

A Practical Guide to implementing the

# ENHANCED RECOVERY PROGRAMME

For all members of the multidisciplinary team

Wednesday 10 November 2010  
76 Portland Place, London

## Topics include:

- ▶ The Enhanced Recovery Programme: national progress and moving forward
- ▶ Implementing the Enhanced Recovery Programme in practice
- ▶ Implementing the Enhanced Recovery Programme: a manager's perspective
- ▶ Running Enhanced Recovery day-to-day
- ▶ A patient's experience of the Enhanced Recovery Programme
- ▶ Monitoring and maximising the impact of the Enhanced Recovery Programme
- ▶ Multi-disciplinary team working to implement the Enhanced Recovery Programme
- ▶ Anaesthetic treatment and pain management for Enhanced Recovery
- ▶ Streamlining the patient journey: discharge planning and avoiding readmission
- ▶ Working with primary care to prepare and plan for admission and discharge

## Chair and speakers include:

**Fiona Hibberts** *Colorectal Consultant Nurse*  
Guy's and St Thomas' NHS Foundation Trust

**Professor Monty Mythen** *National Clinical Lead and Director of Research and Development* University College London

**Mr Andrew Williams** *Consultant General and Colorectal Surgeon*  
Guy's and St Thomas' NHS Foundation Trust

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Enhanced recovery is a new approach to the preoperative, intraoperative and postoperative care of patients undergoing surgery. Originally pioneered in Denmark it is now being championed in England by a growing number of surgeons, anaesthetists, nurses, allied health professionals and NHS managers. It has already been shown to benefit patients undergoing colorectal, urological, gynaecological and orthopaedic surgery. There may well be wider applications in the future.

What does Enhanced Recovery have to offer patients and the NHS? In simple terms it does two things. It improves quality of care by helping patients to get better sooner after major surgery. Secondly, it reduces length of stay with obvious benefits to the NHS. The Enhanced Recovery Programme is therefore fully aligned with Lord Darzi's High Quality Care for All with quality as the organising principle for the NHS. It also amply fulfils the quality and productivity criteria of the Quality and Productivity Challenge (QIPP).

FOREWARD, PROFESSOR SIR MIKE RICHARDS NATIONAL CLINICAL DIRECTOR FOR CANCER CHAIR – ENHANCED RECOVERY PARTNERSHIP PROGRAMME STEERING GROUP – DELIVERING ENHANCED RECOVERY: HELPING PATIENTS TO GET BETTER SOONER AFTER SURGERY, 31 MARCH 2010 WWW.DH.GOV.UK

Chaired by **Fiona Hibberts** Colorectal Consultant Nurse Guy's and St Thomas' NHS Foundation Trust, this one day conference is for those working with patients before, during and after surgery. The Enhanced Recovery Programme is a multidisciplinary initiative aiming to prepare patients for surgery and reduce its physical impact, thus helping patients to recovery more quickly – there is a proposal for this initiative to be widespread in 2010/2011.

**Professor Monty Mythen** National Clinical Lead and Director of Research and Development University College London will give the keynote address introducing the Enhanced Recovery Programme with a focus on implementation and the potential impact on quality, productivity and financial costs. Delegates will also have the opportunity to hear from healthcare professionals on running Enhanced Recovery day-to-day and methods, techniques and procedures used to support Enhanced Recovery.

Making hospitals responsible for a patient's ongoing care after discharge will create more joined-up working between hospitals and community services and may be supported by the developments in re-ablement and post-discharge support. This will improve quality and performance and shift the focus to the outcome for the patient.\* The afternoon sessions will focus on developing multidisciplinary/multi-agency working to streamline the patient journey and support discharge planning. The recently revised operating framework for 2010/11 states that hospitals will be responsible for patients for 30 days after discharge.

\* Revision To The Operating Framework For The NHS In England 2010/11 Department Of Health June 2010

10.00 **Chairman's introduction**

10.10 **KEYNOTE ADDRESS The Enhanced Recovery Programme: national progress and moving forward**

**Professor Monty Mythen**

*National Clinical Lead and Director of Research and Development  
University College London*

- the background and principles behind the Enhanced Recovery Programme
- implementation: national progress and moving forward
- applying the Enhanced Recovery Programme across other specialties
- the potential impact on quality, productivity and financial costs

10.35 **Implementing the Enhanced Recovery Programme in practice**

**Mr Andrew Williams**

*Consultant General and Colorectal Surgeon  
Guy's and St Thomas' NHS Foundation Trust*

*Mr Williams co-led the implementation of the Enhanced Recovery Programme at Guy's and St Thomas'*

- developing and implementing an Enhanced Recovery integrated care pathway
- engaging and training the multidisciplinary team including patients to take responsibility for their recovery
- sustaining and spreading the improvements throughout the trust: providing continuous training for Junior Doctors
- introducing new surgical procedures for Enhanced Recovery
- looking forward: scope for further development

11.00 **Implementing the Enhanced Recovery Programme: a manager's perspective**

**Michelle Andrews**

*Service Manager, Gynaecology  
Imperial College Healthcare NHS Trust*

- presenting a business case for implementing the Enhanced Recovery Programme: where to start
- securing funding: calculating the cost of setting up and the potential long-term savings
- engaging the support of stakeholders and working with primary care
- practical tips and advice based on lessons learnt following implementation of the ERP for gynae-oncology at Imperial College Healthcare NHS Trust

11.25 Questions and answers, followed by coffee and exhibition at 11.35

12.00 **Running Enhanced Recovery day-to-day**

**Marie Morris**

*Enhanced Recovery Nurse  
Guy's and St Thomas' NHS Foundation Trust*

- running Enhanced Recovery day-to-day: our experience at Guy's and St Thomas' and my role as the Enhanced Recovery Nurse
- informing patients of how they are to be involved in their care and what they can do to reduce postoperative complications and their length of stay
- coordinating the patient journey and requirements from pre-assessment to discharge and follow-up: tips and advice

12.25 **A patient's experience of the Enhanced Recovery Programme**

- being treated under the Enhanced Recovery Programme: my experience

12.45 **Monitoring and maximising the impact of the Enhanced Recovery Programme**

**Mr David DeFriend**

*Colorectal Surgeon and Enhanced Recovery Lead  
South Devon Healthcare NHS Foundation Trust*

- carrying out research and audit to realise the benefits of the Enhanced Recovery Programme: learning from the data and making improvements to quality of care and patient outcomes
- using the Enhanced Recovery Programme to maximise new surgical procedures
- the impact of the Enhanced Recovery Programme in South Devon: our experience

13.10 Questions and answers, followed by lunch and exhibition at 13.15

**FOCUS: METHODS, TECHNIQUES AND PROCEDURES USED TO SUPPORT ENHANCED RECOVERY**

14.00 **EXTENDED TEAM PRESENTATION Multidisciplinary team working to implement the Enhanced Recovery Programme:**

**Case study: implementing Enhanced Recovery in Cancer Care**

**Stella Beazley**

*Colorectal CNS  
King's College Hospital NHS Foundation Trust*

**with Physiotherapist and Dietician**

- leading and educating the multidisciplinary team to implement the Enhanced Recovery Programme: our experience at King's
- overcoming the challenges and issues
- supporting patient recovery before and after surgery:
  - nutrition and the role of the dietician in supporting patients with their food and liquid intake before and after surgery: how and what we do
  - physiotherapy and the role of the physiotherapist in supporting early mobilisation: how we mobilise patients post surgery

14.40 **Anaesthetic treatment and pain management for Enhanced Recovery**

**Dr David Alcorn**

*Consultant Anaesthetist  
NHS Greater Glasgow and Clyde*

- ensuring anaesthetist involvement at pre-admission
- anaesthetic techniques that allow early recovery and minimise nausea used in Glasgow and Clyde
- pain management methods, techniques and procedures

15.05 Questions and answers, followed by tea and exhibition at 15.15

**FOCUS: DEVELOPING MULTIDISCIPLINARY/MULTI-AGENCY WORKING TO STREAMLINE THE PATIENT JOURNEY AND SUPPORT DISCHARGE PLANNING**

The recently revised operating framework for 2010/11 states that hospitals will be responsible for patients for 30 days after discharge

15.40 **Streamlining the patient journey: discharge planning and avoiding readmission**

**Jennie Burch**

*Enhanced Recovery Facilitator  
The North West London Hospitals NHS Trust*

- discharge planning: working with the pre-assessment and admission teams
- advising patients of their planned discharge date and what to expect upon departure
- taking measures through the Enhanced Recovery Programme to avoid readmission
- the impact on length of stay and cost and efficiency savings in North West London

16.30 **Working with primary care to prepare and plan for admission and discharge**

**Dr Steven Laitner**

*Associate Medical Director and Alert Notice Administrator,  
East of England Clinical Quality and Patient Safety  
NHS East of England*

- methods of engagement – getting Primary Care on board to prepare a patient for admission and surgery
- discharge planning and identifying what support will be required at home post-surgery
- engaging the patient in Enhanced Recovery: informed and shared decision making

16.55 Questions and answers, followed by close



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