



## Enhanced Recovery after Surgery (ERAS) pathways for patients with bone cancer who will undergo primary hip or knee arthroplasty, using large endoprosthesis

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### Abstract

Orthopedic prosthesis is widely used to restore joint function, relieve pain and improve the patient's quality of life. Endoprosthesis are used in reconstructive orthopedic surgery of large joints and in orthopedic surgical oncology after tumor resection (bone cancer). Enhanced Recovery after Surgery pathways (ERAS) are applied to oncology patients undergoing primary THA or TKA; and through evidenced practices are used by the multidisciplinary team, with the aim of reducing the length of stay (LOS) in hospital. ERAS pathways have been reported to reduce postoperative stress, to promote fast recovery, without increasing complications or re-admissions. At the same time, ERAS pathways have been reported to increase patient satisfaction and surgical outcomes and reduce hospital costs.

**Aim:** Implementing ERAS pathways for oncology patients with bone cancer who will undergo primary hip or knee arthroplasty, using large endoprosthesis.

**Methods:** Review in databases: PubMed, Elsevier, Cochrane and Google Scholar using keywords.

**Conclusion:** A lot of studies have shown that ERAS pathways are associated with reduced LOS in hospital, decreased complications, lower perioperative stress levels, and better surgical outcomes, at lower in-hospital cost. ERAS pathways are involving the surgeon, the anesthesiologist, the perioperative nurse, the physiotherapist, and when is needed the psychologist and the nutritionist as a multidisciplinary team. ERAS pathways include various techniques in three phases, preoperative, intraoperative and postoperative. However, anesthesia plays a key-role as it affects immediate recovery, patient satisfaction, postoperative complications such as delirium and nausea-vomiting (PONV), and in some cases with serious results.

### Biography

Maria Bourazani is a Registered Anesthesia Nurse and currently works in the Anesthesiology Department of General Anticancer Oncology Hospital of Athens "Agios Savvas". She is experienced Registered Nurse with a demonstrated history of working in the hospital & health care industry, since 2001. Skilled in Pain Management, Emergency & Intensive Care Nursing, Perioperative Nursing, Oncology Nursing, Advanced Life Support, Nursing Management and Leading Positive Change. She is a strong healthcare services professional provider with a Master's degree focused in Emergency and Intensive Care Nursing from the Medical School of National and Kapodistrian University of Athens. She is specialized in ERAS (Enhance Recovery after Surgery) Protocols, that she studies, develops and implement in the context of her doctoral dissertation. She is PhD candidate in Nursing Department of the University of West Attika. She has six publications and is editorial board member in international journals.



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