

Abstract

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Implementation of Enhanced Recovery After Surgery Protocol in Urology Surgery in Indonesia

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Objectives:

Enhanced recovery after surgery (ERAS) is a protocol with the purpose to improve the outcome after urological procedure. Recent studies found that ERAS protocol show promising result for patient underwent surgery. This study aims to evaluate the implementation of ERAS protocol and its benefit in multi center in Indonesia.

Methods:

Data was collected from 3 Indonesia urology center in Jakarta, Bandung, and Yogyakarta. We compared the ERAS with non-ERAS patients. Furthermore, we evaluated a single-discipline ERAS protocol with multi-discipline ERAS patients in Cipto Mangunkusumo Hospital.

Results:

ERAS protocol was started in 2016 for radical cystectomy surgery. A total of twenty-five patients underwent ERAS protocol and twenty-seven patients using Non-ERAS protocol were evaluated. ERAS patients have shorter length of stay ($P < .001$) and faster mobilization time for sitting ($P = .006$). In 2018 multi-discipline ERAS protocol was began by Urology, Anaesthesia and Clinical Nutrition Department. Patients with multi-discipline ERAS have lower bleeding ($P = .025$), fluid administration ($P = 0.121$), and post-operative opioid ($P = 0.506$) compare to single-discipline ERAS; however the cost needed does not differ that much ($P = 0.613$).

Conclusions:

Our multicenter study result supports the evidence that ERAS protocol can reduce the length of stay and have the earlier mobilization of the patients compared with Non-ERAS patients. In addition, multi-discipline ERAS able to reduce the bleeding. In the future, we will expand and encourage other urology centers in Indonesia to implement the ERAS protocol.

References:

Tyson MD, Chang SS. Enhanced Recovery Pathways Versus Standard Care After Cystectomy. *Eur Urol.* 2016;70(6):995-1003.

