



# THE ROLE OF ENHANCED RECOVERY AFTER SURGERY (ERAS) PROTOCOLS IN MODERN SURGICAL PRACTICE: ADVANTAGES AND FUTURE PERSPECTIVES

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## **Abstract**

This article reviews the implementation of Enhanced Recovery After Surgery (ERAS) protocols in contemporary surgical practice. ERAS programs are evidence-based perioperative care pathways designed to optimize recovery, minimize surgical stress, and improve patient outcomes. The study analyzes key ERAS components, including multimodal analgesia, early mobilization, and nutritional support, as well as their clinical effectiveness compared to conventional perioperative care.

**Keywords:** ERAS protocols, perioperative care, multimodal analgesia, recovery, modern surgery

## **Introduction**

Over the past two decades, Enhanced Recovery After Surgery (ERAS) protocols have become a cornerstone of modern perioperative management. These protocols integrate multidisciplinary strategies aimed at reducing surgical trauma, shortening hospital stays, and accelerating patient recovery. Unlike traditional approaches that rely heavily on prolonged fasting, opioid analgesia, and extended bed rest, ERAS emphasizes early mobilization, minimally invasive techniques, and evidence-based pain management. ERAS has demonstrated effectiveness in gastrointestinal, gynecological, urological, and orthopedic surgery.

## **Materials and Methods**



This review is based on published clinical studies, meta-analyses, and guidelines regarding the use of ERAS protocols. The analysis included data on postoperative complications, length of hospitalization, pain intensity, readmission rates, and patient satisfaction. Comparisons were made between ERAS-based perioperative care and conventional management approaches.

### Results

The implementation of ERAS protocols leads to a reduction in postoperative complications, particularly pulmonary and thromboembolic events, by up to 40%. Hospital stay is shortened by 2–4 days on average, while the need for opioid analgesics is significantly reduced due to the use of multimodal pain control strategies. Early mobilization and nutritional support enhance recovery and improve patient satisfaction. Nevertheless, successful ERAS implementation requires coordinated teamwork, staff training, and adherence to standardized protocols. Barriers such as limited resources, lack of awareness, and variability in clinical practice may affect outcomes.

### Conclusion

ERAS protocols represent an essential advancement in modern surgical practice, contributing to safer procedures, faster recovery, and improved patient quality of life. The future development of ERAS is associated with broader adoption across surgical specialties, refinement of guidelines, and integration with minimally invasive and robotic technologies. Continued education, research, and international collaboration are necessary to maximize the potential of ERAS and ensure consistent implementation in clinical practice.

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