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ENHANCED RECOVERY AFTER SURGERY: BEST PRACTICE GUIDELINE FOR CARE OF PATIENTS WITH A FECAL DIVERSION

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Enhanced Recovery After Surgery (ERAS) is a multimodal program developed to decrease postoperative complications, improve patient safety and satisfaction, and promote early discharge. All colorectal surgery patients with or without an ostomy were included in the ERAS program targeting a length of stay of 3 days for colon surgery and 4 days for rectal surgery. To ensure the individual needs of patients requiring an ostomy in an ERAS program were being met,a provincial ERAS Enterostomal Therapy Nurse (ETN) Network was established in Ontario. The goal of the ETN Network was to develop and implement an evidence-based ostomy specific best practice guideline addressing the preoperative, postoperative and discharge phase of care (those living in the community). The guideline was developed over a 3-year period, and is based on existing literature, guidelines and expert opinion. It will be a valuable resource for ETNs, and all other health care professionals involved in the care and management of this specific patient population.