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**Control/Tracking Number:** 2021-SF-1230-ACS

**Activity:** Scientific Forum

**Current Date/Time:** 5/13/2021 7:21:57 AM

## **Impact Of Enhanced Recovery Program (ERP) On Clinical Outcomes After Elective Colorectal Surgery In A Rural Hospital.**

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### **Abstract:**

**Introduction:** The main purpose was to determine the impact on postoperative outcome of a standardized enhanced recovery program (ERP) for elective colorectal surgery in a rural hospital.

**Methods:** A prospective series of patients (N=80) undergoing elective colorectal resection completing a standardized ERP protocol in 2018-2020 (ERP group) was compared to patients (N=80) operated at the same rural hospital in 2013-2015 (pre-ERP group). The exclusion criteria were: ASA IV, TNM stage IV, inflammatory bowel disease, emergency surgery, and rectal cancer. The primary outcome was hospital length of stay (LoS) which was used as an estimate of functional recovery. Secondary outcomes included: postoperative complications, 30-day readmission, mortality, and factors predicting prolonged hospital stay.

**Results:** Age, gender and body mass index were comparable in both groups. Laparoscopic approach was performed in 95% of patients in the ERP group versus 0% in pre-ERP group. The median adherence to ERP protocol elements was 68%. The median hospital LoS in ERP-group was 5 days (IQR, 4-7 days) versus 10 days (IQR, 9-14 days) in the pre-ERP group ( $p < 0.0001$ ). A 31% reduction of post-operative complications was observed in the ERP group with no significant difference in 30-day mortality and re-admission rates. After adjusting for potential confounders, following a conventional peri-operative protocol was the only independent factor predicting a prolonged hospital LoS ( $p < 0.0001$ ).

**Conclusion:** Although limited hospital resources are perceived as a barrier to ERP implementation, the current experience demonstrates how adopting an ERP program in a rural area is feasible and effective, despite it requires greater effort.

**Category (Complete):** Colon and Rectal Surgery

**Presentation Preference (Complete):** ALL - Oral OR Quick Shot OR e-Poster

### **Additional (Complete):**

Please indicate your research type: Clinical Research

Please select from the following: Other

If you selected other please specify : Medical Doctor

Are you a recipient of an ACS fellowship or scholarship?: No

All statements listed above are accurate and true. : True

Has this abstract been selected for *publication* (in part or in whole) by another organization prior to the ACS meeting in October?: No

Has this abstract been, or slated to be, presented prior to the October meeting?: Yes

**Status:** Finalized

American College of Surgeons

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## Clinical Congress 2021 Scientific Forum Abstract Submission #1230

scientificforum@facs.org <scientificforum@facs.org>

mer 12/05/2021 22:03

A: nino.fish@hotmail.it <nino.fish@hotmail.it>

Dear Antonio Pesce:

On behalf of the Committee for the Owen H. Wangenstein Scientific Forum, we are pleased to inform you that your abstract **Impact Of Enhanced Recovery Program (ERP) On Clinical Outcomes After Elective Colorectal Surgery In A Rural Hospital.** is accepted as an oral presentation in the Scientific Forum at Clinical Congress 2021. This year's Clinical Congress will be a virtual event, taking place October 24-28, 2021.

This preliminary notice of acceptance is being sent to **Presenting Authors**, so please inform your co-authors of your acceptance. You will receive an official invitation at a later date, which will include additional session and presentation information. In the event you must withdraw your abstract for presentation, please notify us by **July 1, 2021**.

*Please note - if you also submitted a video, Video-Based Education notifications will be sent the first week of June.*

You can find more information about Clinical Congress 2021 at [facs.org](http://facs.org). If you have any questions or concerns, feel free to contact us at [scientificforum@facs.org](mailto:scientificforum@facs.org)

We look forward to your participation.

Best regards,

Edith Tzeng, MD FACS  
Chair, Scientific Forum Committee

Britnee R. Sanders  
Administrator, Scientific Forum  
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