

SURGERY

STRATEGIC CLINICAL NETWORK

April 2016



Our Mission:

“Bringing patients, clinicians, administrators and policymakers together to advance surgical care in Alberta”

ERAS Symposium 2016— Generating Knowledge, Changing Practice, and Improving Outcomes



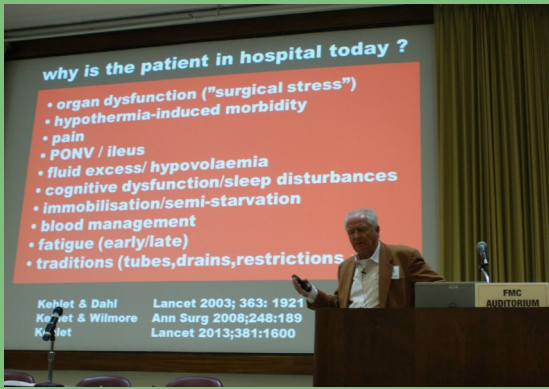
The third annual Enhanced Recovery After Surgery (ERAS) Alberta Symposium was held in Calgary January 15th & 16th. This year 205 local, national and international delegates explored and debated clinical practices relevant to patients undergoing major surgery – with a focus on generating knowledge, changing practice and improving surgical outcomes. Attendees learned about current and future research, trends, challenges and successes in the development and implementation of ERAS clinical practices.

Opening Remarks were delivered by Dr. Verna Yiu Acting President and CEO, AHS with special acknowledgement to our teams and provincial partners.

“I am proud of the innovative work being done here in Alberta and thank the Strategic Clinical Networks, specifically the Diabetes, Obesity and Nutrition and Surgery SCNs, for their leadership and support of the clinical teams in their ERAS implementations. More importantly, I want to thank all the Alberta teams including patients, surgeons, anesthesiologists, nurses, dietitians, pharmacists, physiotherapists and administrators for their leadership, hard work and dedication in implementing the ERAS clinical practices, to improve the care and clinical outcomes for Albertans undergoing surgery.

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I would also like to acknowledge our strategic partners such as Covenant Health, Alberta Innovates Health Solutions, Canadian National Institute of Health Research, the Canadian ERAS Society and ERAS Society International for their encouragement and support of this valuable work. Through province-wide collaboration, grass-roots driven change and continuous quality improvement to implement ERAS pathways, patients are able return to home faster and healthier."

Delegates were able to network with experts in ERAS; including Dr. Henrick Kehlet, (Professor of Perioperative Therapy at Rigshospitalet, Copenhagen University, Denmark, Honorary Fellow of the Royal College of Anaesthetists, UK, the American College of Surgeons, the American Surgical Association, the German Surgical Society and the German Anaesthesiological Society), who made a particular impression in breakout topic sessions and panel discussions highlighting the clear and established evidence in the literature around fluid management. Henrick challenged our current practice and reignited our motivation to endeavor to move this evidence into practice across Alberta.



Clinically, we learned how ERAS pathways are making a difference world-wide with our international speakers coming from Sweden and Denmark. National experts presented from Montreal, British Columbia, Winnipeg, and Ontario with other national attendees looking to learn from Alberta's implementation from Regina, Winnipeg and Newfoundland. We saw examples to minimize the surgical stress response, how sites have achieved measurable reductions in postoperative pain and nausea, seen improvement in nutritional status and made gains in fluid management. By the numbers we see; patients have experienced an 18% reduction in postoperative nausea; 11% reduction in severity of postoperative pain; also an 11% reduction in wound infections compared to patients that had similar surgery before ERAS implementation. Results show patients are recovering better and able to leave the hospital ~2 days sooner on average. It was clear that ERAS in Alberta is a team effort and an exceptional Alberta example of how applying evidence to practice has improved surgical quality, promoted patient empowerment and partnership, and as a byproduct, generated savings for the health system.



Spread and Scale of Enhanced Recovery — Pathways and Protocols Defined



In Alberta, ERAS pathways development and implementation include three components. These are: an international or Alberta developed evidence based ERAS guideline with set compliance targets, surgeon led site-based orders, and provincial patient education. Though pathways are service/procedure specific, there are general clinical practices that apply to all of our patients. ERAS Alberta is calling these ERAS Clinical Protocols and will be releasing recommendations in consistent principles in the areas of Nutrition, Mobilization, Fluid Management, Diabetes, Modern Fasting Guidelines and Carbohydrate Loading, and Pain and Symptom Control. If you would like to be involved or contribute to any of the six ERAS Alberta Clinical Protocol Working Groups, please contact Jeannette.Lawrence@ahs.ca





Loreen Gilmour — ERAS Provincial Research Coordinator

We are pleased announce that effective February 29, 2016 Dr. Loreen Gilmour has joined the Surgical Strategic Clinical Network as the Provincial Research Coordinator for ERAS (Enhanced Recovery after Surgery). Dr. Gilmour has over 25 years of experience in research, change management, leadership and strategic thinking in a variety of sectors including corporate, health care, non-profit and academia.

Dr. Gilmour has a PhD from the Faculty of Medicine, Department of Community Health, University of Calgary. Her thesis focused on the knowledge translation and implementation issues of policy change in acute care hospitals using a mixed-method Realist methodology. She earned her PhD while simultaneously serving on the Board of the Directors of the previous Calgary Health Region. Loreen was motivated to run for this elected position to bring the patient perspective to decision making as her daughter successfully battled pediatric cancer and has dealt with moderate Cerebral Palsy. Having been at her daughter's side for 15 surgeries – the chance to contribute to the ERAS project was a career opportunity. She has continued to be a patient advocate through the Citizen Action Team (CAT) at the South Health Campus.

Dr. Gilmour comes to us from the United Way Calgary and Area where she held the positions of VP Strategy responsible and previously as the Director of Research, Policy and Operations, leading and developing numerous research initiatives aimed at reducing poverty and social isolation through policy change. Dr. Gilmour also holds an Executive MBA (Rotmans Business School, UToronto) and a Bachelor of Commerce (USask). Loreen is currently teaching a Social Policy masters level class at the School of Public Policy, U of C and she is an Assistant Adjunct Professor with the Community Health Department at U of C. Please join us in welcoming Dr. Gilmour to her new role as Provincial Research Coordinator for ERAS.

You can contact Loreen at LoreenEdith.Gilmour@ahs.ca

Good News Story — ERAS

We are delighted to announce the huge success of Parts I and II of the Guidelines for Perioperative Care in Gynecologic/Oncology Surgery: Enhanced Recovery After Surgery (ERAS®) Society recommendations. Part 1 (Guidelines for pre- and intra-operative care in gynecologic/oncology surgery) is the most downloaded Gynecologic Oncology article in the last 90 days and Part II (Guidelines for postoperative care in gynecologic/oncology surgery) is the second most downloaded Gynecologic Oncology article. <http://www.journals.elsevier.com/gynecologic-oncology/most-downloaded-articles/>

First author, Dr. Gregg Nelson, ERAS Lead, Assistant Professor and Tumour Group Leader at Tom Baker Cancer Centre, Calgary, writes: The ERAS Gynecologic/Oncology Guidelines are extremely important for the advancement of surgical care for both major gynecology and gynecologic oncology. Previous reviews of enhanced recovery protocols in our specialty demonstrated marked dissimilarities among practice patterns – this highlighted the need to develop formalized, evidence-based guidelines. Linking these guidelines with the ERAS Interactive Audit System (EIAS) is underway and will be crucial in order to allow for audit of compliance which has proven to be a key factor required for the success and sustainability of such protocols. We are hopeful that these ERAS guidelines will help integrate existing knowledge into practice, align perioperative

Safe Surgery Checklist Update

You Are Invited!

Alberta's successes with the Safe Surgery Checklist will be featured on a national call by the Canadian Patient Safety Safe Surgery Checklist working group on April 8, 2016.

"The Safe Surgery Checklist is an important patient safety tool to ensure that key care information is communicated through the patient's surgical journey," says Dr. Giuseppe Papia; SSCL Intervention Lead, CPSI. "During the April webinar, we will share what we learned from surgical teams during the consultation process. We are excited to profile how Alberta Health Services (AHS) is taking the time to record good catches from the checklist."

Stacy Kozak, Manager with the Surgery Strategic Clinical Network (SSCN) will describe how AHS has taken compliance with the Safe Surgery Checklist from 50 to better than 90 per cent and will outline the observational audit system used to track and report on "good catches".

In addition to prevention of errors, the SSC has an impact on patient family care. Leslie Deuchar, patient advisor with the Surgery SCN will share his recent experience as a surgical patient to reflect on what the checklist means to patients receiving care.

[Click here](#) for more details on the upcoming webinar.



Adult Coding Access Targets for Surgery (aCATS) Update

As part of an evaluation of aCATS, Evaluation Services distributed surveys to approximately 1500 surgeons, medical office assistants, site operational leaders and booking office staff across the province. The information collected from these surveys is used to understand the aCATS experience from those that utilize the system. The evaluation provides valuable insight on how to continue to optimize current processes across the province.

Evaluation survey topics included:

- Effective communication;
- Understanding and use of reports;
- aCATS processes, such as scheduling patients, code review, and Ready-to-Treat (RTT) guidelines;
- Standardization of aCATS across zones and the province;
- Identifying successes and challenges;
- And opportunities to make recommendations.

Each survey also asked more specific questions based on the stakeholder's role in aCATS. For instance, a booking office staff member would provide information about his or her site's booking guidelines.

The survey was available February 24-March 16, 2016. Evaluation Services will summarize the results and share an interim report with the aCATS project team. The aCATS team will use this report to inform the next phase of aCATS optimization.

Evaluation Services offered an incentive to encourage responses and thank respondents for their valuable time and input. Respondents were eligible to enter a draw to win a Bluetooth speaker system; and as a result, a 5 percent increase in response from last year was seen.

The final aCATS project survey evaluation will be published Fall 2016.

If you would like a copy of the results, or if you have questions or comments, contact vanessa.gibbons-reid@ahs.ca or bryan.atwood@ahs.ca

CPSI Surgical Site Infection National Audit Opportunity

Safer Healthcare Now! A program of the Canadian Patient Safety Institute (CPSI) along with our partners Alberta Health Services-Surgery Strategic Clinical Network, Atlantic Health Quality & Patient Safety Collaborative, BC Patient Safety & Quality Council, Health Quality Ontario, and Saskatchewan Ministry of Health- Patient Safety Unit, invite you to participate in the Canadian Surgical Site Infection (SSI) Prevention Audit, designed to establish a national baseline for compliance with best practices in the prevention of SSI. <http://www.patientsafetyinstitute.ca/en/Events/SSIAudit/Pages/default.aspx>



Summer Surgical Research Studentship

Proposals Received

- Up to \$5600 of funding to support each student to gain valuable research experience
- The program will prioritize projects which aim to build connections between with scientists, clinicians, and policy makers
- The program will contribute to the generation of new knowledge in key topic areas to surgery in Alberta.
- Awardees will be announced on April 1st, 2016; with work anticipated to begin Summer 2016.
- For program details and support, email: Surgery.SCNResearch@ahs.ca

RESEARCH NEWS

JOURNAL PUBLICATION

The ERAS Alberta Research Team, led by Drs. Gregg Nelson and Leah Gramlich, in collaboration with Dr. Olle Ljungqvist, Susan McKay, Carlota Basualdo-Hammond, Tracy Wasylak, Peter Faris, Anderson Chuck, and Thanh Nguyen, have published recent findings from the implementation of ERAS colorectal guideline implementation across six hospital sites in Alberta (Peter Lougheed Centre, Grey Nuns, Royal Alexandra, Misericordia Community, University of Alberta Hospital, and Foothills Medical Centre). The paper titled: *Implementation of Enhanced Recovery After Surgery (ERAS) Across a Provincial Healthcare System: The ERAS Alberta Colorectal Surgery Experience* describes how ERAS guideline implementation has improved patient outcomes (reduced median length of stay, reduction in complications) and provides significant benefit impact on scarce health system resources. You may access a copy of this article here <http://qoo.gl/AZAhB9>

AHS RESEARCH CHALLENGE

FRONT LINE NURSING AND ALLIED HEALTH

Alberta Health Services' Health Professions Strategy and Practice and Research Innovation & Analytics departments have announced the **2016 Research Challenge for Front Line Nursing and Allied Health**, a province-wide project to provide education, mentoring and seed funding for successful applicants of collaborative teams from front line nursing, allied health professionals, and support staff to conduct small scale clinical research projects. This program aims to increase front line clinician knowledge, skills, and participation in practice-relevant research and to advance evidence-informed decision-making and practice within AHS. A total of \$50,000 of seed funding will be available to support the projects of 10 successful applicants, \$5,000 per project, and will offer educational workshops to support the advancement of proposals.

The organizers of the program also invite you to consider becoming personally involved and to search your teams and colleagues for individuals that would be interested in providing mentorship for the teams of front line care providers who will be involved in the Challenge. The Challenge teams will be comprised of novice researchers, and consequently mentorship support from experienced clinical researchers is essential to their success.

If you may have any questions, please contact the Research Challenge Project Leads, Jodi Thesenvitz and Katie Churchill, or Kelvin Mok, Assistant Scientific Director.

RESEARCH INQUIRIES

The Surgery SCN Scientific Director's Office may support your research and innovation projects by providing or linking you to available services. For general questions about proposal and grant development, methods support, research ethics, literature and systematic reviews, and all other inquiries, please send an e-mail to Surgery SCN Research and Innovation surgery.SCNResearch@ahs.ca

SURGERY SCN SEED GRANT AWARD PROGRAM, 2016-17

Call for Proposals

The Surgery Strategic Clinical Network is pleased to announce the renewal of the Surgery SCN Seed Grant Award Program for 2016-17. This program will offer pilot funding to support the development of research projects which aim to improve value, efficiency, or quality of surgical care in Alberta through health services research and innovation. This competition will support research in the following priority areas of research:

- Clinical Measurement and Data Collection
- Clinical Pathways and Guidelines Development
- Patient Outcomes and Experience
- Surgical Process and Techniques
- Surgical Innovation
- Health Systems and Policy
- Health Technology Assessment
- Research Ethics and Policy

A total of \$30,000 of funding will be available in this year's competition; projects will be awarded funding of up to a maximum of \$10,000. Please note that the deadline to submit applications will be Friday, May 13, 2016. Grant Writing Workshops will also be held (April 15, 18, 22, 25, 29) to all individuals who wish to attend. Please contact Kelvin Mok at kelvin.mok@ahs.ca if you have any questions about this program.

We also invite all individuals who are interested to participate as an External Scientific Grant Review committee member to contact us by May 2nd, 2016.

Full details of this grant award program can be found in the [Call for Proposals](#) document (<http://goo.gl/ax3AWC>) and all Surgery SCN funding opportunities can be found here: <http://www.albertahealthservices.ca/scns/Page13047.aspx>.

CAMIS RAH FOUNDATION MIS RESEARCH FUND

Call for Proposals

The CAMIS-RAH Foundation MIS (Minimally Invasive Surgery) Research Fund is an exciting three-year initiative that will support and advance MIS research and patient care at the Royal Alexandra Hospital. Generously funded by the Royal Alexandra Hospital Foundation, this fund will provide \$240,000 to support MIS research. The funding will support the development of MIS research that is relevant to enhancing clinical practice.

All clinicians working at the Royal Alexandra Hospital can apply to the fund as part of a research team. Applicants are encouraged to assemble multidisciplinary teams with a mix of both seasoned and novice researchers. Funding is available for research that supports and investigates topics that impact MIS practice and has a direct connection to the Royal Alexandra Hospital through its research team and/or area of clinical focus.

Please contact Keith Andony, Manager, CAMIS at keith.andony@ahs.ca (780-735-6727) or Dr. Daniel W Birch, Medical Director, CAMISdbirch@ualberta.ca (780-735-4922) or visit website (<http://www.albertahealthservices.ca/info/camis.aspx>) for more information about this exciting opportunity.

Get the latest surgical research from the Surgery SCN Knowledge Resource Service at <http://krs.albertahealthservices/surgery>

Knowledge Resource Service
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Leading up to April 4, 2016, Change Day AB is asking you to think of a small but meaningful change that you have the power to make, pledge to make the change, and then follow through on your commitment.

Ideas + declarations + actions = positive changes

Pts4chg, an informal network of patient and family advisors and interested public members decided to go big with their pledge to promote family presence in health care and launched the “**Create Family Presence**” campaign.

Read more about this campaign and other innovative and inspiring Change Day AB initiatives, pledges and stories by visiting www.changedayab.ca

Alberta’s Surgical Wait Times Transform-athon!



Why: Many Albertans wait longer than expected for their scheduled surgery. Efforts are underway across the province to solve parts of the problem – but we need to unite our efforts to get the results patients and families need!

What: A day of creative problem-solving with our colleagues and patients, as we look for innovative solutions. This is your opportunity to weigh in on the best way to maximize the billion dollar investment we make in surgical care in Alberta.

Who: YOU! We need all voices – patients, physicians, other health care providers, industry leaders, community members, Albertans. If you are interested – you are welcome!

When: Friday, May 6, 2016 (8:30-4:30)

Where: Bernard Snell Hall, University of Alberta Hospital; 8440 112 St NW, Edmonton

Admission is FREE, but registration is required.

To register now: <https://www.eventbrite.com/e/surgery-wait-times-transformathon-tickets-22922664306>

For more information: change.platform@ahs.ca



Your Surgery SCN Team

Back Row: Bryan Atwood (Provincial Lead, aCATS), Stacey Litvinchuk (Executive Director), Jillian Bates (Senior Consultant)

Front Row: Ashley Asman (Administrative Assistant), Crystal Fawkes (Executive Assistant) Jeannette Lawrence (Lead, ERAS Alberta), Jill Robert (Senior Provincial Director), Stacy Kozak (Manager), Kelvin Mok (Assistant Scientific Director)

Missing: Dr. John Kortbeek (Senior Medical Director), Dr. Doug Hedden (Senior Medical Director), Dr. Ron Moore (Scientific Director)

Interested in sharing a story in our next newsletter? Please contact stacey.litvinchuk@ahs.ca

MORE INFORMATION: In the coming months we will keep you posted on the work of our Surgery SCN. If you wish to learn more, or become more involved, please contact : jill.robert@ahs.ca or stacey.litvinchuk@ahs.ca