

Getting started & keeping going with ERAS

‘Take-A-Break’

- A novel approach to ERAS teaching

“Take a Break” – A Novel Approach to ERAS Teaching

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Background

Improvements in outcome following major surgery are being achieved by focusing on patient preparation, effective analgesia, early mobilisation and early resumption of enteral nutrition. Such an holistic, Enhanced Recovery After Surgery (ERAS) approach requires input from the whole multi-disciplinary team from pre-assessment to discharge. Education and training of the team is essential but can be difficult due to staff being too busy to attend formal training sessions, competing time demands and the requirement for regular updates for new staff members.

Aims

Our aim was to deliver direct teaching to our multi-disciplinary team on the principles and practice of ERAS to improve patient care.

Methods

Having heard about “Tea Trolley Training” as part of a presentation at the Royal College of Anaesthetists, where short teaching sessions for any available staff are held in the theatre suite over a cup of tea, we decided to introduce a programme of “Take a Break” teaching with the aim of delivering teaching to our multi-disciplinary team on the principles and practice of ERAS.



Dr Susan Nimmo delivering a Take-A-Break Session to the team

Discussion

We chose a selection of topics relevant to ERAS, the main messages of which could be readily communicated within a ten minute presentation. Armed with a trolley, tea urn and chocolate biscuits, we visited the Doctors rooms, recovery suite and duty rooms of the colorectal wards and talked through our presentation with a few power-point slides for illustration to any willing members of the team. We then had a brief question and answer session.

Take a Break Teaching – Colorectal					
Session	Date	No. Of Attendees	Designation	Topic	Teacher
1	02/11/16	6	PGY's	Fluid Management	Susan Nimmo
2	23/11/16	16	S/N & CWG	Analgesia	Susan Nimmo
3	30/11/16	10	S/N & PGY's	Stress Response	Susan Nimmo
4	14/12/16	8	PGY's, S/N & CWG's	Fluid Management	Susan Nimmo
5	11/01/17	16	PGY's, S/N & CWG's	Post Op Ileus	Susan Nimmo
6	20/01/17	16	PGY's, S/N & CWG's	Nutrition	Tracy Russell
7	26/01/17	19	PGY's & S/N	Analgesia (in theatre)	Clair Seldin
8	02/02/17	12	PGY's, S/N, S/N & Sphero	Post Op Ileus (in theatre)	Hugh Peterson
9	08/02/17	12	PGY's, S/N, S/N and DNP	ERAS Overview & PICO Management	Debbie Marley

Figure 1 – example of sessions and attendees to date

11 teaching sessions have been conducted over the last three months on topics ranging from pain management to the surgical stress response. Between 6 and 19 staff have attended each presentation (145 staff overall).

Outcomes

Verbal feedback has been positive. “Take a Break” teaching is well received, easily repeatable and an effective and fun way to provide education on enhanced recovery principles, reaching more staff than we would expect to attend a formal teaching slot.

We are currently recruiting more clinical staff to provide these sessions and aim to run them weekly.

•Improvements in outcome following major surgery are being achieved by focusing on patient preparation, effective analgesia, early mobilisation and early resumption of enteral nutrition i.e. ERAS

•Such an holistic, ERAS approach requires input from the whole multi-disciplinary team from pre-assessment to discharge.

•Education and training of the team is essential but can be difficult due to staff being too busy to attend formal training sessions, competing time demands and the requirement for regular updates for new staff members.

REFERENCE S:

Fearon, K et al (2005) Patterns in current peri-operative practice: survey of colorectal surgeons in five northern European countries. *BMJ*, Vol 330, No. 7505, Pp. 1420-4.

Lassen, K, Soop M, Nygren J, Cox PB, Hendry PD, Spies C et al (2009) Consensus review of optimal peri-operative care in colorectal surgery: Enhanced Recovery After Surgery (ERAS) Group recommendations. *Arch Surg* 144(10):961-969

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- Pilot education sessions commenced Nov 16
- Dr Susan Nimmo introduced the concept following an anaesthetic meeting where they used a similar approach (Tea Trolley Training)
- Short and succinct in-house teaching directed at all members of the multi-disciplinary team.

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- We presented a selection of topics relevant to ERAS, the main messages of which could be readily communicated within a ten minute presentation. Topics include:

Fluid management

Analgesia

Surgical stress response

Post-Op Ileus

Frailty and post-op delirium

SBAR handover

Tissue Viability

Nutrition & TPN management

Early mobilisation

Management of PONV

- Armed with a trolley, tea urn and chocolate biscuits, we visited the doctors rooms, recovery suite and duty rooms of the colorectal wards and talked through our presentation with a few power-point slides for illustration to any willing members of the team.
- We then had a brief question and answer session.

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- Various speakers (*special guests*) were invited to run these sessions.
Speakers include:

Anaesthetists

Dietitians

Acute Pain Team

Frailty team (POPS)

Consultant Physician

Surgeons

Physiotherapists

Tissue Viability Nurse Specialist

Pharmacist

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- 20 teaching sessions have been conducted over the last ten months on topics ranging from pain management to the surgical stress response. Between 6 and 20 staff have attended each presentation (280 staff to date)
- Attendees have been a mix of medical and nursing staff. Students and clinical support workers have also been targeted.
- Verbal feedback has been positive (*....but that may be due to the tea and Kit-Kats®!!*)
- “Take a Break” teaching is well received, easily repeatable and an effective and fun way to provide education on enhanced recovery principles, reaching more staff than we would expect to attend a formal teaching slot.

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Next Steps:

- We are currently recruiting more clinical staff to provide these sessions and aim to run them weekly.
- Request sponsorship from Nestle®

Thank you for your attention.

Any questions?