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主題：

Achieving Immediate Extubation and Optimal Recovery: FEMH's Journey of ERAS Cardiac with Multimodal Analgesia and Comprehensive Monitoring

摘要：

Join us as we delve into our implementation of ERAS Cardiac, with a focus on achieving immediate extubation and optimizing patient recovery. This presentation highlights key elements such as pre-operative nerve blocks for preemptive analgesia and intra-operative opioid sparing, a protective lung ventilation strategy, and advanced monitoring techniques including brain oximetry, depth of anesthesia, pulse-wave analysis cardiac output monitor, and transesophageal echocardiography for goal-directed therapy. We also employ a range of sedation modalities to ensure patient comfort and stability, facilitating a fast and smooth emergence from anesthesia. Immediate postoperative management includes quantitative neuromuscular monitoring and the use of effective NMBA antagonist to minimize residual neuromuscular blockade, enabling safe and timely extubation.