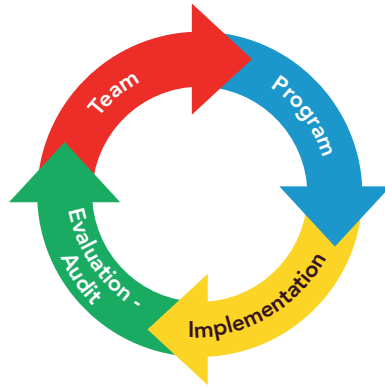


This practical booklet is established by the **Francophone Group for Enhanced Recovery after Surgery** (GRACE) to help establishments wanting to implement **enhanced recovery after surgery** (ERAS) programmes in everyday practice. This involves encouraging the patient to become an active player in their care process. For each type of intervention, the objective is to define «**a clinical pathway**».

## BEFORE STARTING

A retrospective evaluation of the last patients operated on is useful before implementation to identify points to be improved. We encourage you to explore the GRACE website [www.grace-asso.fr](http://www.grace-asso.fr), to really familiarise yourself with the ERAS principles. The detailed enhanced recovery protocols for different specialties and various bodies are available in the «**members' area**» section.





## THE ESSENTIALS

### The care team

It is made up of representatives of all the potential stakeholders: as a minimum, an anaesthetist, a surgeon, a paramedical member of staff (nurse) and, depending on the specialty and context, the participation of a physiotherapist, nutritionist, dietician and geriatrician. The input of an administrative executive is essential.

### The ERAS Programme

This may either be a GRACE protocol, or a local protocol validated by the whole team and adapted to the specialty in question. It should specify the organisational arrangements, the patient pathway, the follow-up after returning home and contacts (telephone, SMS and/or internet). This programme should also specify the medical and paramedical practice procedures and the therapeutic education of the patient.

### Implementation

It concerns the daily ERAS Programme and must be carried out progressively integrating the elements as experience is gained.

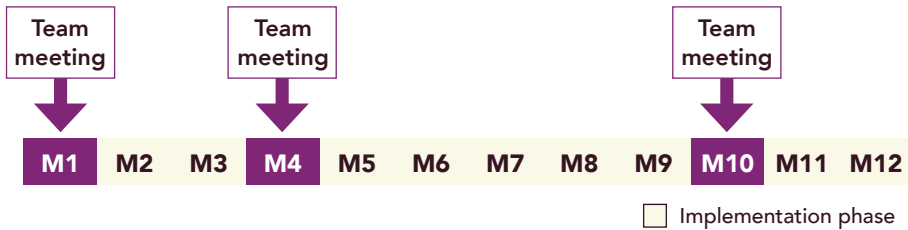
### Evaluation - Audit

It is recommended (systematic for GRACE label-approved centres) as part of the team auto-evaluation in order to improve implementation. There are a large number of possible endpoints and it is important to use those proposed by GRACE as a minimum which also allow a heterogeneous evaluation: [www.grace-asso.fr](http://www.grace-asso.fr), audit software section.

## CALENDAR FOR THE FIRST YEAR

The first stage involves writing the ERAS protocol shared by the whole team thanks to one or two meetings.

The calendar proposed by GRACE is the following (M = month):



**A first multidisciplinary kick-off meeting** to present the project (including a therapeutic education document) to the entire team including the administrative executives. This is followed by an initial practical implementation phase with details of the application of the programme elements in everyday practice.

M1

**A second evaluation meeting** appraises the implementation of the programme and, above all, any constraints that need to be discussed and overcome. Next, there is a 6-month implementation phase evaluated by local audit within the framework of the **FREE « GRACE-AUDIT »** database.

M4

**A third meeting** is organised before the end of the first year to optimise the programme and apply the elements that seem difficult to implement.

M10

## TEAM SPIRIT

In all the phases of implementation, **communication** within the team is essential, irrespective of the specialty and corporate association. This communication helps overcome the constraints and helps each member to take ownership of the ERAS programme.

The very principle of this approach is to transform **a team of experts** into **«an expert team»**. The role of the patient is also essential. Preoperative information disseminated through various means (oral, written, video, website) helps ensure the patient's adherence. **They thus become a member of the team and a central player in their care pathway.**

## ROLE OF GRACE

The GRACE Group is available to any team wanting to **implement an ERAS programme** to offer them support in various ways:

- Physical presence of a member of the Group at the first or second local meeting
- Provision of detailed protocols for each type of intervention
- Provision of slides as part of a "KIT GRACE" including a manual for the implementation
- Certification of GRACE Centres that can help establishments with their implementation process
- Practical advice the website's messaging system

The Group also certifies **«GRACE Centres»**. These Centres must meet precise specifications, available on the website [www.grace-asso.fr](http://www.grace-asso.fr). The label is awarded for one year and can be renewed. The role of each GRACE Centre is, through its expertise, **to help local establishments set up ERAS programmes.**

GRACE industrial partners, in their role as **GOLD partners**, may be called upon by the GRACE Centres to help them organise **local or regional meetings or workshops**, in which teams wanting to implement ERAS programmes can participate.

The list of Gold partners is available on the website [www.grace-asso.fr](http://www.grace-asso.fr).