

ENHANCED RECOVERY

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Enhanced recovery is an approach to the perioperative care of patients undergoing surgery . It is designed to speed clinical recovery of the patient and reduce both the cost and the length of stay of the patient in the hospital. It is achieved by optimising the health of the patient before surgery through prehabilitation and then delivering evidence-based best care in the perioperative period. Postoperative strategies advocated by enhanced recovery protocols include: /uni25CF early planned physiotherapy and mobilisation; /uni25CF early oral hydration and nourishment; /uni25CF opioid-sparing analgesia regimens that include the use of regional blocks, regular non-steroidal anti-inflammatory drugs and paracetamol; /uni25CF early discharge planning (started even before the patient is admitted to hospital and involving support from stoma care nurses, physiotherapists and other community care workers). DVT , urinary retention, atelectasis, pressure sores and faecal impaction. Telephone follow-up is carried out to make sure that the pa tient is recovering well.

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