



MICHIGAN SPINE SURGERY IMPROVEMENT COLLABORATIVE (MSSIC)

WORKING TOGETHER FOR BETTER PATIENT OUTCOMES

MSSIC ERAS PROTOCOL

MICHIGAN SPINE SURGERY
IMPROVEMENT COLLABORATIVE



Time Frames for the Three Phases of Care

Pre-op

- Decision for surgery to night before surgery

Intra-op

- Morning of surgery, intra-op, and PACU

Post-op

- Leave PACU, remainder of time at the hospital, to post-discharge



MSSIC ERAS Elements – “The Must-Haves”

Pre-operative

- Formal, pre-surgical patient education - counseling
- Risk assessment – intervention and optimization

Intra-operative

- Limited fasting, carbohydrate drink up to 2 hrs before surgery
- Opioid sparing, multimodal analgesia that continues through discharge

Post-operative

- Ambulation w/in 8 hrs of surgery stop time
- Formal discharge education that includes incision care and mobility recommendations



Pre-operative Phase

Mandatory	Suggested
Formal Presurgical Patient Education & Counseling	
<p>Implement some form of Risk Assessment with Interventions/Optimization</p> <ul style="list-style-type: none">• Sites have some flexibility here to use risk-assessment and mitigation tools of their choice• MSSIC will provide example tools on mssic.org	<p><u>Risk assessment Examples:</u></p> <ul style="list-style-type: none">• Diabetes• BMI• Frailty• Anemia• Nutritional assessment (albumin)• Smoking cessation/fasting• Alcohol use• Opioid use

Intra-operative Phase

Mandatory	Suggested
Limited fasting and Carbohydrate beverage up to 2 hours before surgery	Rare Foley catheter use <ul style="list-style-type: none"> • No placement unless surgery > 4 hrs.
Opioid-sparing, multimodal analgesia <ul style="list-style-type: none"> • Evidenced by order set implementation • Starts here, goes through discharge 	Minimize blood loss <ul style="list-style-type: none"> • MIS, consider TXA
	Normovolemia (goal directed fluid mgmt.)
	Normothermia
	Normoglycemia
	Nausea Prevention
	If foley placed, out in PACU if possible



Post-op Phase

Mandatory	Suggested
Early Ambulation – w/in 8 hrs. of surgery stop time	Early Nutrition – back to baseline diet <ul style="list-style-type: none">• Meals out of bed in chair
Formal education at discharge regarding: <ul style="list-style-type: none">• Incision care• Mobility recommendations	Post-discharge call with patient within 7 days <ul style="list-style-type: none">• Pain, concerns, status of incision, clarification of post-op instructions, etc.
<i>(Continuation of Opioid-sparing, multimodal analgesia that was started in intraoperative phase)</i>	Post-discharge clinic visit within 14 days <ul style="list-style-type: none">• Surgeon, mid-level, or RN

