

Alberta's Strategic Clinical Networks

Enhanced Recovery After Surgery

The Goal

Partnering with patients is at the heart of Enhanced Recovery After Surgery (ERAS) Alberta. Starting with colon and rectal surgeries in 2013, the program continues to improve ways of delivering care before, during and after surgery. The overall goal is to help patients stay strong, improve recovery times, reduce complications, and create a better patient experience.

The Process

Each hospital has a local team of dedicated professionals led by a surgeon, an anesthesiologist, and an ERAS nurse coordinator.

The Strategic Clinical Networks (SCNs) give ERAS Alberta access to clinical and research experts and patient consultants from across the province. ERAS Alberta helps local teams change patient education, pre-operative care, surgical and anesthesia practices and care, as well as post-operative care including helping patients transition to home.

The Outcome

After major surgery, Albertans on ERAS pathways felt better sooner. Six hospitals in Edmonton and Calgary have shown that patients met the same milestones for discharge on average 2-3 days sooner than before. New ERAS education was made to prepare patients before their surgery and teach them easy things to do to help them recover. ERAS patients experienced less major surgical, lung, and heart problems, resulting in better outcomes and saving to the health care system.

The Team

ERAS Alberta is part of the Surgery SCN. Provincial partners include: Diabetes, Obesity, and Nutrition (DON) and Cancer SCNs, Zone and Site Operations, Nutrition and Food Services, Pharmacy, MyHealth.Alberta.ca, QHI and Analytic (DIMR).



*Night and day
– that's how a 59 year old
MaryAnne describes the difference in her recovery
time between two recent surgeries.*

“ *I was surprised at how quickly I felt better after the second surgery. I had more energy and was up moving sooner.* ”