



COTTAGE HOSPITAL TO IMPLEMENT CUTTING EDGE SURGERY RECOVERY PROCEDURES

Woodsville, NH (July 19, 2018) — Cottage Hospital continues to provide industry-leading service with their implementation of Enhanced Recovery after Surgery protocols (ERAS).

The central goal of implementing ERAS care protocols is to increase patient satisfaction, by providing an easier and faster recovery from surgery. Research collected by the Agency for Healthcare Research and Quality recommends these measures to lower the physical stress responses to surgery which can decrease pain, and the risk of surgical complications. These protocols also improve cardiopulmonary function, return of bowel function and resumption of normal activities, so patients can spend less time in the hospital.

As a result of the efforts undertaken by Orthopedic Surgeon, Delphine Sullivan, MD, Cottage Hospital is leading the national charge for the implementation of these progressive techniques. Across the country, these measures have been limited to specific procedures and large academic centers because they challenge traditional surgical management procedures. However, because of the large body of evidence supporting their efficacy, Cottage Hospital is striving to make this a part of their standard operating procedures.

Cottage Hospital is currently in a collaborative project with the American College of Surgeons and Johns Hopkins Medicine Armstrong Institute for Patient Safety and Quality to create an ERAS Protocol for Total Joint Replacements. Although Cottage Hospital is beginning with the Total Joint Replacement program, their plan is to implement the ERAS protocols throughout the entire surgical department in order to ensure that all surgical patients at Cottage Hospital will be cared for at the highest standard of industry care.

“Cottage Hospital is committed to providing a comprehensive experience for each patient,” said Chief Executive Officer, Maria Ryan, PhD. “This methodology will provide healthier outcomes and mitigate the need for postoperative narcotics. It also gives the patient comfort and ease when preparing for surgery.”

The key to the success of ERAS procedures is that they are preventative, rather than reactive, measures. With preoperative counselling, optimization of nutrition, standardized pain relief regimens and early mobilization, patients are significantly better positioned for recovery. Based on new recommendations from the American Society of Anesthesiologists, the tradition of strict fasting before surgery is no longer necessary. Although patients should still restrict solid foods 6 hours prior to surgery, clear liquids, especially those containing vitamins and calories, are encouraged up to 2 hours prior to surgery. Drinking clear liquids, like sports drinks or juice,



prevents the body from entering a fasting, stress, state. Patients experience less nausea after surgery, as well as decreasing both physical and mental stress overall.

Cottage Hospital is leading the nation by implementing these high level procedures, and they are going to the next level by incorporating them with the personal care of a community hospital.

About Cottage Hospital

Cottage Hospital is a rural community hospital located in Woodsville, NH. For more than 110 years, the hospital has been serving 26 towns in the Upper Connecticut River Valley of New Hampshire and Vermont with a broad range of services. For more information, visit www.cottagehospital.org or call 603-747-9000.

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Media Contact: Maryanne Aldrich, maldrich@cottagehospital.org, 603-747-9707