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Evaluation of Enhanced Recovery After Surgery (ERAS) Protocols: A Survey from Canada and Their Impact on Perioperative Outcomes**Emily Richardson**

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Background: Enhanced Recovery After Surgery (ERAS) protocols have significantly improved surgical outcomes by reducing complications, shortening hospital stays, and accelerating recovery. Their implementation continues to expand across healthcare systems.

Objective: To assess awareness, implementation, and perceived effectiveness of ERAS protocols among anesthesia professionals in Canada.

Method: A cross-sectional electronic survey was conducted among anesthesiologists working in academic and community hospitals. The questionnaire evaluated protocol adherence, perceived benefits, and barriers to implementation. Data were analyzed using descriptive statistics.

Result: Seventy-four percent of respondents routinely implemented ERAS pathways, while 81% reported improved postoperative recovery. Approximately 69% observed shorter hospital stays, and 77% recommended broader multidisciplinary adoption.

Conclusion: ERAS protocols are widely accepted in Canada and contribute to improved perioperative outcomes. Continued education and institutional collaboration may further enhance implementation globally.

Biography

Dr. Emily Richardson is a consultant anesthesiologist specializing in perioperative medicine and enhanced recovery programs. Her research focuses on improving surgical outcomes, patient safety, and evidence-based perioperative care through multidisciplinary collaboration.