

How ERAS Guidelines Can Improve Your Cancer Surgery



It's normal to feel nervous about having surgery to treat cancer. But there is a way you can help ensure it goes well. Look for a hospital or cancer care facility that follows Enhanced Recovery After Surgery (ERAS) guidelines. Going to a hospital that follows ERAS can help improve your treatment and recovery.

What is ERAS?

ERAS is a program to improve surgery quality. The guidelines put the focus on the patient. They encourage and empower you to be an active partner in your care.

The goal is to provide a smoother and safer surgery experience. ERAS can:

- Reduce complications
- Shorten your hospital stay
- Improve your outcome

By achieving these goals, ERAS can also help lower your healthcare costs.

A group of experts called the ERAS Society first developed this approach for colon surgery. The colon guidelines worked so well that they created guidelines for other procedures. Today, many healthcare providers worldwide use the ERAS approach.

What's in the guidelines?

- **Multidisciplinary approach.** Working with different healthcare providers can make your care seem disjointed. But when your team works together across specialties, everyone is on the same page about your care.
- **Patient education.** Learning more about your surgery and recovery can help soothe your fears and ease your recovery.
- **Good nutrition.** Under ERAS, you may not need to stop eating or drinking for a long time before your procedure. Good nutrition before surgery enhances your health and recovery.
- **Smart pain management.** You can get relief with fewer side effects with a variety of pain control methods.
- **Minimally invasive methods.** These are procedures that use smaller incisions. This helps lead to quicker healing.
- **Early return to activity.** By getting up and moving soon after surgery, you can prevent problems. You can return to normal activities sooner.
- **A care plan just for you.** Adapting care plans to your personal needs means you will have a better recovery.

There are more guidelines for each type of surgery. These are all based on the best research that is available.

Find the support you need

By following ERAS guidelines in your cancer care plan, both you and your healthcare providers can benefit. If you're thinking about surgery for cancer, ask your surgeon if their hospital follows ERAS. Don't be afraid to ask for information and resources that will support you in your journey to healing.

As you face treatment for cancer, remember that friends, family, and support groups can help you through this hard time. Look to them for strength when you need it. Take each day as it comes, knowing that you are doing your best to be as healthy as possible.

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