

# Survey of ERAS Nurses

Angie Balfour & Imogen Fecher-Jones

# Objectives

To investigate the variation in working hours, duties and remuneration for ERAS nursing roles in the UK.

To canvas opinion on what is working well and what could be improved for ERAS across the UK

Survey sent to all ERAS UK members (560/ 89 ERAS nurses) in September 2015

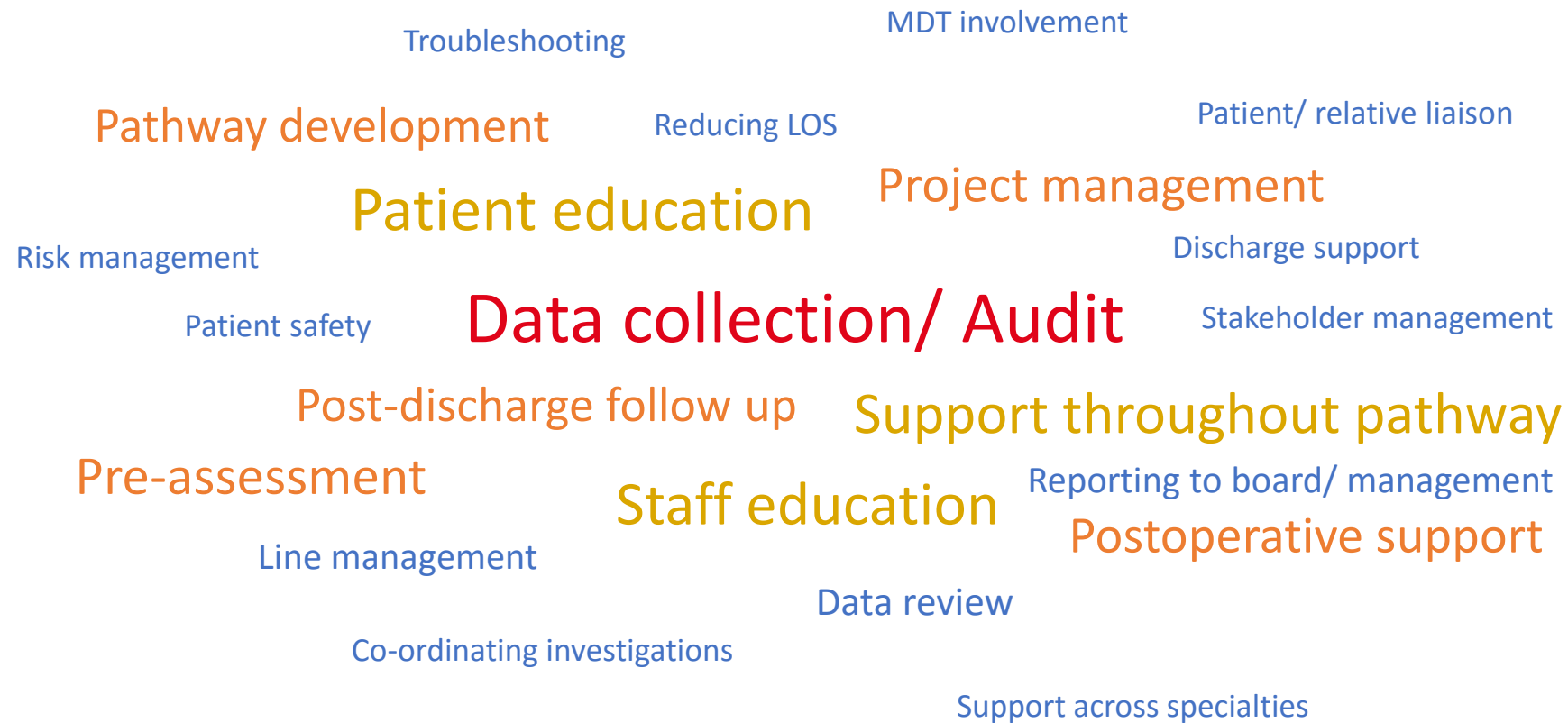
55 responses (9.8%) to entire survey, 33 replies from ERAS nurses (37.1%)

# Background

- ERAS Nurse forums have been created nationally & internationally so we wanted to ask about the main roles and responsibilities of the various posts
- A series of questions were created by Jennifer Burch, Irene Fitt and Angie Balfour and condensed into a survey monkey questionnaire (*thanks Fiona*)
- The intention was to send out weekly surveys asking questions about specific topics e.g. Agreed protocols/ Pathways or Follow-Up routines
- Primary survey sent to all ERAS UK members (n=560) in September 2015
- Out of that membership, 89 are ERAS nurses
- 55 responses (9.8%) to entire survey,
- 33 replies from ERAS nurses (37.1%)

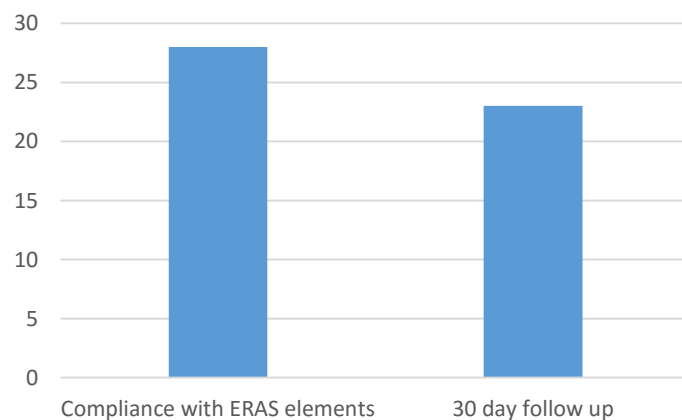
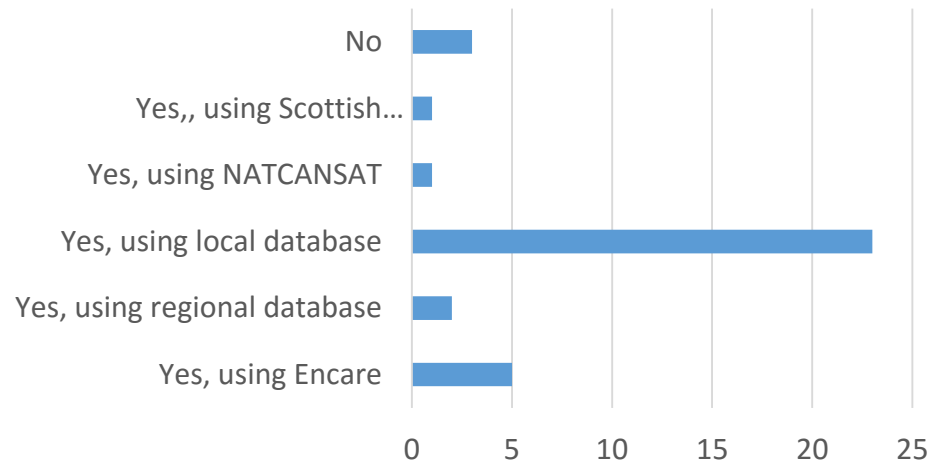
# Results from the survey

# Results: main responsibilities

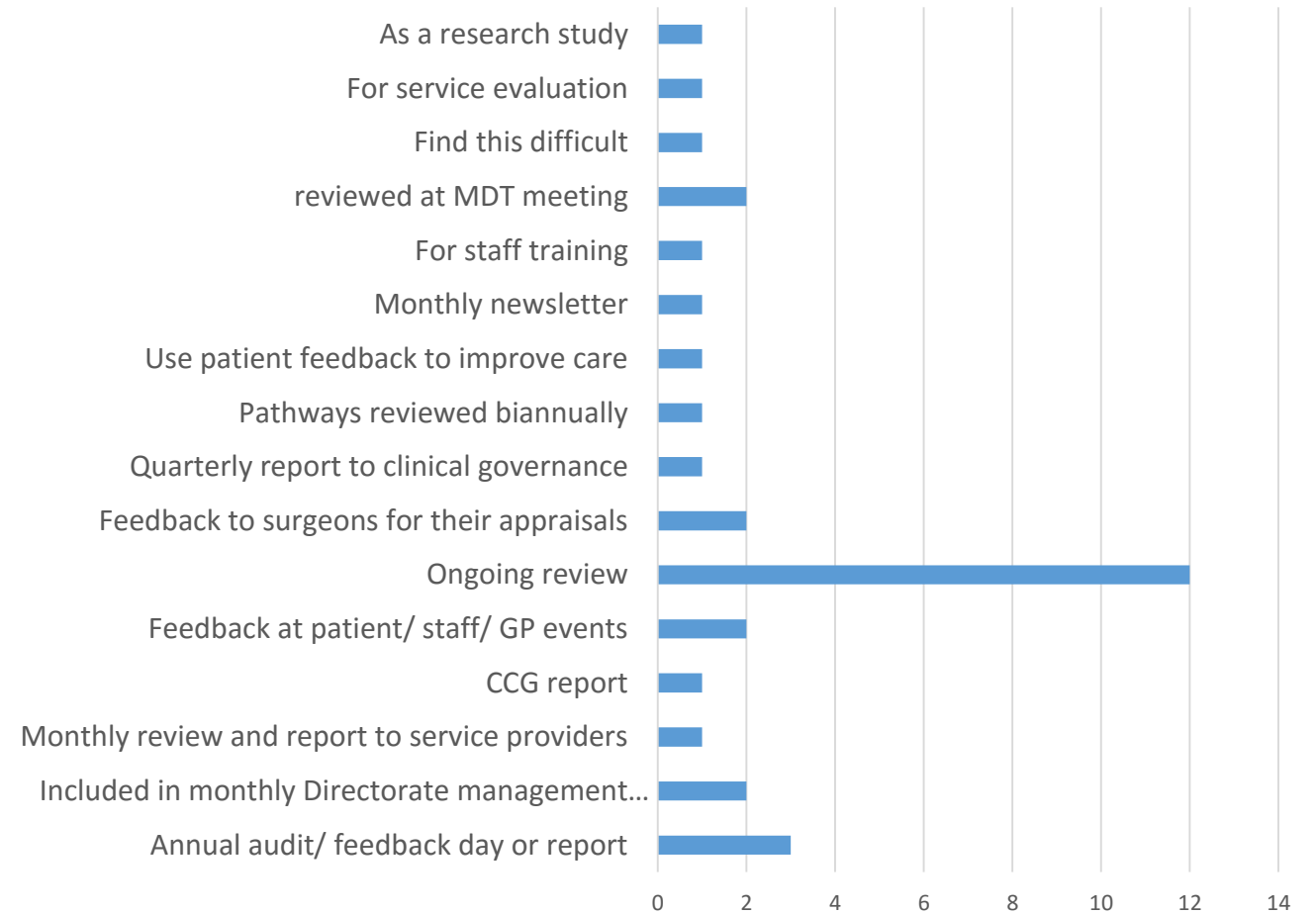


# Results: data collection

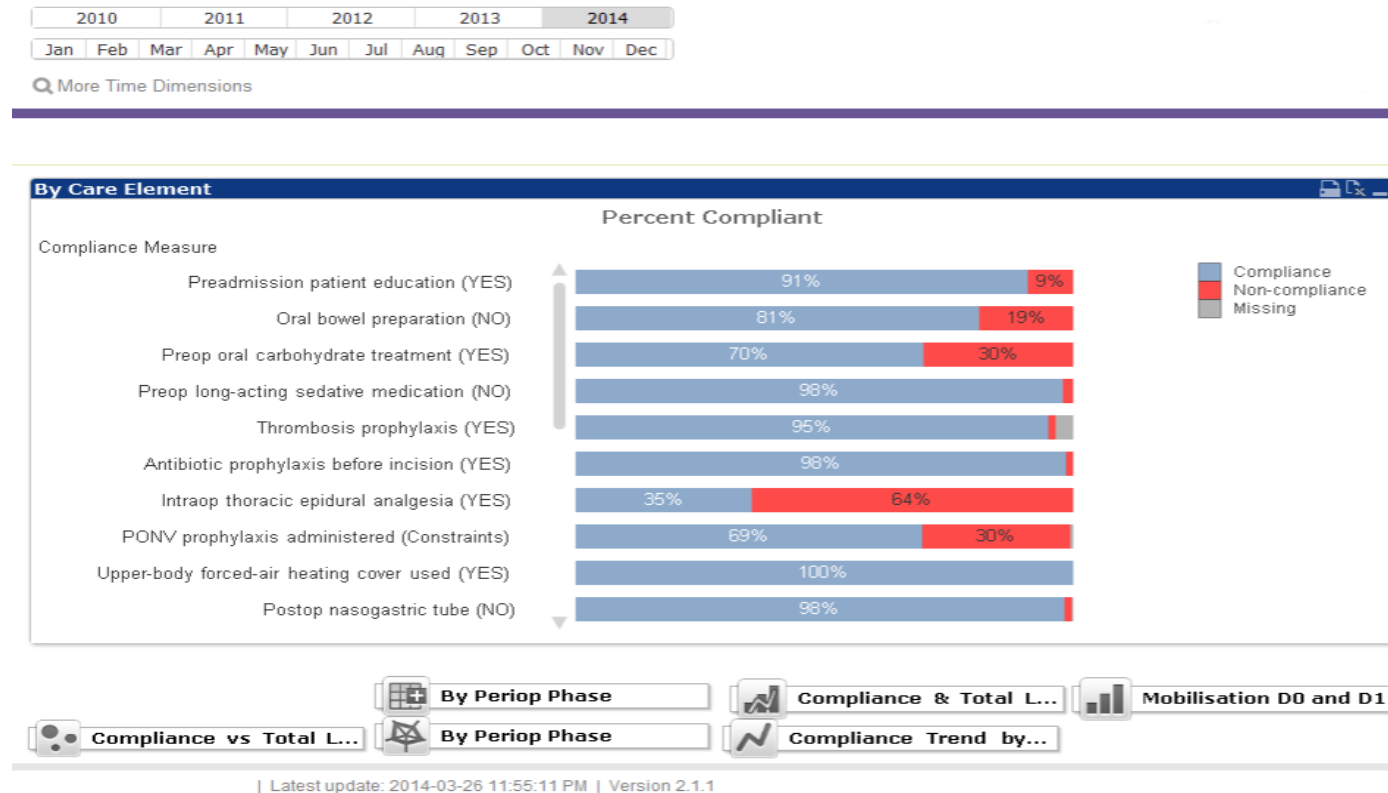
Do you collect data?



How do you make use of data to improve patient care?



# Data collection: Encare

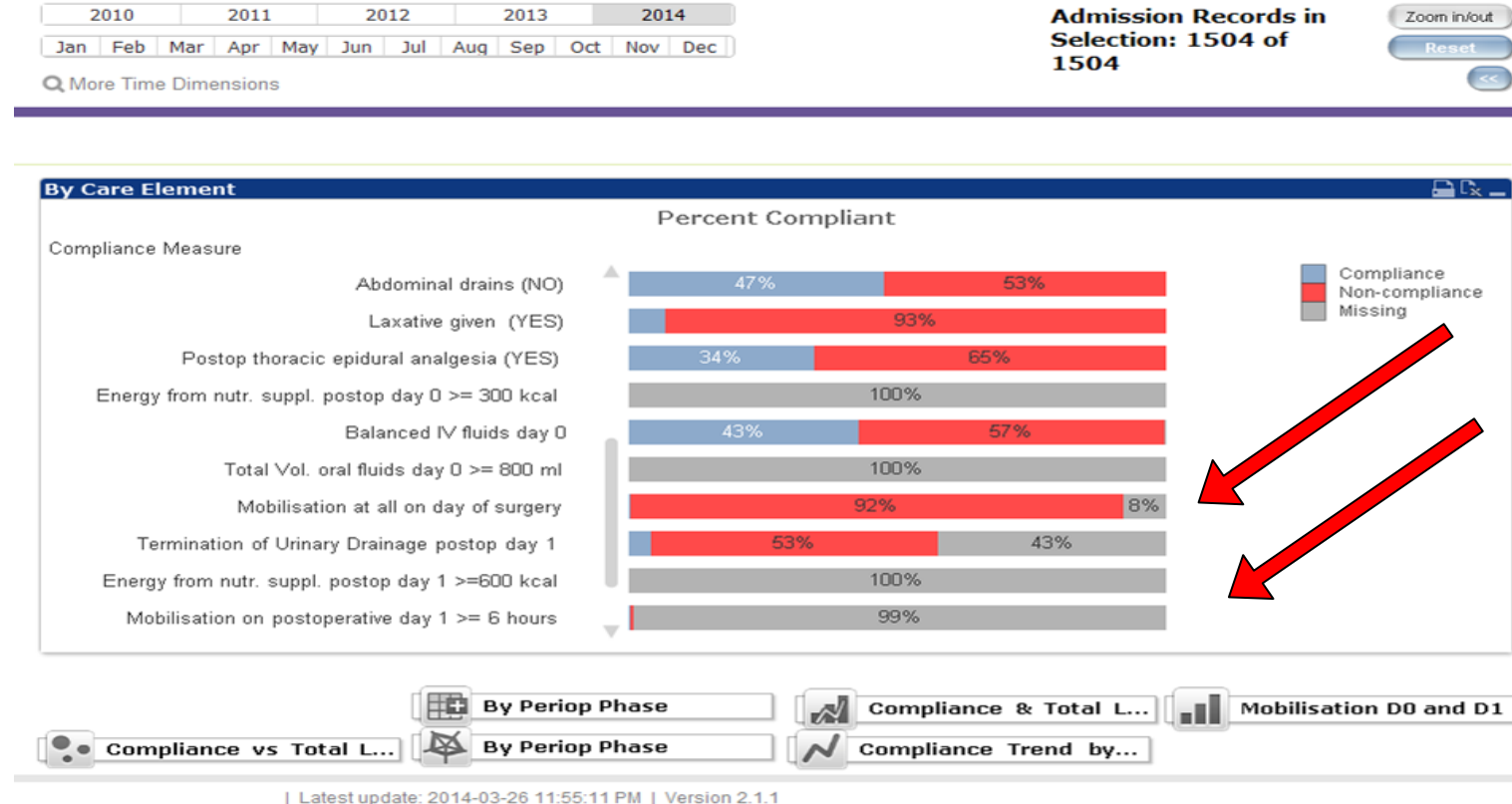


**Pre-Op ERAS compliance = 87%**

**Peri-Op ERAS compliance = 76%**

<https://www.medscinet.com/Eras>

# Data collection: Encare



Post-Op compliance = **31%**

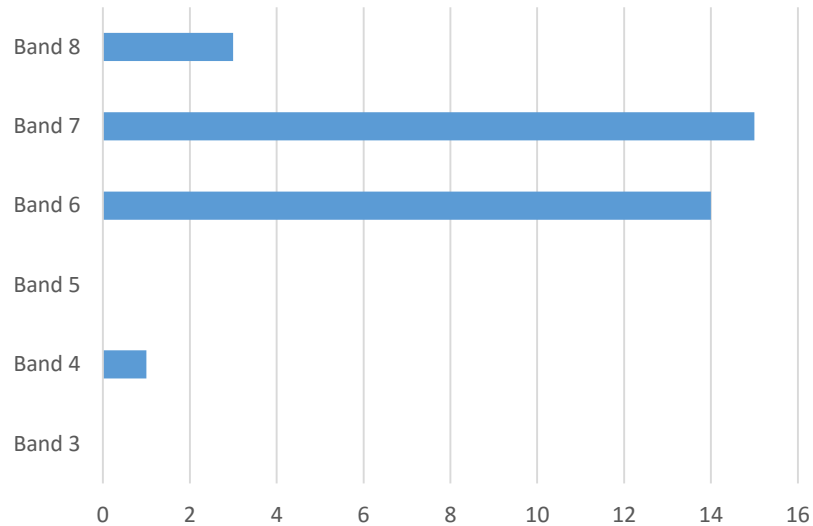
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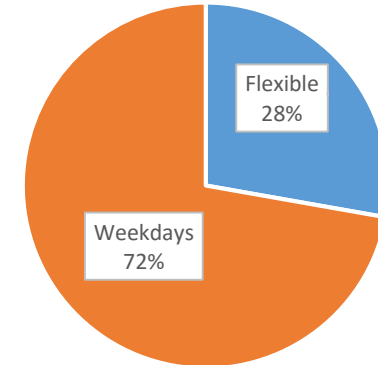
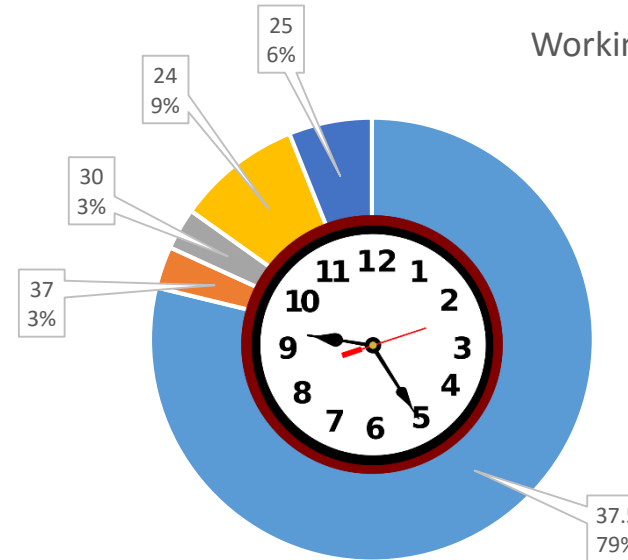
# Results from the survey

# Results: pay, hours

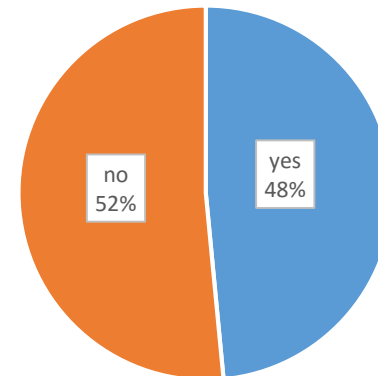
Current pay band



Working Hours



Only ERAS Nurse in Trust?



How is post funded?



# Discuss: terms and conditions

1. How can we reduce the variation in pay band?
2. What are the challenges of being the only ERAS nurse in a trust and how can they be overcome?
3. How can ERAS be supported at the weekend?

To be discussed later.....



**#ERASUK**

# Different types of ERAS Nurses

## **Seconded project manager:**

Short term post with the aim of writing and introducing new pathways to different specialities

## **Clinical Nurse Specialists:**

Cancer nurse specialist/stoma nurse who also runs the ERAS programmes

## **Nurse practitioner**

Specialist nurse practitioner who support the junior doctors as well as see all ERAS patients and does follow ups

## **Ward sister**

Band 7 ward manager who is also responsible for writing and implementing pathways

# Different types of ERAS Nurses

## **Research nurse**

Employed to conduct research within an Enhanced Recovery programme. Usually seconded/ temporary position working directly with consultant surgeon

## **Research fellow**

Medics undergoing a period of research who are tasked with setting up an ERAS programme and evaluating the outcomes as part of their fellowship

## **Other members of MDT:**

e.g. Physiotherapist, Band 4 ERAS assistants

# Consensus statement

The main areas of responsibility for an ERAS nurse should be data collection and audit, patient education and support throughout the pathway and training of colleagues. ERAS nurses may also undertake development of new pathways, project management, pre-assessment and post-operative support.

# ERAS Nurse Role

- Literature Search
- ERAS Nurse mentioned in numerous publications
- Not much information about the Role of the ERAS Nurse
- No clear definition/ Job Description for ERAS Nurses
- Usually work directly with Consultant Surgeon
- All ERAS nurses appear to be following the same series of “tasks”

But what are these “tasks” and shouldn’t we define the role more clearly?





# Job Descriptions



## NHS AYRSHIRE & ARRAN

- As nursing lead for the ERAS programme the job purpose includes:
- Developing the role of the ERAS nurse practitioner for colorectal patients across the Ayr and Crosshouse hospital sites
- Lead on the development of the ERAS programme across the surgical directorate.
- Support the management of care for colorectal patients in the enhanced recovery programme
- Develop and facilitate the delivery of educational programmes for ward staff and the wider MDT in the colorectal enhanced recovery programme
- Audit and report on the progress of integrating the ERAS standard of care
- Ensure the highest standard of personalised nursing care is delivered to patients and their families in partnership with all members of the multi-disciplinary team
- Motivate staff to provide high standards of care by acting as a role model.
- Provide expert professional and clinical care advice to patients/carers and multi-disciplinary team.
- Network with other ERAS practitioners across health board areas to facilitate shared learning and best practice

# Job Descriptions



## NHS Lothian

- The remit of this post is:
- To ensure that the ICP and process for all pertinent patients as described in the ERAS ICP is carried out in all surgical specialties.
- The post-holder is responsible for formulating and carrying out education for all trained nurses to follow and deliver care in accordance with the ERAS standard
- The post-holder is responsible for auditing and reporting on progress of integrating the ERAS standard of care
- Responsible for ensuring that there is a system of teaching and supervision for nurses to maintain competence in nursing within ERAS guidelines
- Responsible for informing all areas and disciplines of the ERAS Programme
- Ensure the highest standard of personalised nursing care is delivered to patients and their families in partnership with all members of the multi disciplinary team.
- The individual is expected to motivate staff to provide high standards of care by acting as a role model.
- Provide professional and clinical care advice to patients' carers and multi-disciplinary team.
- Contribute to research activities ensuring evidence-based practice in the specialist area.

# Job Descriptions



## NOTTINGHAM UNIVERSITY HOSPITALS

The CNS acts as a point of contact for patients throughout their cancer journey so is ideally placed to take an active role in ER with those patients coming through for surgery. Engagement with the patient through education and motivation are key in gaining patient compliance. To ensure that the ICP and process for all pertinent patients as described in the ERAS ICP is carried out in all surgical specialties.

# Example of an ERAS Team

## LONDON BRIDGE HOSPITAL

We have a Multidisciplinary ERAS team who all work together to support your recovery, including:

- ERAS Clinical Nurse Specialists
- ERAS Dieticians
- ERAS Lead Consultants
- ERAS Pain Nurses
- ERAS Pharmacists
- ERAS Physiotherapists
- ERAS Practice Development Leads
- ERAS Senior Nurse Manager Coordinators
- ERAS Ward Lead Nurses
- ERAS Pre-Assessment Nurses

# Results from the survey

# Results: what is working well?



# Results: what could be improved?

Spread to other specialties

Documentation/ Literature

Education of trainees

**Attitudes of senior staff**

Delayed discharge

Bowel prep

Motivation/ Compliance of Surgeons

**Managing change**

**Early mobilisation**

Engagement of whole team

Weekends

No funding for dedicated staff

Discuss: how can we tackle...

Attitudes of senior staff

Managing change

Early mobilisation



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 twitter

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# Discuss: how can we tackle...

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# The future.....

- ERAS Nurse Forum – Terms of Reference
- Formalise Membership and create ERAS Nurse Committee
- Should it link into International ERAS Nurse Forum or be separate for UK only
- Role of the ERAS Nurse – National agreement on AFC Job Descriptions
- Consensus Statement regarding the role of the ERAS Nurse
- Learning modules – LearnPro or e-learning platform available through forum