

## CASE STUDY

# Reducing LOS Further For an Existing ERAS Program

St. Paul's Hospital is a teaching and research hospital located in downtown Vancouver. The colorectal team established an Enhanced Recovery After Surgery (ERAS) program in 2016 to reduce LOS and opioid use, and to provide patients with evidence-based surgery and care protocols. In an effort to further reduce LOS and improve the patient experience, St. Paul's Hospital implemented SeamlessMD's *Optimal Care* platform. The platform allows St. Paul's Hospital to deliver timely education to help their patients self-manage - pre and post surgery, and to collect ERAS compliance and patient-reported outcomes.

## Solutions Used:



Patient Education &amp; Self-Management



ERAS Compliance Tracking &amp; Reports



Patient-Reported Outcomes Collection

	Without SeamlessMD	With SeamlessMD	Improvement
Sample size	233	91	--
<b>Average LOS (days)</b>	<b>8.56</b>	<b>6.18</b>	<b>↓ 27.8%</b>

\*Evaluation excluded patients with LOS above 30 days



Dr. Manoj Raval  
 Colorectal Surgeon  
 St. Paul's Hospital  
 Providence Healthcare

"We're all very excited by the results that we've achieved using SeamlessMD. The platform promotes a positive experience for our patients, their families, and for our care team. With SeamlessMD powering our ERAS program, our patients are more prepared for surgery, and have much less anxiety going home as they are connected to our care team, and receive education to self-manage if they need it."