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主題：

Cardiac ERAS: A surgeon's perspective

摘要：

Enhanced Recovery After Surgery (ERAS) has been continuously promoted in various surgical fields and become the standard of care in those. ERAS have several advantages, including shorter length of ICU or hospital stay, lesser medical cost, and lower mortality and morbidity. There are many challenges of promotion of ERAS in cardiac surgery, such as high risk of surgery, old age of the patients, and destruction of the thoracic structure, etc.

In this topic, we'll discuss the current evidence of ERAS in cardiac surgery (ERACS) first. By learning about the latest developments in ERACS, we'll know the pros and cons of that. Second, we'll share our protocol of ERACS in Far Eastern Memorial Hospital. Besides, I'll let our audience know about the developments of ERACS in our hospital. At last, we'll present the outcomes of ERACS in our hospital and review our introspection.

We hope that all the audience will have good experience for this speech and we'd like to discuss ERACS with all the participants.