



## Enhanced Recovery Protocol for Colorectal Surgery Quality Initiative Prioritization of Components

**Directions:** Each component of the enhanced recovery protocol is listed in the first column. Use the questions to help you prioritize your areas of interest. The goal is to identify 1-3 that will be the focus of your initial efforts. Once you have completed the prioritization, use the worksheet to develop an action plan.

Component of Enhanced Recovery Protocol	Determine Priority						Rank Priority Order (1-3)
<b>Preoperative</b>							
<b>Patient education and expectation setting</b>	Worth doing?	Yes	No	Measureable?	Yes	No	
	Improve outcomes?	Yes	No	Fits with facility/practice culture?	Yes	No	
<b>Mechanical bowel preparation and oral antibiotics</b>	Worth doing?	Yes	No	Measureable?	Yes	No	
	Improve outcomes?	Yes	No	Fits with facility/practice culture?	Yes	No	
<b>Preoperative bathing</b>	Worth doing?	Yes	No	Measureable?	Yes	No	
	Improve outcomes?	Yes	No	Fits with facility/practice culture?	Yes	No	
<b>Carbohydrate loading</b>	Worth doing?	Yes	No	Measureable?	Yes	No	
	Improve outcomes?	Yes	No	Fits with facility/practice culture?	Yes	No	
<b>Clear liquid diet allowed until 2 hours before surgery</b>	Worth doing?	Yes	No	Measureable?	Yes	No	
	Improve outcomes?	Yes	No	Fits with facility/practice culture?	Yes	No	
<b>Multimodal pre-anesthesia analgesics and anti-emetics</b>	Worth doing?	Yes	No	Measureable?	Yes	No	
	Improve outcomes?	Yes	No	Fits with facility/practice culture?	Yes	No	
<b>Glucose Control</b>	Worth doing?	Yes	No	Measureable?	Yes	No	
	Improve outcomes?	Yes	No	Fits with facility/practice culture?	Yes	No	
<b>Normothermia</b>	Worth doing?	Yes	No	Measureable?	Yes	No	
	Improve outcomes?	Yes	No	Fits with facility/practice culture?	Yes	No	

Intraoperative							
<b>Laparoscopic approach</b>	Worth doing?	Yes	No	Measureable?	Yes	No	
	Improve outcomes?	Yes	No	Fits with facility/practice culture?	Yes	No	
<b>Prophylactic antibiotics (choice, timing, weight-based dosing and re-dosing)</b>	Worth doing?	Yes	No	Measureable?	Yes	No	
	Improve outcomes?	Yes	No	Fits with facility/practice culture?	Yes	No	
<b>VTE prophylaxis</b>	Worth doing?	Yes	No	Measureable?	Yes	No	
	Improve outcomes?	Yes	No	Fits with facility/practice culture?	Yes	No	
<b>Skin preparation with an alcohol-containing agent</b>	Worth doing?	Yes	No	Measureable?	Yes	No	
	Improve outcomes?	Yes	No	Fits with facility/practice culture?	Yes	No	
<b>Regional anesthesia (epidural, spinal, transversus abdominus plane (TAP) block)</b>	Worth doing?	Yes	No	Measureable?	Yes	No	
	Improve outcomes?	Yes	No	Fits with facility/practice culture?	Yes	No	
<b>IV anesthetics</b>	Worth doing?	Yes	No	Measureable?	Yes	No	
	Improve outcomes?	Yes	No	Fits with facility/practice culture?	Yes	No	
<b>Normothermia</b>	Worth doing?	Yes	No	Measureable?	Yes	No	
	Improve outcomes?	Yes	No	Fits with facility/practice culture?	Yes	No	
<b>Goal-directed fluid management (euvolemia)</b>	Worth doing?	Yes	No	Measureable?	Yes	No	
	Improve outcomes?	Yes	No	Fits with facility/practice culture?	Yes	No	
<b>Avoidance of nasogastric tubes and drains</b>	Worth doing?	Yes	No	Measureable?	Yes	No	
	Improve outcomes?	Yes	No	Fits with facility/practice culture?	Yes	No	
Postoperative							
<b>VTE chemoprophylaxis</b>	Worth doing?	Yes	No	Measureable?	Yes	No	
	Improve outcomes?	Yes	No	Fits with facility/practice culture?	Yes	No	
<b>Multimodal opioid-sparing analgesic regimen</b>	Worth doing?	Yes	No	Measureable?	Yes	No	
	Improve outcomes?	Yes	No	Fits with facility/practice culture?	Yes	No	
<b>Early initiation of diet</b>	Worth doing?	Yes	No	Measureable?	Yes	No	
	Improve outcomes?	Yes	No	Fits with facility/practice culture?	Yes	No	
<b>Early and progressive ambulation and mobilization</b>	Worth doing?	Yes	No	Measureable?	Yes	No	
	Improve outcomes?	Yes	No	Fits with facility/practice culture?	Yes	No	
<b>Early foley catheter removal</b>	Worth doing?	Yes	No	Measureable?	Yes	No	
	Improve outcomes?	Yes	No	Fits with facility/practice culture?	Yes	No	
<b>Minimize IVF</b>	Worth doing?	Yes	No	Measureable?	Yes	No	
	Improve outcomes?	Yes	No	Fits with facility/practice culture?	Yes	No	

# Enhanced Recovery Protocol for Colorectal Surgery Quality Initiative Action Planning Worksheet

Intervention 1: \_\_\_\_\_

1. Identify characteristics about your practice that will either help or hinder your ability to implement this intervention (barriers/facilitators).

2. Who do you need to engage and what are their roles?

3. Initial tasks to get started (first steps/strategies needed to reach aim/desired outcome).

4. How will you determine success? Your goal(s) for success should answer the question, "What do you want to accomplish?" Well written goals should be S.M.A.R.T.: **S – Specific ; M – Measurable ; A – Achievable ; R – Realistic ; T – Time-based**; Write your goal(s) in the space below

**Goal 1:**

  

**Goal 2 (if applicable):**

  

**Goal 3 (if applicable):**

## Definitions

***Determine Priority: Answering these questions will help you determine an activities priority and if a particular activity is worth doing***

***Aim/Desired Outcome:*** This is what you're hoping to achieve by accomplishing your plan or your goal.

**Characteristics about your practice that will help or hinder your ability to implement:** These are problems, attitudes, and challenges that you should think about and address to achieve success (barriers) or resources in-hand (facilitators). These could include people, time, materials, and know-how that already exist within your program and could be used to accomplish your tasks. This is an opportunity to identify resources that are needed in order to accomplish your tasks.

***Determination of Success – How will the team know if the aim is achieved?*** - This is a simple way of keeping track of progress toward an aim/desired outcome. It should be easily tracked, and commonly understood. It data should be regularly checked to avoid wasting time on strategies that do not achieve your aim/desired outcome. Successful programs check in on average of every two weeks. For example, if you have a goal of increasing physical activity you need to:

- 1) Understand how many minutes of physical activity is currently happening on average throughout the program
- 2) Introduce your task/strategy for achieving your increased minutes of physical activity
- 3) Re-measure the amount of time of physical activity occurring in the program after your strategy has been rolled out
- 4) If your goal has not been reached, try a new strategy

# Enhanced Recovery Protocol for Colorectal Surgery Quality Initiative Action Planning Worksheet

Intervention 2: \_\_\_\_\_

1. Identify characteristics about your practice that will either help or hinder your ability to implement this intervention (barriers/facilitators).

2. Who do you need to engage and what are their roles?

3. Initial tasks to get started (first steps/strategies needed to reach aim/desired outcome).

4. How will you determine success? Your goal(s) for success should answer the question, "What do you want to accomplish?" Well written goals should be S.M.A.R.T.: **S – Specific ; M – Measurable ; A – Achievable ; R – Realistic ; T – Time-based**; Write your goal(s) in the space below

**Goal 1:**

  

**Goal 2 (if applicable):**

  

**Goal 3 (if applicable):**

## Definitions

***Determine Priority:*** Answering these questions will help you determine an activities priority and if a particular activity is worth doing

***Aim/Desired Outcome:*** This is what you're hoping to achieve by accomplishing your plan or your goal.

**Characteristics about your practice that will help or hinder your ability to implement:** These are problems, attitudes, and challenges that you should think about and address to achieve success (barriers) or resources in-hand (facilitators). These could include people, time, materials, and know-how that already exist within your program and could be used to accomplish your tasks. This is an opportunity to identify resources that are needed in order to accomplish your tasks.

***Determination of Success – How will the team know if the aim is achieved?*** - This is a simple way of keeping track of progress toward an aim/desired outcome. It should be easily tracked, and commonly understood. It data should be regularly checked to avoid wasting time on strategies that do not achieve your aim/desired outcome. Successful programs check in on average of every two weeks. For example, if you have a goal of increasing physical activity you need to:

- 5) Understand how many minutes of physical activity is currently happening on average throughout the program
- 6) Introduce your task/strategy for achieving your increased minutes of physical activity
- 7) Re-measure the amount of time of physical activity occurring in the program after your strategy has been rolled out
- 8) If your goal has not been reached, try a new strategy

# Enhanced Recovery Protocol for Colorectal Surgery Quality Initiative Action Planning Worksheet

Intervention 3: \_\_\_\_\_

1. Identify characteristics about your practice that will either help or hinder your ability to implement this intervention (barriers/facilitators).

2. Who do you need to engage and what are their roles?

3. Initial tasks to get started (first steps/strategies needed to reach aim/desired outcome).

4. How will you determine success? Your goal(s) for success should answer the question, "What do you want to accomplish?" Well written goals should be S.M.A.R.T.: **S – Specific ; M – Measurable ; A – Achievable ; R – Realistic ; T – Time-based**; Write your goal(s) in the space below

**Goal 1:**

  

**Goal 2 (if applicable):**

  

**Goal 3 (if applicable):**

## Definitions

***Determine Priority:*** Answering these questions will help you determine an activities priority and if a particular activity is worth doing

***Aim/Desired Outcome:*** This is what you're hoping to achieve by accomplishing your plan or your goal.

**Characteristics about your practice that will help or hinder your ability to implement:** These are problems, attitudes, and challenges that you should think about and address to achieve success (barriers) or resources in-hand (facilitators). These could include people, time, materials, and know-how that already exist within your program and could be used to accomplish your tasks. This is an opportunity to identify resources that are needed in order to accomplish your tasks.

***Determination of Success – How will the team know if the aim is achieved?*** - This is a simple way of keeping track of progress toward an aim/desired outcome. It should be easily tracked, and commonly understood. It data should be regularly checked to avoid wasting time on strategies that do not achieve your aim/desired outcome. Successful programs check in on average of every two weeks. For example, if you have a goal of increasing physical activity you need to:

- 9) Understand how many minutes of physical activity is currently happening on average throughout the program
- 10) Introduce your task/strategy for achieving your increased minutes of physical activity
- 11) Re-measure the amount of time of physical activity occurring in the program after your strategy has been rolled out
- 12) If your goal has not been reached, try a new strategy