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Enhanced recovery after surgery: A review and meta-analysis

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ERAS is the acronym for “Enhanced Recovery After Surgery”, this term is used to describe a set of multimodal interventions that improve post-operative outcomes through reducing complications and accelerates recovery. This article gives a brief history and definition of ERAS in addition to discussing how ERAS works in improving postoperative outcomes and steps included in the protocol. Furthermore, this paper uses systemic review and meta-analysis methods by collecting and comparing different studies conducted internationally to determine the effectiveness of the protocol and whether it should be applied as a measure to optimize operative outcome in Saudi Arabia. The article also displays results of seven studies comparing ERAS groups to traditional perioperative care groups in complications, length of stay, reoperation, readmission and total hospital costs.

Biography

Khayria Hamid Tahir has completed MBBS from Batterjee Medical College in Saudi Arabia and proceeded to take her Internship at Saudi German Hospital Group Jeddah branch. During her internship she took her electives in General Surgery and Cardiology.