

# Enhanced Recovery Before Surgery: A Guide to Preoperative Optimization



## Preoperative Optimization of the Chronic Pain Patient: Enhanced Recovery Before Surgery by Heath B. McAnally

★★★★★ 5 out of 5

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Surgery is a major stressor for the human body, and it can lead to a number of complications, including infection, bleeding, and delayed recovery. Enhanced Recovery Before Surgery (ERBS) is an evidence-based approach to surgical care that aims to reduce these complications, improve patient outcomes, and accelerate recovery.

ERBS is based on the principle that optimizing the patient's condition before surgery can lead to better outcomes. This includes addressing nutritional deficiencies, improving cardiovascular health, and managing chronic conditions.

## Benefits of ERBS

ERBS has been shown to provide a number of benefits, including:

- Reduced complications
- Improved patient outcomes
- Accelerated recovery
- Shorter hospital stays
- Lower costs

## **Implementation of ERBS**

ERBS is implemented through a number of strategies, including:

- Nutritional optimization
- Cardiovascular optimization
- Management of chronic conditions
- Patient education
- Perioperative pain management

## **Nutritional optimization**

Nutritional optimization is essential for ERBS. Patients who are well-nourished have a stronger immune system, are better able to heal from surgery, and are less likely to experience complications.

Nutritional optimization can be achieved through a number of methods, including:

- Eating a healthy diet
- Taking nutritional supplements

- Receiving intravenous nutrition

## **Cardiovascular optimization**

Cardiovascular optimization is also important for ERBS. Patients who have a healthy cardiovascular system are better able to tolerate the stress of surgery and are less likely to experience complications.

Cardiovascular optimization can be achieved through a number of methods, including:

- Exercising regularly
- Eating a healthy diet
- Taking medication to manage blood pressure or cholesterol

## **Management of chronic conditions**

Patients with chronic conditions, such as diabetes or heart disease, need to have their conditions well-managed before surgery. This can help to reduce the risk of complications and improve the chances of a successful recovery.

Management of chronic conditions can be achieved through a number of methods, including:

- Taking medication
- Following a special diet
- Monitoring blood sugar or blood pressure

## **Patient education**

Patient education is an important part of ERBS. Patients need to understand the importance of preoperative optimization and how they can contribute to their own recovery.

Patient education can be provided through a number of methods, including:

- Brochures and handouts
- Classes
- One-on-one counseling

## **Perioperative pain management**

Pain is a common problem after surgery. It can make it difficult to move, breathe, and sleep. Good perioperative pain management can help to reduce pain and improve patient comfort.

Perioperative pain management can be achieved through a number of methods, including:

- Medication
- Nerve blocks
- Acupuncture

ERBS is an effective way to reduce complications, improve patient outcomes, and accelerate recovery after surgery. By implementing ERBS strategies, surgeons can help their patients to have a more positive surgical experience.

## **References**

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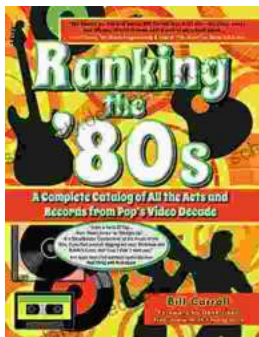
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