

# PA NSQIP Meeting

---

## Pennsylvania Hospital

Zarina Ali, MD  
Disha Joshi  
Department of Neurosurgery

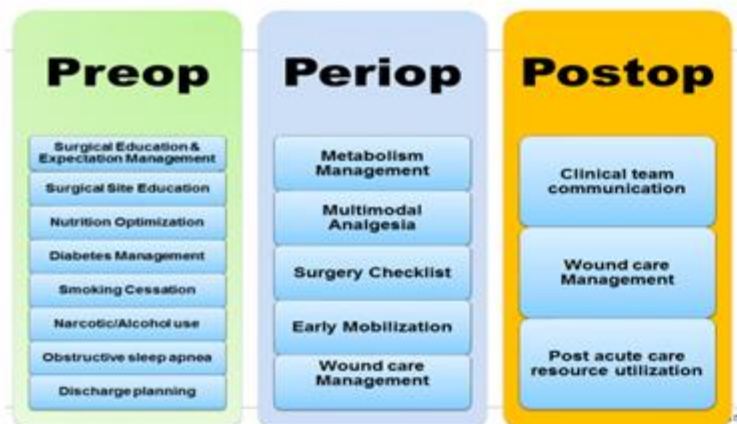
Kimberly Stevenson, MD  
Department of Orthopedic Surgery



October 18, 2018

# Pilot Penn Neurosurgery ERAS Study: Elective Spine and Peripheral Nerve Surgery

Penn Neurosurgery ERAS elements



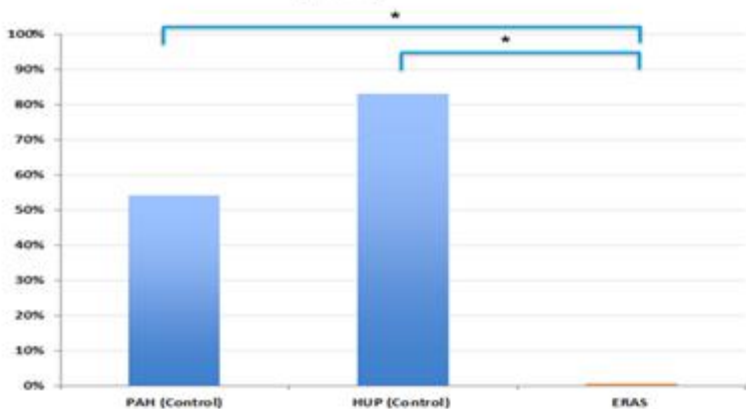
Prospective enrollment of 201 ERAS patients (April–June 2017)  
 Exclusion: liver disease, pregnancy, urgent/emergent spine surgery  
 PAH Historical Control (N=74) (Sept-Dec 2016)  
 HUP Concurrent Control (N= 47) (April-June 2017)



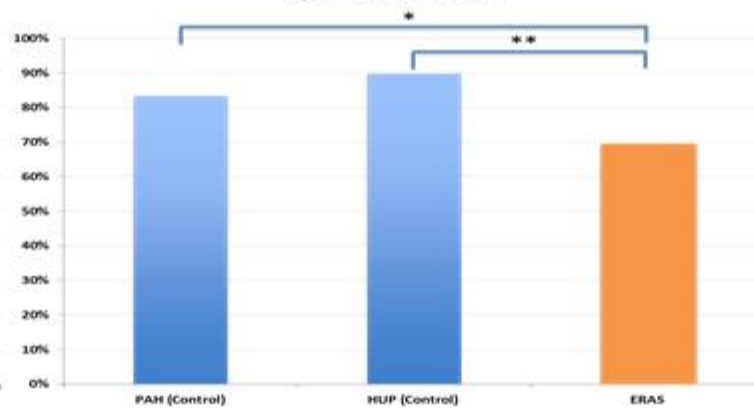
	PAH Control (n=74)	HUP Control (n=47)	ERAS (n=201)	p-value
3+ different non-opioids	31 (41.9%)	23 (48.9%)	149 (74.1%)	P≤0.001

Pain score	Inpatient Pain Scores		
	PAH (Control)	HUP (Control)	ERAS
Maximum	8.1	8	8
On Admission	3.7	1.8*	3.5
At Discharge	4.7	5	4.4
Δ (Discharge - Admission)	+0.9	+3.3*	+0.9

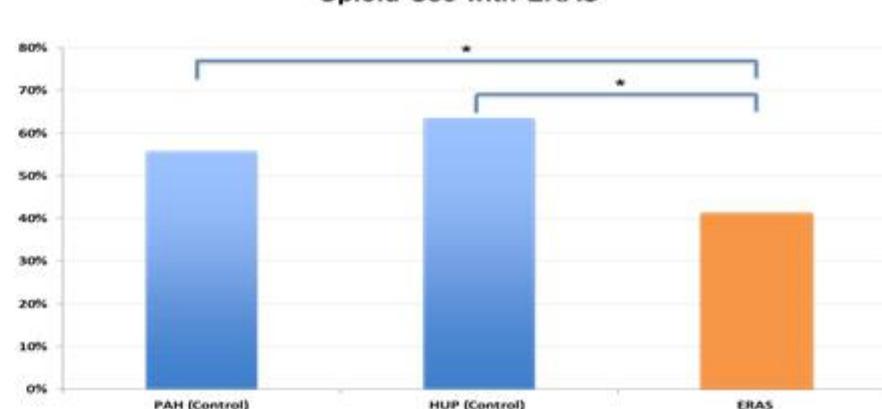
Percentage of patients using PCA postop



Percentage of patients not requiring, or having a reduction in opioid use on POD 1



Reduction of 1-month Postop Opioid Use with ERAS



Ali, ZS et al. *Clin. Neurol. Neurosurg.*, 2017  
 Ali, ZS et al. *J Neurosurg Spine*, 2018 (in press)

