

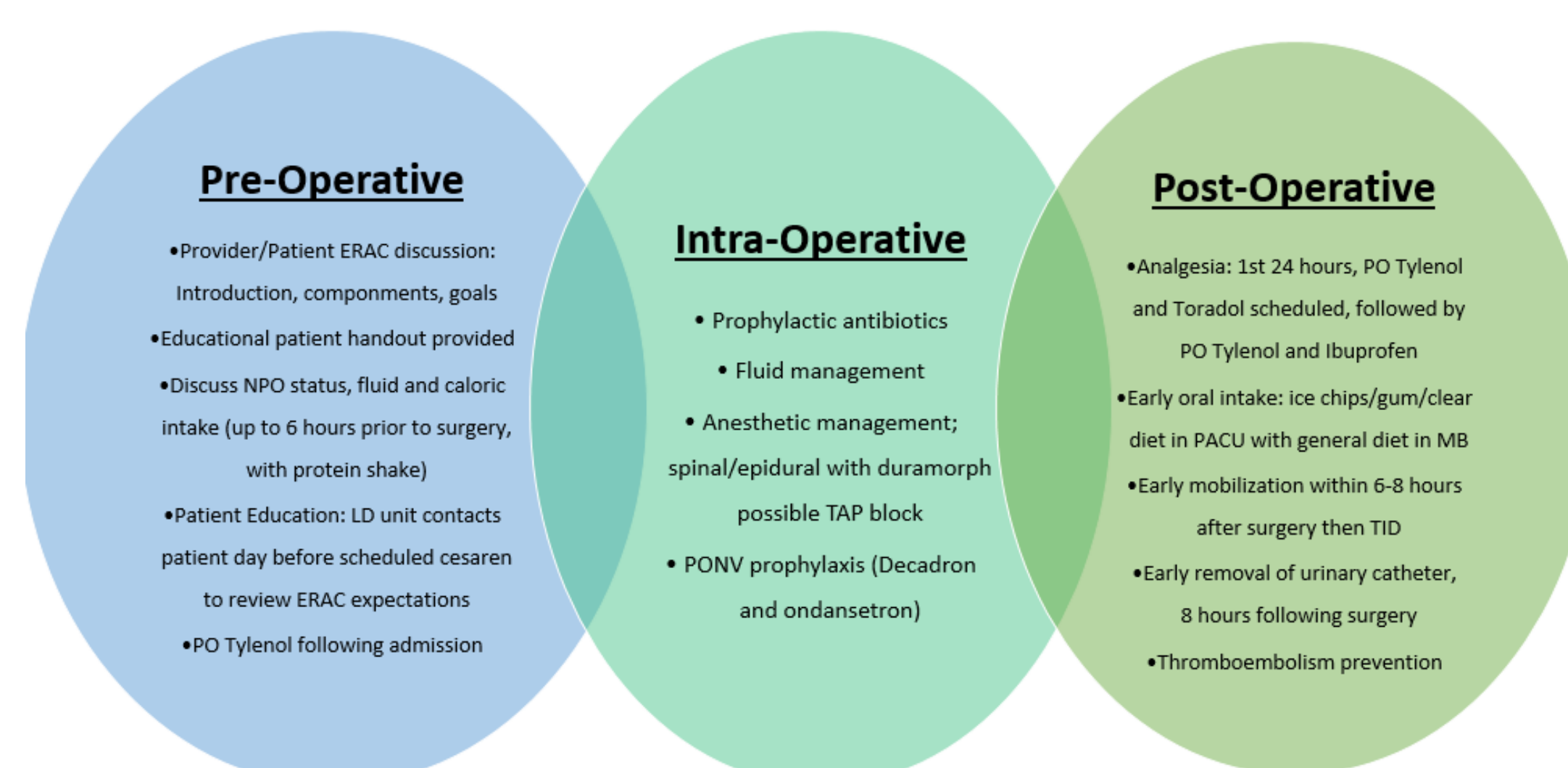
Problem

- AMITA Health Adventist Medical Center Hinsdale is a teaching hospital serving DuPage county, a Level III Perinatal Medical Center that implemented a quality improvement initiative to promote early recovery with components of the Enhanced Recovery after Cesarean (ERAC) pathways.
- Current research advocates for evidence-based protocols for the pre, intra, and post-cesarean care of the obstetrical patient. The implementation of the Society of Obstetric Anesthesia and Perinatology's (SOAP) ERAC pathways on our obstetrics units provides standard perioperative protocols to follow with each of our cesarean delivered patients and enhance their postpartum recovery outcomes.
- The AMITA Hinsdale ERAC initiative focused on specific components such as controlled pain management, early ambulation and nutrition. Our goals are to decrease opioid use, encourage early activity, decrease length of stay (LOS), and prevent post-cesarean complications.

Project Implementation

- A multidisciplinary committee was formed. Participation from anesthesia, pharmacy, nutrition, clinical informatics, OB Safety, nursing, providers, and hospital administration was vibrant. The committee created the ERAC Components pathway required for each patient phase. The ERAC pathway focuses on acetaminophen pre-op, scheduled pain management post-op, early oral intake post-op, protein supplement with each meal, early urinary catheter removal and early ambulation

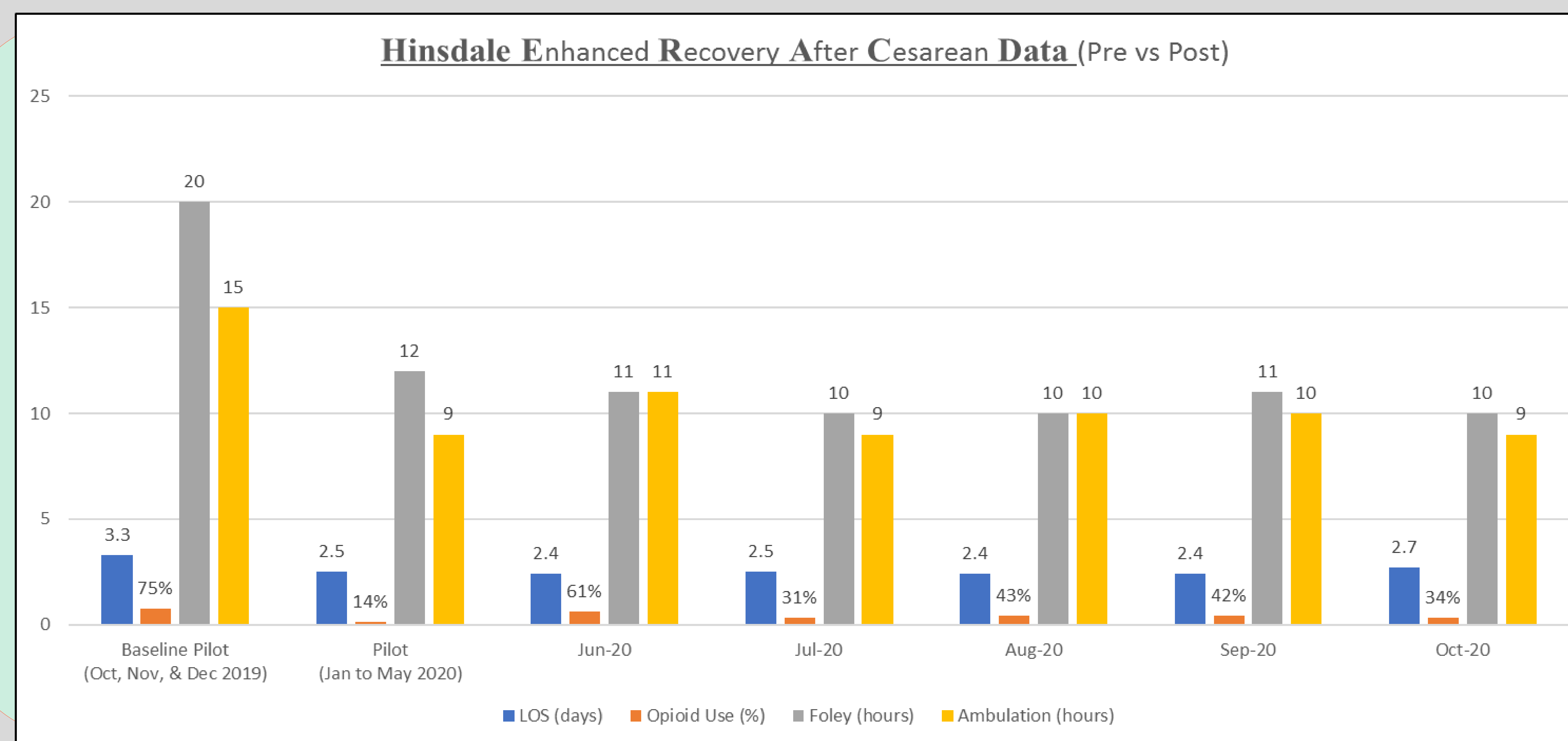
AMITA Health Adventist Hinsdale Hospital
Enhanced Recovery After Cesarean (ERAC) Components for Cesarean Delivery



- Education was provided to all staff of the L&D and Mother Baby units, which included anesthesia, providers, nursing, and ancillary staff.
- A pilot group was identified, who trialed the ERAC Pathway protocols for 3 months with successful outcomes. With the success of the pilot program, the ERAC Pathway protocols went live for all cesarean patients on June 1st, 2020 (original date delayed due to COVID-19) and continue to be the standard pre, intra, and post-cesarean protocols for all of our cesarean delivery patients.

Results

- Baseline data was collected on the core pilot ERAC provider group (a 3-month pre-intervention implementation period included October, November, and December 2019), specifically focusing on length of stay, opioid use post-op, ambulation, and urinary catheter removal. The ERAC Pilot was implemented on the units January through March 2020.
- Results showed a decrease of length of stay from 3.3 days to 2.4, opioid use postop went from 75% to 14%, ambulation post-cesarean went down from 15 hours to 9 hours and urinary catheter removal post cesarean went from 20 hours to 12 hours.
- Following the success of the pilot program and now the participation of all OB providers, the monthly results continue to show a decrease.
- Currently, our average length of stay from June to October 2020 is 2.7 days, opioid use postpartum is 34%, urinary catheter removal is 10 hours and ambulation post-cesarean is 9 hours.
- We are excited to continue our ERAC program until the end of the 2020 year and cannot wait to celebrate our successful end results.



Conclusions

- The ERAC quality improvement initiative has helped to facilitate evidence-based practice changes from various aspects of the patient's cesarean recovery experience. We will continue to educate our patients prenatally in the office, educate and implement in the immediate PACU area and in the postpartum units.
- Moving forward, our next steps are to significantly decrease opioid use postop and to remove urinary catheters and ambulate patients at 8 hours post-cesarean. The initiative will continue to focus on early post-cesarean recovery, enhancing the mom-infant bonding experience, enhancing the patient's recovery experience, and decreasing postop complications.

Acknowledgements/Hospital Team

- A huge thank to all the amazing Labor and Delivery and Mother Baby nurses at AMITA Health Hinsdale who were the driving force empowering the patients at the bedside. Thank you to the Director and Managers of the AMITA Health Hinsdale Women & Children's complex for the continued collaboration on the quality improvement projects to enhance all patients' outcomes.
- Thank you to the multidisciplinary ERAC Champion committee that helped to implement this QI project at AMITA Health Hinsdale, including anesthesia, pharmacy, clinical informatics, nursing, providers, and hospital administration.