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TSCVA

全方位心胸麻醉整合照護  
Comprehensive Perioperative Cardiothoracic Anesthesia Integrated Care

講師：郭順文 Shuenn-Wen Kuo

主題：

ERAS Protocols of Thoracic Surgery

摘要：

Enhanced Recovery After Surgery (ERAS) protocols have revolutionized the landscape of perioperative care across various surgical specialties. In recent years, ERAS protocols have gained substantial attention in the field of thoracic surgery, owing to their potential to improve patient outcomes, reduce hospital stays, and enhance postoperative recovery. This speech presents a comprehensive review of ERAS protocols specific to thoracic surgery.

The primary objective of ERAS protocols in thoracic surgery is to optimize patient preparation before surgery, streamline intraoperative management, and implement evidence-based postoperative care. The core elements of these protocols encompass a multidisciplinary approach involving surgeons, anesthesiologists, nurses, and other healthcare professionals.

Preoperative elements include comprehensive patient education, prehabilitation, nutritional assessment, and smoking cessation programs. Intraoperatively, various measures such as minimally invasive techniques, regional anesthesia, and fluid management strategies are employed to reduce surgical stress and postoperative complications. ERAS protocols in thoracic surgery



also emphasize early ambulation and mobilization, the implementation of multimodal analgesia, and judicious use of chest tubes to accelerate postoperative recovery.