

Enhanced Recovery Newsletter

A quarterly newsletter brought to you by the UPMC ERAS & CPC Team

2019: 2ND QUARTER

APRIL 2019

Featured Updates

CPC

[Center for Perioperative Care \(CPC\) and PEC Merging April](#)



[ERAS Visits UPMC Susquehanna](#)

Outpatient Surgery
A Division of AORN, Inc.

[Dr. Stephen Esper and Dr. Holder-Murray Featured in Outpatient Surgery Magazine](#)



[Continuing Education](#)

Continuing Education

[ERAS News and Updates](#)

Center for Perioperative Care (CPC) and Presurgical Evaluation Center (PEC) Merge

CPC

On April 1, 2019 at UPMC Presbyterian, PEC and the CPC services will be integrated into a single service called "Center for Perioperative Care." From the perspective of the referring provider and their staff, nothing will change. This is the first step in a process designed to increase value for patients and providers by simplifying and standardizing the perioperative care of patients at UPMC.

Spotlight on PUH/MUH CPC: The CPC uses the concept of Prehabilitation to help optimize the patient prior to and around their operative event. The surgical experience is tailored to each patient's specific needs. H&P and full evaluations are done, as they have been in the past, with appropriate referrals or 'Clearances'. In the future, patients will be triaged to the appropriate pathways for care delivery to enhance their experience and deliver the highest quality of care at no additional cost to either the patient or the system.

For additional information please reach out to one of the CPC faculty members.

*****CPC Faculty*****

Stephen Esper, MD | Kathirvel Subramaniam, MD | Michael Boisen, MD | Dennis Phillips, MD

ERAS Team Visits UPMC Susquehanna



On March 7th, the ERAS team paid a visit to UPMC Susquehanna in Williamsport to present ERAS and the CPC to the medical leadership. This is the first step to bring ERAS to one of the newest members of UPMC.

UPMC Susquehanna brings seven hospitals across an impressive geographic area and a wide range of services that will benefit from ERAS and the CPC. Those services include cancer care, orthopedics, women's health, and general surgery. During this visit, the ERAS and CPC team discussed enhanced recovery at UPMC, the Center for Perioperative Care, and frailty. Stay tuned for updates on future expansion work.

Outpatient Magazine

Outpatient Surgery
A Division of AORN, Inc.

Dr. Esper and Dr. Holder-Murray were featured in the March 2019 edition of Outpatient Magazine. In the article on page 44 titled "Tell your patients to drink up". In this article the crucial role of Pre-op nutrition, carb-loading, the role of pre-op nutrition drinks and breaking the notion of "fast after midnight" is discussed. Perioperative nutritional optimization is a central concept of UPMC's ERAS program. The article offers a variety of rationales and products to take advantage of. Follow the link below to learn more!

[Outpatient Surgery Magazine](#)

ERAS News and Updates



- Tylenol Study update:

- TITLE: Role of Scheduled Intravenous Acetaminophen for Postoperative Pain Management in an Enhanced Recovery After Surgery (ERAS) Population: A Prospective, Randomized and Placebo-Controlled Clinical Trial
- PI: Dr. Kathirvel Subramaniam
- STUDY POPULATION: Subjects ≥18 years of age scheduled for elective colorectal, pancreatic, or other major abdominal procedures.
- START DATE: May 24, 2018
- STATUS: As of March 29, 2019, there have been 132 patients enrolled with the end goal of 154 patients.

- medCPU:

- medCPU continues to have a hold on certain prompts following the outage in January and February. Prompts that remain on “silent” mode (the end user does not see them) are: pre-op pain meds, foley catheter and diet orders. We will communicate when the prompt restrictions are lifted.

- Future inpatient pain orders to be stratified for risk of postop pain

- The ERAS team is in the process of developing an opioid stratification plan to tailor the use of post operative inpatient opiates. The image to the right reflects the upcoming changes. We will keep you informed when this will take place.

Opioid Stratification in ERAS Postop Orders

OLD

All patients
Mild (1-3): Oxycodone 5
Mod (4-6): Oxycodone 7.5
Sev (7-10): Oxycodone 10

PROPOSED*

Low Opioid (Elderly or Sensitive)	Standard Opioid	Opioid Tolerant **
Mild (1-3): no additional	Mild (1-3): tramadol 100	Mild (1-3): oxycodone 7.5
Mod (4-6): tramadol 50	Mod (4-6): oxycodone 5	Mod (4-6): oxycodone 10
Sev (7-10): oxycodone 5	Sev (7-10): oxycodone 10	Sev (7-10): oxycodone 15
Breakthrough: hydromorphone 0.25 mg IV	Breakthrough: hydromorphone 0.5 mg IV	Breakthrough: hydromorphone 1 mg IV
Gabapentin 100 mg po qhs	Gabapentin 300 mg po qhs	Gabapentin 400 mg po qhs

*All patients continue to receive standard preop medication, standard intraop mgt, postop acetaminophen & NSAIDs.

** Chronic pain patients with daily OME > 100 should be given PCA instead of oral opioids.

- Abstracts and presentations:

- 2019 Annual Congress of Enhanced Recovery and Perioperative Medicine, Improving Compliance to ERAS Clinical Pathways using Natural Language Processing Software, Washington D.C., April 25-27, 2019
- American Society of breast surgeons poster/abstract, Implementation of an Enhanced Recovery After Surgery (ERAS) protocol improves post-operative nausea and analgesia following total mastectomy, Dallas, TX, April 30 – May 5.

Continuing Education — Conferences

Below is a list of upcoming educational opportunities related to ERAS:



- ASER 2019 Annual Congress of Enhanced Recovery and Perioperative Medicine, Hyatt Regency Washington on Capitol Hill, April 25-27, 2019
- UPMC Update in Anesthesia, Pain & Intensive Care Conference, Nemacon Woodlands Resort Farmington, PA, April 26-27, 2019
- ERAS Society 7th ERAS World Congress, Liverpool UK, May 1-3, 2019

THANK YOU

Thank you all for your ongoing hard work, support, and guidance. We look forward to continued success, and welcome any feedback, as we continue to expand the UPMC Enhanced Recovery Program.

Sincerely,
The ERAS Leadership Team

Stephen Esper, MD | Jennifer Holder-Murray, MD | Michael Boisen, MD | Kathirvel Subramaniam, MD | Daniel Hall, MD | Steven Foos, MSN | KatieAnn Meister | Mary Wisniewski

University of Pittsburgh Medical Center (UPMC) Enhanced Recovery After Surgery (ERAS) & Center for Perioperative Care (CPC)