinary catheters	% of appropriate staff trained on the correct technique of aseptic catheter insertion and maintenance
Maintaining Urinary Catheters Appropriately	
Maintain a closed drainage system	% of patients with urinary catheters maintained according to recommended Maintain unobstructed urine flow guidelines
Maintain unobstructed urine flow	
Assess Continued Need for Urinary Catheters	
Engage nurses in urinary catheter initiatives	% of nurses trained on correct catheter maintenance and indications for removal
Review urinary catheter necessity daily against prespecified criteria	% of patients with urinary catheter meeting pre-specified criteria
Select interventions for the early removal urinary catheters	

Preventing Pneumonia

Best Practice Change Idea	Process Measure
Incentive Spirometry	
Patients should complete deep breathing exercises 10 times each hour	% of patients who received education or assistance on incentive spirometry
Cough and Deep Breaths	
Patients should take deep breaths and cough every hour	% of patients who received education or assistance on coughing and deep breathing
Oral Care	
Patients should brush their teeth and use mouthwash twice a day	% of patients who received education or assistance on oral care
Patient Education	
Educate patients and family on active participation in recovery, including pain management, deep breathing, coughing, and mobility	% of patients who received appropriate education
Mobility	
Patients should get out of bed regularly	% of patients who received education on the importance of mobility during recovery
Elevate the Head of the Bed	
Elevate patients' heads of beds 30-45 degrees	% of patients who received education on or assistance with elevating

Cut the Carbon – Reducing Surgical Waste

Change Idea	Process measure
Patients bring their own reusable garment bag to their procedure	% of patients bring their own reusable garment bag to their procedure
Patients use reusable container peri-operatively for medication or water	% of reusable containers used for medication and water
Patients receive a non-desflurane anesthesia	% of patients who were given a non-desflurane anesthesia
Use of custom packs optimized for the procedure	% of surgeries where a custom pack optimized for the procedure was used
Use reusable surgical gowns	% of surgeries where a reusable surgical gown was used

Equity

Change Idea	Process measure
Roll out education curriculum to improve awareness on health equity related topics	% of staff completed training
Leverage M&M rounds to engage staff on health equity related topic	Self-assessed level of knowledge and awareness
Provide training on how to plan and collect standardized demographic <ul style="list-style-type: none"> • Provide scenario practice or staff script to common questions patients may ask • Create cheat sheet to help staff provide standard instructions when introduce the data collection tool • Develop training manual that includes explanations to each demographic question 	% of staff received training on collection of standardized % of staff feel confident and comfortable to support the data collection process
Follow up or interact with patients and clients after reviewing survey	% of patients/clients who provided demographic data received a follow-up to address questions or concerns