



## SUMMARY: 2024 ERAS Cardiac / STS / ERAS Society Expert Consensus Statement for Perioperative Care in Cardiac Surgery

Includes Level of Evidence (LOE)

	LOE	Care Element
GENERAL	Low	Patient engagement through shared decision-making
	Moderate	Establishment of multidisciplinary team.
	Moderate	Auditing of process measures for program adherence and clinical outcomes.
PRE - OP	Moderate	Multifaceted screening and risk assessment.
	Low	Multicomponent prehabilitation
	Low	Limiting NPO status for clear fluids to >2 hours before surgery.
INTRA - OP	Moderate	TEE in moderate- or high-risk patients.
	High	Mechanical ventilation with lung protective strategies.
	Moderate	Continuing mechanical ventilation while on CPB.
	Moderate	Avoiding PA catheters in low-risk patients.
	Moderate	Standard use of CNS monitoring.
	Moderate	Risk assessment and prophylaxis for PONV.
	Low	Goal-directed perfusion while on CPB.
POST - OP	Moderate	Facilitate extubation within 6-hours of surgery.
	Low	Selective use of intraoperative or immediate postoperative extubation in low-risk patients.
	Moderate	Screening and comprehensive care model to reduce AKI.
	Moderate	Early postoperative ambulation and upper extremity exercise.

MULTIPHASE	Moderate	Goal-directed fluid and hemodynamic therapy.
	Moderate	Multimodal analgesia with opioid stewardship.
	Moderate	Chest wall regional analgesia.
	Moderate	Comprehensive patient blood management program.
	Moderate	Prevention of postoperative atrial fibrillation.
	High	Routine systematic screening and nonpharmacologic treatment of postoperative delirium.
	High	Surgical site infection reduction bundle.

## Definitions: Level of Evidence (LOE)

High	Further research is very unlikely to change confidence in the estimate of effect.
Moderate	Further research is likely to have an important impact on confidence in the estimate of effect and may change the estimate.
Low	Further research is very likely to have an important impact on confidence in the estimate of effect and is likely to change the estimate.
Very Low	Any estimate of effect is very uncertain.

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