

# Manual of Fast Track Recovery for Colorectal Surgery



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Editors

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 Springer

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# Preface

Enhanced Recovery After Surgery (ERAS) has transformed perioperative care in modern surgical practice by emphasising the patients' optimal return to normal function after major surgery. The term ERAS was coined in 2001 by a group of academic clinicians (the ERAS Group) to replace the expression of 'Fast Track' surgery, and to emphasise the quality of the patients' recovery, rather than the speed of discharge. Subsequently, this group formed the ERAS Society for perioperative care ([www.erassociety.org](http://www.erassociety.org)), which is facilitating the creation of this ERAS series, together with the British section of the society (ERAS-UK, [www.enhancedrecoveryhub.org](http://www.enhancedrecoveryhub.org)).

This book is long overdue. The most immediate didactic value resides in helping an entire multi-disciplinary ERAS team to understand the fundamental concepts and to deal with common problems in order to maintain success in ERAS. The manual hence focuses on practicalities, although it also contains chapters with more basic scientific content on the anaesthetic contribution, nutrition and metabolic response as well as audit and data collection for ERAS. The book thus fills an obvious need as a major bibliographical tool designed to facilitate the initial and ongoing practice of ERAS.

As ERAS originated in colorectal surgery, it is natural that the first manual in the series concerns this surgical discipline. However, much of the content will be equally applicable to other surgical specialties. As the ERAS methodology spreads, and more information and experience emerge, further manuals in the series will be published.

We are pleased to have several internationally renowned ERAS experts contributing to this book. The authors can be confident that there will be many grateful readers who will have gained a broader and scientific perspective on ERAS as a result of their efforts.

Olle Ljungqvist, Chairman  
Ken Fearon, General Secretary

The Enhanced Recovery After Surgery (ERAS) Society for Perioperative Care.



# Foreword

Enhanced recovery programmes have the potential to transform the experience of care for large numbers of patients undergoing surgery. Pioneered in Denmark, enhanced recovery is now becoming firmly established across a range of disciplines within the UK, including colorectal, musculoskeletal, gynaecological and urological surgery. The benefits both to patients in terms of quicker recovery and to the health service in terms of efficient use of resources are clear cut.

Over the past 2 years I have had the pleasure and privilege of working with many champions and early adopters of enhanced recovery. I have been impressed by their commitment to spread the benefits of enhanced recovery as widely as possible and as quickly as possible. It is also clear that successful implementation requires close collaboration between surgeons, anaesthetists, nurses, dietitians and experts in rehabilitation.

Enhanced recovery involves multiple changes to practice both before, during and after surgery. I strongly commend this manual, which is authored by acknowledged experts in the field. They have set out the evidence base underlying enhanced recovery and combined this with practical advice on implementation.

Our challenge now is to ensure maximum benefit for patients within as short a timescale as is reasonably possible. This manual will help us all to meet this challenge.

Professor Sir Mike Richards  
National Cancer Director





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