




Cardiac Enhanced Recovery After Surgery Pathway



Children's Mercy
KANSAS CITY

HEART CENTER

| | | |
|-------------------|---|--|
| BEFORE SURGERY | <ul style="list-style-type: none">✓ Education✓ Medical management of your child's heart condition <hr/> <ul style="list-style-type: none">✓ Pre-operative surgery appointment |  HOME CARDIOLOGY CLINIC |
| DAY OF SURGERY | <ul style="list-style-type: none">✓ No solid food six hours before surgery✓ <i>Carbohydrate-rich drink two hours before surgery</i>✓ Pre-operative medication for anxiety |  PRE SURGICAL AREA |
| DURING SURGERY | <ul style="list-style-type: none">✓ Minimize blood transfusions✓ Multiple approaches to treat pain and reduce opioid need✓ Prevention of post-operative nausea✓ Prevention of post-operative delirium✓ Avoidance of hypothermia or hyperthermia |  OPERATING ROOM |
| AFTER SURGERY | <ul style="list-style-type: none">✓ <i>Early transfer out of CICU</i>✓ Early removal of breathing tube✓ Early removal of catheters, lines, and tubes✓ Transition from IV to oral medications as soon as possible✓ Combination of medications to treat pain✓ Prevention of nausea✓ Getting out of bed as soon as possible after surgery✓ Return to a normal diet✓ Continuous updates and communication from cardiac surgery nurse practitioner, including daily rounds with team |  CARDIAC ICU and INPATIENT UNIT |
| FOLLOW UP | <ul style="list-style-type: none">✓ Monitor recovery✓ Satisfaction survey | HOME |