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ERAS protokol u minimalno invazivnoj hirurgiji

5/Jun/ 2021. od 10 č.

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Predavač

Redovni prof **Dr Predrag D. Stevanovic**, *Dr sc med,*
Spec. Anesteziologije reanimatologije i intenzivne terapije

Specijalista Medicine bola

Koordinator Simulacionog centra Medicinskog fakulteta u Beogradu

Šef Katedre Anesteziologije reanimatologije i intenzivne terapije,

Organizator: Medicinski fakultet Univerziteta u Beogradu

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HEPMP e-mail address: hepmperasmus.ka2@med.bg.ac.rs

ZOOM INVITATION

Topic: ERAS protokol u minimalno invazivnoj hirurgiji

Time: Jun 5, 2021 10:00 AM Belgrade, Bratislava, Ljubljana

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ERAS protokol u minimalno invazivnoj hirurgiji

Dr Predrag D. Stevanovic, Dr sc med

Jedno od najznačajnijih unpaređenja savremene perioperativne medicine bilo je uspostavljanje protokola poboljšanog oporavka nakon operacije (Enhanced recovery after surgery - ERAS) u hirurgiji.

U opštoj hirurgiji, posebno kolorektalnoj hirurgiji, za takav protokol dokazane su velike prednosti u smislu gastrointestinalnog morbiditeta, infekcija povezanih sa zdravstvenom zaštitom i ranijeg otpusta iz bolnice. ERAS protokol je multidisciplinarni i višestruki skup postupaka i mera koji uključuje: (1) poboljšanje preoperativnog fizičkog i mentalnog statusa (npr. vežbanje kardio-pulmonalnog kapaciteta i optimizaciju nutritivnog statusa) (2) modifikaciju intraoperativnog zahvata standardizacijom minimalno invazivne hirurgije i rane ekstubacije, i na kraju (3) implementacija poboljšanog protokola za postoperativni oporavak koji integriše individualizovanu analgeziju i standardizovani fizioterapeutske program. To su ključne karakteristike integrativnog ERAS protokola koji se proteže izvan intraoperativne faze. Veliki uspeh takvih protokola doveo je do osnivanja međunarodnog ERAS društva i pokretanja ERAS protokola u susednim hirurgskim disciplinama, blisko povezanim sa kolorektalnom hirurgijom.

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