

Health & Research Journal

Vol 8, No 3 (2022)

Volume 8 Issue 3 July - September 2022



Volume 8 Issue 3 July - September 2022

EDITORIAL

DIGITAL HEALTH: IS IT THE FUTURE FOR OUR LIVES?

RESEARCH ARTICLES

RENAL BIOMARKER COMBINATIONS PREDICT EARLY CRRT NEED IN A MIXED ICU POPULATION

TRANSLATION AND PRELIMINARY VALIDATION OF THE MODIFIED MINI MENTAL STATE [3MS] IN A GREEK SAMPLE

CLINICAL OUTCOMES OF ENHANCED RECOVERY AFTER SURGERY PROTOCOL FOR HEPATO-PANCREATO-BILIARY SURGERY; A FIVE-YEAR EXPERIENCE FROM A HELLENIC ONCOLOGICAL HOSPITAL

USE OF HERBAL PRODUCTS AND FOOD SUPPLEMENTS OF TYPE 2 DIABETES PATIENTS

SUBJECTIVE SLEEP QUALITY AND DAYTIME SLEEPINESS AMONG GREEK NURSING STAFF: A MULTICENTER CROSS-SECTIONAL STUDY

SYSTEMIC REVIEW

IMMERSIVE VIRTUAL REALITY IN COGNITIVE REHABILITATION: A SYSTEMATIC REVIEW

THE BENEFITS OF INSPIRATORY MUSCLE TRAINING IN HEART FAILURE PATIENTS - A SYSTEMATIC REVIEW

Published in cooperation with the Postgraduate Program "Intensive Care Units", the Hellenic Society of Nursing Research and Education and the Helergo

Clinical outcomes of Enhanced Recovery after Surgery Protocol for Hepato-pancreato-biliary Surgery; A Five-Year Experience from a Hellenic Oncological Hospital ERAS protocol and HPB surgery

Maria Kapritsou, Evan Alexandrou, Evangelos A Konstantinou, Margarita Giannakopoulou, Nikolaos Fyrfiris, Dimitrios P Korkolis

doi: [10.12681/healthresj.28616](https://doi.org/10.12681/healthresj.28616)

To cite this article:

Kapritsou, M., Alexandrou, E., Konstantinou, E. A., Giannakopoulou, M., Fyrfiris, N., & Korkolis, D. P. (2022). Clinical outcomes of Enhanced Recovery after Surgery Protocol for Hepato-pancreato-biliary Surgery; A Five-Year Experience from a Hellenic Oncological Hospital ERAS protocol and HPB surgery. *Health & Research Journal*, 8(3), 188-201. <https://doi.org/10.12681/healthresj.28616>

RESEARCH ARTICLE

CLINICAL OUTCOMES OF ENHANCED RECOVERY AFTER SURGERY PROTOCOL FOR HEPATO- PANCREATO- BILIARY SURGERY; A FIVE-YEAR EXPERIENCE FROM A HELLENIC ONCOLOGICAL HOSPITAL

Maria Kapritsou^{1,2}, Evan Alexandrou^{3,4}, Evangelos A. Konstantinou⁵, Margarita Giannakopoulou⁶, Nikolaos Fyrfiris⁷, Dimitrios P. Korkolis⁸

1. RN, MSc, MSHCM, PhD, PostDoc, Chair of the Hellenic Perianaesthesia Nursing Organization
2. Chief Nurse of Anesthesiology Department. Hellenic Anticancer "Saint Savvas" Hospital, Athens, Greece.
3. RN BHealth ICU Cert MPH PhD. 1Centre for Applied Nursing Research, Western Sydney University, Australia,
4. Department of Intensive Care, Liverpool Hospital, Australia, 3Alliance for Vascular Access Teaching and Research Group, Menzies Health Institute Queensland, Griffith University, Australia
5. RN, MSc, PhD, Professor of Nursing Anesthesiology and Vascular Access. Department of Nursing National and Kapodistrian University of Athens, Greece.
6. RN, BSc, PhD, Professor. Department of Nursing, National and Kapodistrian University of Athens, Greece.
7. MD, MSc, Consultant Anaesthesiologist, Hellenic Anticancer "Saint Savvas" Hospital, Athens, Greece
8. MD, PhD, Director of the Surgical Clinic, Hellenic Anticancer "Saint Savvas" Hospital, Athens, Greece

Abstract

Background: The development of enhanced recovery after surgery protocols (ERAS) for surgical intervention has contributed to reducing hospital length of stay and improved patient outcomes. Aim of the study was the assessment of the recovery time and cost-effectiveness of an ERAS protocol in oncological patients undergoing hepato- pancreato- biliary surgery (HPB) compared to conventional (CON) care.

Methods: This prospective, open label, randomized trial, enrolled 283 patients who required hepatectomy or pancreatoduodenectomy. Eligible patients were stratified into hepatectomy or pancreatectomy groups then, randomly assigned to ERAS protocol (intervention) or CON care (control). The primary outcome of interest was post-operative recovery time (composite of; time to mobilization and oral intake) and secondary outcomes were cost effectiveness, dependance on post-operative opioids and post-operative complications (using the Clavien- Dindo classification).

Results: The rate of complications for the patients underwent hepatectomy and treated in ERAS group was 18.2% compared to CON group, which was 40.9%. Whilst, of complications for the patients underwent pancreatectomy and treated in ERAS group was 15.95% compared to CON group, which was 38.03%.

Conclusions: The ERAS protocol in this study significantly improved post-operative recovery time, reduced opioid dependance and reduced post-operative complications in patients undergoing HPB surgery.

Key-words: cost-effectiveness; eras program; fast track protocol; liver and pancreatic surgery

Keywords: Cost-effectiveness; eras program; fast track protocol; liver and pancreatic surgery.

Corresponding Author: Kapritsou Maria RN, MSc, MSHCM, PhD, PostDoc, Chair of the Hellenic Perianaesthesia Nursing Organization, Chief Nurse of Anesthesiology Department, Hellenic Anticancer Institute, "Saint Savvas" Hospital, Athens, Greece. Sappfous 2 Kallithea, Athens, Greece, zip-code 17676, Tel. 00306976523789, Email: mariakaprit@gmail.com

Cite as: Kapritsou, M., Alexandrou, E., Konstantinou, E., Giannakopoulou, M., Fyrfiris, N., Korkolis, D. (2022). Clinical outcomes of Enhanced Recovery after Surgery Protocol for Hepato- pancreato- biliary Surgery; A Five-Year Experience from a Hellenic Oncological Hospital ERAS protocol and HPB surgery. Health and Research Journal,8(3),188-201. <https://ejournals.epublishing.ekt.gr/index.php/HealthRes/>

INTRODUCTION

The development of enhanced recovery after surgery protocols (ERAS) has contributed to reducing health care costs and improving morbidity and mortality rates.¹ These new perioperative protocols have positively influenced post-surgical and post-hospitalization rehabilitation.^{2,3} The goal of the ERAS protocols is to utilize a multi-disciplinary approach and optimize patient perioperative care using a combination of evidence-based clinical interventions to expedite postoperative recovery.⁴⁻⁶

ERAS programs have improved perioperative management of patients through better collaboration among healthcare professionals. The implementation of ERAS protocols includes pre-anesthesia evaluation, anti-nausea and emesis prophylaxis, use of opioid-sparing and regional anesthesia where appropriate, and better regulation of body temperature to avoid intra and post-operative shivering hypothermia.⁷

The ERAS protocol also combines early oral nutrition, early mobilization, and optimal pain control postoperatively. As an infection prevention strategy, early removal of abdominal, urinary and nasogastric drainage catheters is encouraged, as is patient mobilization on the day of surgery.⁸ Many clinical benefits have been observed with the implementation of ERAS protocols that include reduced intraoperative bleeding, decreased need for fluid resuscitation, better pain management facilitating early ambulation, as well as reduced length of hospital stay facilitating early hospital discharge, typically within 5 to 6 days after surgery.^{5,9}

A number of studies have evaluated the concept of fast track protocols in a different patient cohorts, including hepato-pancreato-biliary surgery (HPB), and have found them to be safe and effective.¹⁰⁻¹⁵ The aim of our study was to assess the effectiveness of an ERAS protocol for oncological patients undergoing HPB surgery in Greece.

MATERIALS AND METHODS

Study design and participants

This was a prospective, open-label, randomized controlled study that compared the ERAS protocol for HPB surgery with conventional (CON) care. The study was carried out in a surgical ward of a large oncological hospital in Athens, Greece, between May

2012 and November 2017, when there were 450 beds. The study was conducted and the results reported using the CONSORT 2010 guidelines, which include the CONSORT guidelines for reporting economic evaluation alongside randomized controlled trials.¹⁶⁻¹⁷

The research was approved by the Scientific Committee of the hospital where it was carried out and the Ethical Committee of the Faculty of Nursing of the National and Kapodistrian University of Athens, Greece (ID: 4051/448 and ID: 87) (clinical trial; Registration Number: NCT02524925). The study was conducted in accordance with the Helsinki Declaration for conducting medical research involving human subjects.¹⁸ In order to be included in the study, all participants provided written and signed informed consent. All data collected was de-identified and patients were allocated unique study numbers to guarantee confidentiality.

Consecutive patients requiring HPB surgery were screened for eligibility. Inclusion criteria: identified need for HPB surgery, age of at least 18 years, and ability to provide informed consent. Exclusion criteria: minors (under 18 years of age), inability to provide informed consent. Eligible patients were stratified into hepatectomy or pancreatectomy groups and then randomly assigned to the ERAS protocol (intervention) or CON care (control). Random allocations were generated by a computer using the 'Random sampling' tool from SPSS 22.0 (IMB SPSS software, Chicago, Illinois) and kept hidden from investigators and patients until enrolment.

The primary outcome of interest was post-operative recovery time (composite of: time to mobilization and oral intake) and secondary outcomes were cost effectiveness, dependence on post-operative opioids, and post-operative complications using the Clavien-Dindo classification (composite of vomiting/nausea, diarrhea, fever, postoperative ileos, atelectasis, rupture of anastomosis, hemorrhagia, cholorrhea, pancreatic fistula, gastric paresis)

Protocol

Two perioperative care protocols were applied: ERAS and CON care (Table 1).⁶

Patient demographic and anthropometric data were recorded.

Additionally, during the postoperative period, the presence or absence of nausea/emesis as well as any complications (Clavien-Dindo classification) were recorded. For economic evaluation, hospital length of stay was recorded (bed days).

Statistical analysis

Statistical analysis was carried out by SPSS 22 (IMB SPSS Software, Chicago, Illinois) and the mean (standard deviation) of variable values is reported. In all statistical analyses, a nominal significance level of $\alpha = 0.05$ was used. Descriptive statistics were used to report the data. We used the Spearman ranked order correlation to measure the association of patient recovery times between the treatment and control groups.

Sample size calculations were based on a desired level of power of 0.8, a significance level of 0.05 and a large effect size based on data derived from previous studies in similar groups of patients.¹⁹⁻²⁰ The desired sample size was estimated as $n = 61$ per group.

RESULTS

Between May 2012 and November 2017, a total of 307 oncology patients requiring a hepatectomy or pancreatoduodenectomy were screened for eligibility. Twenty-four patients refused to participate in the research, leaving 283 patients (143 requiring hepatectomy and 140 requiring pancreatectomy) to be stratified into the 2 groups for randomization (Figure). Patients were randomized into two groups. In group ERAS ($N = 146$), the ERAS protocol was applied, while in group CON ($N = 137$), conventional perioperative care was followed.

Table 2 reports participants' demographic and anthropometric data. No differences were found between gender, age, and body mass index (BMI).

We found the ERAS protocol significantly improved post-operative recovery for patients requiring hepatectomy and pancreatectomy. Patients were mobilized earlier [Hepatectomy: mean 0.05 days (ERAS) versus mean 1.39 days (CON), $p < 0.001$. Pancreatectomy: mean 0.09 days (ERAS) versus mean 1.23 days (CON), $p < 0.001$] and progressed sooner to a normal diet [Hepatectomy: mean 3.62 days (ERAS) versus mean 6.76 days (CON), $p < 0.001$. Pancreatectomy: mean 5.04 days (ERAS) versus mean

8.38 days (CON), $p < 0.001$] (Table 3).

We observed the rate of complications (based on the Clavien-Dindo Classification) was twice as high in patients who underwent hepatectomy in the CON group compared to those treated in ERAS group (40.9% versus 18.2%, $p = 0.002$) and similar comparisons were found in patients receiving pancreatectomy (38.03% versus 15.95%, $p = 0.003$) (Table 4). Also, the analgesia which was administered to the patients of each group is presented in Table 5. On the day of the surgery, patients were administered analgesics according to clinical practice. Patients who underwent hepatectomy and pancreatectomy and followed the ERAS protocol received opioid medication.

The cost of patients' hospitalization included drugs, surgical instruments, as well as medical examinations, such as laboratory tests, medical and nursing care. Likewise, the anesthesiologist's costs are accounted for in the anesthesia and operating room costs presented in the stem and leaf plot. The cost of hospitalization for patients following ERAS programs was lower in comparison to patients in the CON group, in total. The total cost in euros for the ERAS group is, as mean (SD), 6299.53 (4157.08) and the CON group 7475.43 (3603.94) ($U = 7640$, $p = 0.001$).

Bi-variate Comparison between Cost of Hospitalization and Postoperative Recovery Parameters

The cost of hospitalization was correlated at the significance level of $p = 0.01$. Firstly, the cost was positively correlated with the length of postoperative days ($\rho = 0.26$, $p = 0.002$) for patients who underwent pancreatectomy. Additionally, the cost of patients' hospitalization who have undergone hepatectomy was positively correlated with the total days of postoperative hospitalization ($\rho = 0.290$, $p = 0.001$).

DISCUSSION

This study observes and compares two different groups of patients surgically treated for pancreatoduodenectomy and hepatectomy and their cost effectiveness. It was a prospective randomized trial evaluating surgical outcomes, including early ambulation and the beginning of oral alimentation, together with the evaluation of hospitalization's total cost, focusing on pan-

creatoduodenectomized and hepatectomized oncological patients. The expected benefit of the ERAS protocol was to decrease the length of hospital stay as well as the time of returning to work and normal activity. According to the findings of this study, patients who followed the ERAS protocol had a faster postoperative recovery with fewer complications, fewer readmissions, and a shorter postoperative length of hospitalization. In the present study, patients had liquid diet 6 hours after surgery, which was in contrast to the study of Zouros et al. where patients started to their liquid diet the 2nd postoperative day,²¹ but was much earlier compared to researches such as Balzano et al.²² Also, in Abu Hilal et al. research, patients had liquid diet on the 2nd postoperative day.²³ Patients who participated in our study started the assumption of a normal diet almost 3 days earlier without any side effects such as nausea or vomiting.

In the current study patients participated in ERAS protocol presented complications in 18.2% for patients underwent hepatectomy and 15.95% of patients underwent pancreatectomy. However, in the studies of Ratti et al.²⁴ and Qi et al.²⁵ the percentage of morbidity was higher (31.4% and 28,75%, respectively), whereas in the study of Chong et al.²⁶ postoperative morbidity was overall less frequent but not statistically significantly different in patients treated according to ERAS protocol ($p=0.661$), as in the current study for patients undergoing hepatectomy. In addition, the complication rates after pancreatoduodenectomy were lower in the study of Perinel et al. but it was not significant for the ERAS group ($p=0.380$).²⁷ The ERAS program provides early mobilization, early assumption of normal meals, without more complications. Also, our study showed that ERAS program was safe and efficient for patients who underwent HPB surgery. Patients returned to their quotidian lives much earlier.

Likewise, in our study, the length of postoperative hospitalization was reduced by at least 5 to 6 days in the ERAS group, as in other studies, for patients undergoing pancreatoduodenectomy. Kowalsky et al. has showed a reduction of postoperative stay,²⁸ while Wu et al. has showed that hospital stay was reduced from 11 to 7 days after hepatectomy.²⁹ The reduction of hospitalization days demonstrated fewer complications and lower costs for patients who followed the ERAS protocol.

In the current study the cost of hospitalization of the ERAS group

was statistically significant different in relation to the CON group. In the study of Kowalsky et al., it was noted that hospitalization costs for the ERAS group were USD 20,362 versus 24,277, ($p=0.001$) compared to the CON group.³⁰⁻³¹ Meanwhile, Dai et al. observed that median total hospital cost was significantly decreased in the ERAS group (yoan79790.40 versus yoan 102982.8, $p<0.001$).³² Furthermore, Jing et al. mentioned a mean total cost of hospitalization for the ERAS group 7835.05±1355.45 US dollars, $p<0.001$, after HPB surgery.³³ Also, many studies have shown that the implementation of ERAS programs has reduced the cost of hospitalization. In particular, in the study of Ovaere et al., the cost- effectiveness analysis revealed a significant reduction in postoperative costs in the clinical pathway €1912.2, $p < 0.001$,³⁴ as well as a total mean cost reduction of €3080 per patient after ERAS implementation, in the study of Joliet et al., after pancreatoduodenectomy.³⁵ The present study showed that ERAS protocols in HPB surgery was a cost- effective intervention, simultaneously reducing the economic burden of patient hospitalization after major abdominal surgery but future research is needed for rigorous cost- benefit analyses.

Limitations

It is important that limitations should be noted, since it was a single-center study and more results are needed to apply the ERAS programs to patients who are undergoing HPB surgery.

CONCLUSION

As a patient-centered approach, ERAS programs increase patients' engagement and adherence to the pathway of care, resulting in improved clinical outcomes. It is simultaneously efficient and safe for patients.

Since 2001, when the ERAS protocols were introduced to postoperative management, patients have yielded the best benefits. This study compared various parameters of the ERAS and CON perioperative protocols in oncological patients after HPB surgery. The findings of this study highlight the improvement of hospitalization conditions, in the form of safer care, fewer complications, and cost effectiveness, under the severe financial cri-

sis. In conclusion, the present study is a basis for further research. However, the implementation of ERAS protocols results in a great reduction in the cost of hospitalization in combination with improved postoperative parameters, introducing a new era in HPB surgery.

REFERENCES

1. Steele SR, Bleier J, Champagne B, Hassan I, Russ A, Senagore AJ, et al. Improving Outcomes and Cost-Effectiveness of Colorectal Surgery. *J Gastrointest Surg*. 2014;18(11):1944–56.
2. Wilmore DW, Kehlet H. Management of patients in fast track surgery. *BMJ*. 2001;322(7284):473–6.
3. Kehlet H. ERAS Implementation—Time To Move Forward. *Ann Surg* [Internet]. 2018;XX(Xx):1. Available from: <http://insights.ovid.com/crossref?an=00000658-900000000-95711>
4. Wewers ME, Lowe NK. Wewers_et_al-1990-Research_in_Nursing_&_Health. 1990;227–36.
5. Pablo AJ, Julián EJ, Sofía AA, Paola S-Z. Colombian Journal of Anesthesiology Analysis of results after the implementation of fast recovery protocols in hepatopancreatobiliary surgery Análisis de resultados después de la implementación de protocolos de recuperación acelerada en cirugía hepatopancreatic. 2018;46(58):196–201.
6. Spelt L, Ansari D, Stureson C, Tingstedt B, Andersson R. Fast-track programmes for hepatopancreatic resections: Where do we stand? *Hpb*. 2011;13(12):833–8.
7. Bongers BC, Dejong CHC, Dulk M den. Enhanced recovery after surgery programmes in older patients undergoing hepatopancreatobiliary surgery: What benefits might prehabilitation have? *Eur J Surg Oncol* [Internet]. 2020;(xxxx). Available from: <http://www.sciencedirect.com/science/article/pii/S074879832030370X>
8. Relph S, Bell A, Sivashanmugarajan V, Munro K, Chigwidden K, Lloyd S, et al. Cost effectiveness of enhanced recovery after surgery programme for vaginal hysterectomy: A comparison of pre and post-implementation expenditures. *Int J Health Plann Manage*. 2014;29(4):399–406.
9. Zouros E, Liakakos T, MacHairas A, Patapis P, Agalianos C, Dervenis C. Improvement of gastric emptying by enhanced recovery after pancreaticoduodenectomy. *Hepatobiliary Pancreat Dis Int* [Internet]. 2016;15(2):198–208. Available from: [http://dx.doi.org/10.1016/S1499-3872\(16\)60061-9](http://dx.doi.org/10.1016/S1499-3872(16)60061-9)
10. Guan X, Liu L, Lei X, Zu X, Li Y, Chen M, et al. A comparative study of fast-track versus conventional surgery in patients undergoing laparoscopic radical cystectomy and ileal conduit diversion: Chinese experience. *Sci Rep* [Internet]. 2014;4:6820. Available from: <http://www.pubmedcentral.nih.gov/articlerender.fcgi?artid=4212226&tool=pmcentrez&render-type=abstract>
11. Siotos C, Stergios K, Naska A, Frountzas M, Pergialiotis V, Perrea DN, et al. The impact of fast track protocols in upper gastrointestinal surgery: A meta-analysis of observational studies. *Surgeon*. 2018 Jun;16(3):183–92.
12. Chen S, Zou Z, Chen F, Huang Z, Li G. A meta-analysis of fast track surgery for patients with gastric cancer undergoing gastrectomy. *Ann R Coll Surg Engl*. 2015 Jan;97(1):3–10.
13. Lei Q, Wang X, Tan S, Xia X, Zheng H, Wu C. Fast-track programs versus traditional care in hepatectomy: a meta-analysis of randomized controlled trials. *Dig Surg*. 2014;31(4–5):392–9.
14. Lillemoe HA, Aloia TA. Enhanced Recovery After Surgery: Hepatobiliary. *Surg Clin North Am*. 2018 Dec;98(6):1251–64.
15. Sakowska M, Docherty E, Linscott D, Connor S. A change in practice from epidural to intrathecal morphine analgesia for hepato-pancreato-biliary surgery. *World J Surg*. 2009 Sep;33(9):1802–8.
16. Schulz KF, Altman DG, Moher D. CONSORT 2010 statement: Updated guidelines for reporting parallel group randomised trials. *J Pharmacol Pharmacother*. 2010 Jul;1(2):100–7.

17. Petrou S, Gray A. Economic evaluation alongside randomised controlled trials: design, conduct, analysis, and reporting. *BMJ*. 2011 Apr;342:d1548.
18. [World Medical Association (AMM). Helsinki Declaration. Ethical principles for medical research involving human subjects]. *Assist Inferm Ric*. 2001;20(2):104–7.
19. Morales Soriano R, Esteve Pérez N, Tejada Gavela S, Cuadrado García Á, Rodríguez Pino JC, Morón Canis JM, et al. Outcomes of an enhanced recovery after surgery programme for pancreaticoduodenectomy. *Cirugía española* [Internet]. 2015;93(8):509–15. Available from: <http://www.ncbi.nlm.nih.gov/pubmed/26072690>
20. Blind P-J, Andersson B, Tingstedt B, Bergenfeldt M, Andersson R, Lindell G, et al. Fast-track program for liver resection--factors prolonging length of stay. *Hepato-gastroenterology*. 2014;61(136):2340–4.
21. Balzano G, Zerbi A, Braga M, Rocchetti S, Beneduce AA, Di Carlo V. Fast-track recovery programme after pancreaticoduodenectomy reduces delayed gastric emptying. *Br J Surg*. 2008;95(11):1387–93.
22. Montiel Casado MC, Pardo Sánchez F, Rotellar Sastre F, Martínez Cruchaga P, Álvarez Cienfuegos FJ. Experiencia de un programa de fast-track en la duodenopancreatectomía cefálica. *Cir Esp*. 2010;87(6):378–84.
23. Berberat PO, Ingold H, Gulbinas A, Kleeff J, Müller MW, Gutt C, et al. Fast track-different implications in pancreatic surgery. *J Gastrointest Surg*. 2007;11(7):880–7.
24. Di Sebastiano P, Festa L, De Bonis A, Ciuffreda A, Valvano MR, Andriulli A, et al. A modified fast-track program for pancreatic surgery: A prospective single-center experience. *Langenbeck's Arch Surg*. 2011;396(3):345–51.
25. Abu Hilal M, Di Fabio F, Badran A, Alsaati H, Clarke H, Fecher I, et al. Implementation of enhanced recovery programme after pancreatoduodenectomy: A single-centre UK pilot study. *Pancreatology* [Internet]. 2012;13(1):58–62. Available from: <http://dx.doi.org/10.1016/j.pan.2012.11.312>
26. Ratti F, Cipriani F, Reineke R, Comotti L, Paganelli M, Catena M, et al. The clinical and biological impacts of the implementation of fast-track perioperative programs in complex liver resections: A propensity score-based analysis between the open and laparoscopic approaches. *Surg (United States)* [Internet]. 2018;164(3):395–403. Available from: <https://doi.org/10.1016/j.surg.2018.04.020>
27. Qi S, Chen G, Cao P, Hu J, He G, Luo J, et al. Safety and efficacy of enhanced recovery after surgery (ERAS) programs in patients undergoing hepatectomy: A prospective randomized controlled trial. *J Clin Lab Anal*. 2018;32(6):1–8.
28. Chong CCN, Chung WY, Cheung YS, Fung AKY, Fong AKW, Lok HT, et al. Enhanced recovery after surgery for liver resection. 2019;1–8.
29. Perinel J, Duclos A, Payet C, Bouffard Y, Lifante JC, Adham M. Impact of enhanced recovery program after surgery in patients undergoing pancreatectomy on postoperative outcomes: A controlled before and after study. *Dig Surg*. 2019;
30. Kowalsky SJ, Zenati MS, Steve J, Esper SA, Lee KK, Hogg ME, et al. A Combination of Robotic Approach and ERAS Pathway Optimizes Outcomes and Cost for Pancreatoduodenectomy. *Ann Surg*. 2019;269(6):1138–45.
31. Wu S-J, Xiong X-Z, Lu J, Cheng Y, Lin Y-X, Zhou R-X, et al. Fast-Track Programs for Liver Surgery: A Meta-Analysis. *J Gastrointest Surg* [Internet]. 2015;19(9):1640–52. Available from: <http://link.springer.com/10.1007/s11605-015-2879-z>
32. Dai J, Jiang Y, Fu D. Reducing postoperative complications and improving clinical outcome: Enhanced recovery after surgery in pancreaticoduodenectomy – A retrospective cohort study. *Int J Surg* [Internet]. 2017;39:176–81. Available from: <http://dx.doi.org/10.1016/j.ijssu.2017.01.089>
33. Jing X, Zhang B, Xing S, Tian L, Wang X, Zhou M, et al. Cost-benefit analysis of enhanced recovery after hepatectomy in Chinese Han population. *Med (United States)*. 2018;97(34).

34. Ovaere S, Boscart I, Parmentier I, Steelant PJ, Gabriel T, Allewaert J, et al. The Effectiveness of a Clinical Pathway in Liver Surgery: a Case-Control Study. *J Gastrointest Surg.* 2018;22(4):684–94.
35. Joliat GR, Labgaa I, Petermann D, Hübner M, Griesser AC, Demartines N, et al. Cost-benefit analysis of an enhanced recovery protocol for pancreaticoduodenectomy. *Br J Surg.* 2015;1676–83.

ANNEX

Table 1. ERAS/CON protocols parameters applied to study's participants

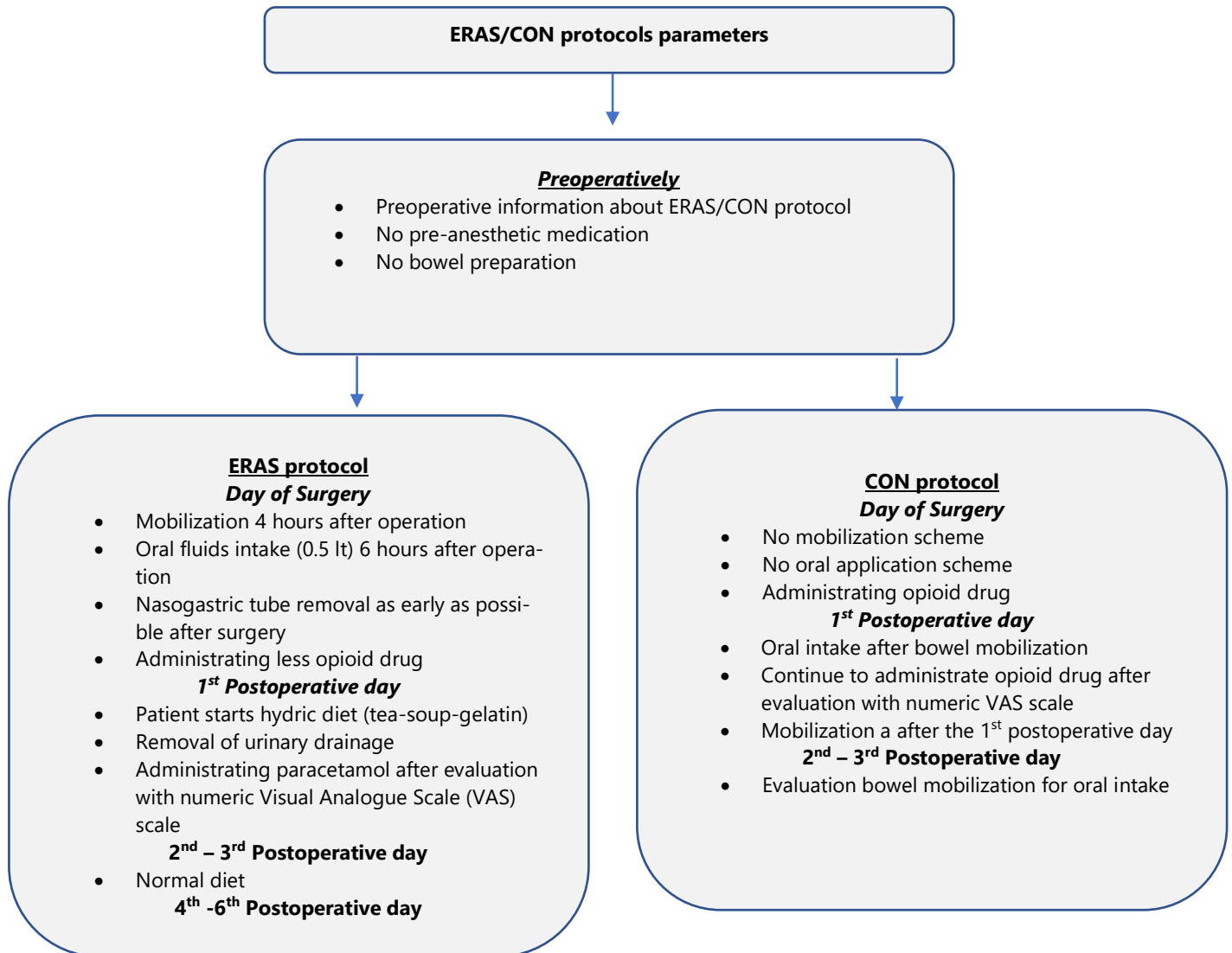
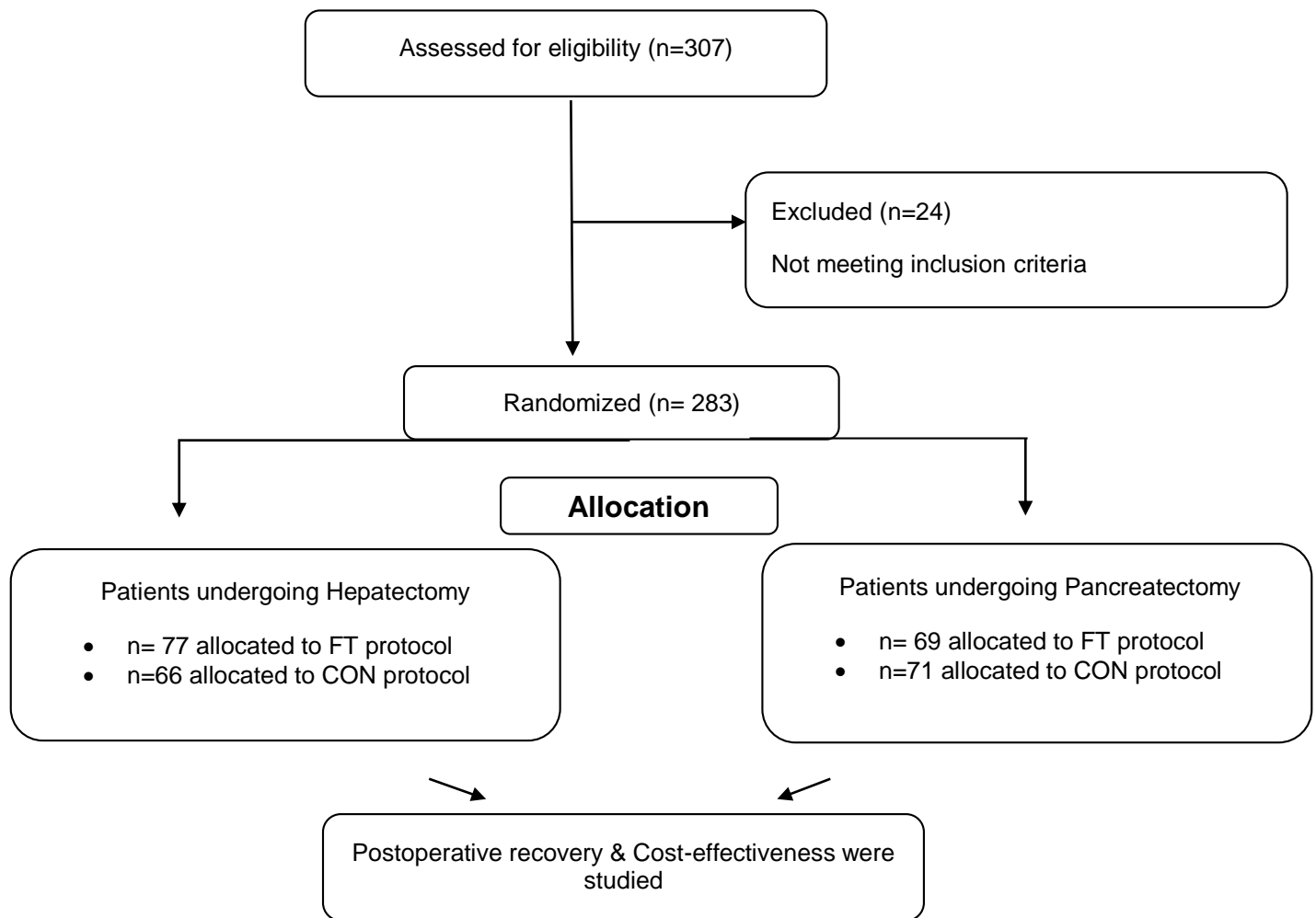


Figure. Flow-chart of patients' sample according CONSORT 2010

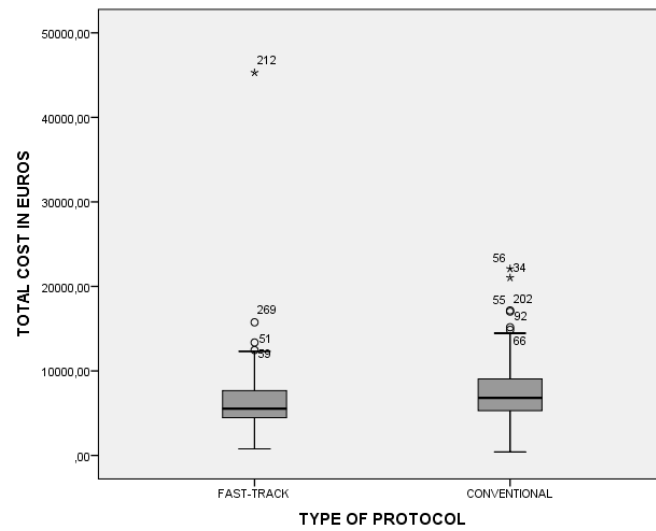
Stem & Leaf Plot of Patients' Total Cost of Hospitalization

Table 2. Demographic Anthropometric and Clinical data of the participants.

	Hepatectomy			Pancreatectomy		
	Group ERAS (N=77)	Group CON (N=66)	p-value	Group ERAS (N=69)	Group CON (N=71)	p-value
Gender (N)			chi ² =0.11 p=0.736			chi ² =0.04 p=0.835
Male	41	37		42	42	
Female	36	29		27	29	
Age (yrs) mean(SD)	60.58(13.45)	62.98(11.5)	0.316	62.64(12.45)	66.1(10.95)	0.091
BMI mean(SD)	25.31(4.24)	26.11(5.23)	0.491	26.12(4.92)	25.65(4.72)	0.662
Body weight (kg) mean(SD)	70.53(15.19)	73.62(18.41)	0.45	74.12(18.33)	71.39(14.44)	0.522
Body height (cm) mean(SD)	166.26(9.17)	167.27(10.33)	0.69	167.59(10.44)	166.68(9.42)	0.782
Kind of surgery N(%)			chi ² =6.54, p=0.088			chi ² =4.53, p=0.339
Right hepatectomy	33(42.9)	16(24.2)				
Left hepatectomy	13(16.8)	15(22.7)				
Extended hepatectomy	12(15.6)	18(27.3)				
Segmental hepatectomy	19(24.7)	17(25.8)				
Whipple				51(73.9)	58(81.7)	
Total pancreatectomy				5(7.25)	3(4.22)	
Peripheral pancreatectomy				13(18.85)	10(14.08)	

Table 3. Patients' Postoperative Recovery Parameters and Cost expenses' results.

Mean(SD)	Hepatectomy			Pancreatectomy		
	Group ERAS (N=77)	Group CON (N=66)	p-value	Group ERAS (n=69)	Group CON (N=71)	p-value
Mobilization (days)	0.05(0.22)	1.39(1.7)	<0.001	0.09(0.332)	1.23(1.01)	<0.001
Diet (days)						<0.001
Clear liquids	0.27(0.83)	3.15(3.32)	<0.001	0.54(1.31)	3.73(2.58)	<0.001
Full liquid diet	2(1.25)	5(3.45)	<0.001	3.22(1.58)	5.94(4.27)	<0.001
Normal meal	3.62(1.33)	6.76(3.75)	<0.001	5.04(1.59)	8.38(5.27)	<0.001
Length of post- operative days (days)	5.13(1.71)	11.71(7.03)	<0.001	6.48(2.36)	11.44(7.19)	<0.001
Cost of postop- erative hospital- ization (euros)	6431.81(2787.1)	8448.49(4200.29)	0.003	6151.91(5303.4)	6570.9(2670.16)	0.016

Table 4. Patients' Complications (Clavien- Dindo classification)

N (%)	Hepatectomy			Pancreatectomy		
	Group ERAS (N=77)	Group CON (N=66)		Group ERAS (n=69)	Group CON (N=71)	
			chi ² =8.97 p=0.002			chi ² =8.33 p=0.003
No	63(81.8)	39(59.1)		58(84.05)	44(61.97)	
Yes	14(18.2)	27(40.9)		11(15.95)	26(38.03)	
I	-	-		1(1.45)	-	
II	11(14.28)	20(30.3)		8(11.6)	17(23.95)	
III	1(1.29)	1(1.51)		-	2(2.82)	
IV	2(2.59)	6(9.09)		2(2.9)	8(11.26)	

Table 5. Patients' Analgesia Medicine the day of the surgery

N	Hepatectomy			Pancreatectomy		
	Group ERAS (N=77)	Group CON (N=66)		Group ERAS (n=69)	Group CON (N=71)	
			chi ² =24.76 p<0.001			chi ² =8.33 p=0.003
No	2	3		5	1	
Epidural analgesia	2	0		3	2	
Morphine	25	27		18	17	
Pethidine	9	8		2	10	
Morphine + Paracetamol	9	8		21	25	
Pethidine + Paracetamol	19	13		10	7	
Morphine+ Parecoxibe	0	4		2	1	
Paracetamol	8	1		5	5	
Dextropropoxyphene Hydrochloride+ Paracetamol	9	8		3	2	
Dextropropoxyphene Hydrochloride+ Parecoxibe	1	0		-	-	