

90-day ERAS implementation plan

Five elements, measured, beats twenty-two aspired to.

Hospital / unit	Plan owner	Start date	Sponsor (leadership)

The five elements we will start with

Choose from the zero-cost list: shortened fasting · no routine bowel prep · no routine drains/NG · early catheter removal · early oral intake · early mobilisation · structured patient education · scheduled non-opioid analgesia · normothermia · WHO checklist completeness.

#	Element	Owner (name, not role)	How we will measure it	Baseline	Target
1					
2					
3					
4					
5					

DAYS 1-30

	Task	Owner	By when	Done
1	Form the coalition — one willing person per discipline			☐
2	Identify a credible surgical champion			☐
3	Name the coordinator and secure PROTECTED TIME in writing			☐
4	Agree the five starting elements with the team			☐
5	Design the audit form and pilot it on 5–10 sets of notes			☐

	Task	Owner	By when	Done
6	COLLECT BASELINE DATA — before changing anything			☐

DAYS 31-60

	Task	Owner	By when	Done
1	Train the ward and theatre teams (and build ERAS into induction)			☐
2	Issue patient milestone cards; brief families			☐
3	Start the daily five-minute huddle			☐
4	Run PDSA cycle 1 on the weakest element			☐
5	Put the run chart on the ward noticeboard			☐

DAYS 61-90

	Task	Owner	By when	Done
1	Produce the first monthly compliance report, BY ELEMENT			☐
2	Feed it back IN PERSON to the clinical team			☐
3	Agree actions with named owners and dates			☐
4	Run PDSA cycle 2			☐
5	Present baseline vs month 3 to leadership			☐
6	Set the date for the next review before the meeting ends			☐

First feedback meeting

Date	Time	Place	Who must be there

Do not skip the baseline. Without it you can never demonstrate that anything improved, and you will spend the rest of the programme arguing about whether it did. Thirty days of counting before you change anything is the highest-return month of the whole plan.

A good plan names five elements, an owner for each, a baseline start date, and a first feedback meeting date. A plan with none of those is a wish list.