

## NEWS FROM THE ENHANCED RECOVERY AFTER THORACIC SURGERY (ERATS) SUB-COMMITTEE

### SUMMARY OF GROUP PROJECT OR ACTIVITIES – JUNE 2025

Name of Project or Activity	Description	Status
Snap Talk for ERATS	Creation of short 8-10 min video on an ERATS topic (i.e., analgesia)	ongoing
Manuscript on ERATS survey data	Target journal JCVA; Manuscript on the national ERATS survey	ongoing
WhatsApp group for ERATS	Created a WhatsApp group to promote networking, discussion, and collaboration amongst committee members	complete

### SUMMARY OF GROUP MEETINGS

Date	Action Items from Meeting
April 2025	Group will meet at SCA meeting to discuss goals for 2025.
10/30/24	Group met virtually to outline barriers and steps for manuscript publication
June 2024	Group met virtually to discuss interest in manuscript writing. WhatsApp group created for quick communication and networking.

### COMMITTEE BENCHMARKS

#### 2024 Committee Benchmarks Status Report

1. Create a high quality, multidisciplinary panel submission for the 2025 SCA Annual Meeting with speakers from both the ERATS Sub-Committee and STS  
Status: Panel submissions for 2025 created and submitted to CPI committee leaders.
2. Establish a private online ERATS community (i.e., WhatsApp) for ERATS Sub-Committee members to brainstorm ideas, ask clinical questions, etc  
Status: Completed.
3. Engage with SCA media outreach (i.e., SCA Doc Matter Community) at least once to bright-spot ERATS principles, encourage discussion, and promote membership  
Status: Not complete, as CPI would like us to participate in “Snap Talks”.
4. Contribute one digital media presentation to the CPI parent committee (i.e., “8 in 8” concept) on an ERATS principle  
Status: Ongoing. Topic socialized via email with interest from members. Plan to discuss details at our in-person meeting in Montreal.
5. Review combined ERACS/ERATS survey results and brainstorm ways to utilize this data to drive change (QI) and promote scholarly work  
Status: Ongoing. Working on manuscript preparation.

**SUMMARY OF GROUP PROJECT OR ACTIVITIES – POSTED DECEMBER 2024**

Name of Project or Activity	Description	Project Status
ERACS/ERATS Practice Survey	National survey completed. Data analysis ongoing to evaluate for possible manuscript topic (e.g., regional anesthesia techniques for ERATS amongst US physicians)	Ongoing, long-term
WhatsApp Community	Created WhatsApp community to digitally link our members to encourage brainstorming, collaboration, and networking.	ongoing

**SUMMARY OF GROUP MEETINGS**

Date	Action Items from Meeting
6/10/24	Met to review data from ERACS/ERATS survey and to discuss next steps for possible publication ideas.

**Summary of Group Project or Activities – Posted June 2024**

Name of Project or Activity	Description	Project Status
ERATS Sub-Committee Panel Submissions for SCA 2025	Two panels submitted for consideration for SCA 2025. Both panels feature novel topics for discussion including virtual reality, immune-modulating nutrition, and the economics of ERAS. (1) Enhanced Recovery After Cardiothoracic Surgery: Updates in ERACS and ERATS (joint session) and (2) ERATS: New thoughts on Perioperative Care and Pain Management.	Completed 2/28/24.
Research Project: MPOG database and ERATS	Brainstormed project ideas with MPOG leaders to learn how to use MPOG for an ERATS related project, potentially looking at ERATS impact on AKI.	Abandoned. Logistics challenging. Not every institution using this database.
Research Project: ERATS expectations for patients, surgeons and anesthesiologists	Brainstormed ideas around the perceptions of successful thoracic surgery from the patient, surgeon, and anesthesiologist perspective. Essentially evaluating the idea of outcomes other than LOS as a marker of success in ERATS.	New.
Combined ERACS and ERATS national survey of practices.	Survey to evaluate the variability in practice of ERAS principles for cardiothoracic surgery.	Ongoing. Survey to be distributed to SCA and ASA distribution lists the week of 3/18/24.

**Summary of Group Meetings – Posted June 2024**

Type of Group Meeting	Date	Action Items from Meeting
Zoom meeting	3/13/24	Create benchmarks for 2024-2025
In person meeting	4/28/24	Upcoming meeting at SCA Meeting; create action items and deadlines for projects listed in the 2024-2025 benchmarks.
Zoom meeting	10/23/23	Meeting with MPOG leaders to discuss the logistics of project development.

## POSTED NOVEMBER 2023

### Summary of Group Meeting 1 - Date: May 6, 2023

- **Leadership Update:** Dr. Lavinia Kolarczyk transitioned to chair of the sub-committee on May 2023.
- **ERACS/ERATS Survey:** Calgary Research Ethics Board approved the survey in May 2023. We are now awaiting response from SCA Research Committee. Discussion was held regarding strategy, cost, etc to solicit survey responses including utilization of the ASA and/or SCA email registry.
- **Writing Opportunity:** Many members of the committee contributed to the thoracic special edition of Current Opinion in Anesthesiology. Deadline for submission was 9/1/23.
- **Open Discussion/Brainstorming:** We had a robust discussion regarding future projects, utilizing an effort/impact matrix (i.e., green, yellow, and red projects; see below). Realistic timelines for completion were identified. Next step will be to prioritize this list at our next meeting (likely September 2023).

### Green Ideas: These projects are easy to do and may be accomplished in 6-12 months

1. Host an online webinar: Proposed speaker Linda Martin. Suggestion to include Jen Hargrave (online content leader for SCA) in the development and planning of this idea.
2. Improve visibility on the work this committee has already completed. Suggestions include quarterly spotlights on ERATS content; using web blasts, social media, podcasts through SCA resources.
  - short episodes, quick nuggets of knowledge/practical experience and knowledge, similar to ACRAC, ASPSF, ASA
3. Finish ERACS/ERATS survey this year
4. Create new content for SCA university
5. Designate a speaker from this committee each year for TAS
6. Develop a list/database of talks related to thoracic anesthesia that can be used to generate content for planned visibility activities (podcasts) and distribution for grand rounds/national talks, etc.

### Yellow Ideas: These projects are harder to do and are usually accomplished in 12-18 months

1. Create a structured team approach to projects with assigned roles, which will help move projects forward and maintain momentum.
2. Publish a review on regional anesthesia for thoracic surgery: structured review article similar to recently review on the use of regional anesthesia for cardiac surgery.

### Red Ideas: These projects are the hardest to do and are most likely accomplished in 2 years or more

1. Use the ERATS/ERACS survey data to write a paper focusing on where gaps in best practice may exist
2. Develop combined SCA/STS guidelines for thoracic ERAS
3. Obtain access to MPOG and STS for our subcommittee group, as to help generate future ideas/projects.
  - Metrics that are easy to measure: AKI, DEI variables such as race, ethnicity, language, and other social determinants of health
4. Consider a multi-institution, retrospective review for ERATS
5. Consider a paper focusing on perceptions/expectations of care for thoracic surgery: What are the surgeon's, patient's and, anesthesiologist's goals? Do the goals overlap? Include demographics for DEI as a longer-term project.

### COLLABORATION

- The ERATS sub-committee continues to collaborate with the ERACS sub-committee to in order launch the ERATS/ERACS survey. Next steps are (1) approval from SCA Research Committee and (2) finalizing plan for distribution via national email listserv.
- The ERATS committee will collaborate with the TAS Planning Committee to recommend various educational sessions including ERATS panel for 2024 Thoracic Anesthesia Symposium.
- The ERATS committee will collaborate with the Member Engagement Committee, Social Media Committee, and/or Online Education Committee to promote ERATS content via webinar, SCA podcast, and/or quarterly online spotlights, etc

### FUTURE PROJECTS

Goal of next meeting is to prioritize project list (see meeting notes) and select 2-3 projects for this upcoming year based on interest.

## POSTED JUNE 2023

### Summary of Group Meeting 1 - Date: October 17, 2022

- SCA Restructuring: Discussion of revised SCA organizational chart, new designation of ERATS Sub-Committee
- ERACS/ERATS Survey Update: Progressing, working on merging two surveys.
- SCA University (Jim/Patrick): ERATS contributions have been received and will be uploaded soon
- Research Project: Cryoablation for post-VATS/thoracotomy analgesia (Brad Smith)
- Brainstorming/Discussion

### Summary of Group Meeting 2 - Date: February 23, 2023

- Leadership Update: After 2 years of leading the Sub-Committee, I will be handing over the reins to Lavinia Kolarczyk in May. It has been an honor to serve in this role, and I look forward to staying actively involved under her skilled leadership!
- ERACS/ERATS Survey: The contributions of the ERACS and ERATS groups have been combined, and it is under review at the Calgary Research Ethics Board. Once approved, it will be submitted to the SCA Research Committee. This is progress!
- Writing Opportunity: We discussed an invitation to write for Current Opinion in Anesthesiology. Thanks to those who offered to help (Brad, Josh and Maurice). All slots were successfully filled.
- Open Discussion/Brainstorming: We had a robust discussion regarding future projects. There is much interest in each.
- Inflammatory markers in ERATS: association with delirium, early mobilization (Lavinia)
- Cryoablation and pain control (Brad)
- Do chest wall blocks benefit patients in thoracic (Josh)
- MPOG studies: many ideas presented, discussion of utility of using centers with combined STS/MPOG capabilities vs larger data set with MPOG only
- Would have to be initiated by PI in MPOG institution
- Randy has extensive experience with MPOG and sent resources (attached)
- Opioid administration and cancer recurrence
- AKI in thoracic ERAS, relationship with fluid balance. This was selected as having particularly high potential for us.
- Who benefits from ERAS (age, ASA status)?
- Benefit of different chest wall blocks, regional techniques
- Next Meeting: Saturday, May 6th 8-9am PST in person at the SCA

#### **COLLABORATION**

- The ERATS sub-committee is collaborating with the ERACS sub-committee (Chair Michael Grant) in order to develop the ERATS/ERACS survey which has been developed and is in the process of obtaining approval. In the future, we plan to continue to collaborate with this group in order to create online “snap talks” related to ERAS topics.
- The ERATS committee has collaborated with the TAS Planning Committee (Chair Randy Blank) to recommend various educational sessions including ERATS panel for 2023 Thoracic Anesthesia Symposium.
- The ERATS committee will attempt to establish collaboration with STS, ESTS, EACTA and other international committees working on similar topics

#### **FUTURE PROJECTS**

- Completion and distribution of the ERATS/ERACS survey
- Publication of Thoracic Educational Materials piloted by this working group
- Utilize results of ERATS/ERACS survey for enhanced educational focus/outreach and potential research publication

#### **POSTED NOVEMBER 2022**

##### **Summary of Group Meeting 1: 5/12/22**

- Introduction of new members
- ERATS/ERACS Survey: Discussion of goals, format, plan for execution
  - Review of topic areas, plan to subdivide and then review product as a larger group

- Future directions:
  - Collaboration with ERACS group for materials within SCA University
  - ERATS Online Toolkit
  - Practice Advisory/Guidelines: long-term goal
  - Other research projects
- Open discussion

#### **Summary of Group Meeting 2: 7/19/22**

- Summary of Discussion:
  - ERATS/ERACS Survey: Progressing well. We spent the bulk of the meeting reviewing the questions as a group.
  - Project ideas: Brad Smith is interested in a cryoablation project for thoracic surgery. Soliciting interest from within group.
  - SCA Academy: Our thoracic talks are slated to be posted by the end of the month on the new SCA CME platform.
  - Next meeting: We will plan to meet in October, with email discussion in the meantime.

#### **COLLABORATION**

The ERATS committee will collaborate with the ERACS committee (Chair Michael Grant) in order to develop the ERATS/ERACS survey which is under development, as well as potential online “snap talks” related to ERAS topics. The ERATS committee has collaborated with the TAS Planning Committee (Chair Randy Blank) to recommend various educational sessions including ERATS panel for 2023 Thoracic Anesthesia Symposium. The ERATS committee will attempt to establish collaboration with STS, ESTS, EACTA and other international committees working on similar topics.

#### **FUTURE PROJECTS**

- Completion and distribution of the ERATS/ERACS survey
- Publication of Thoracic Educational Materials piloted by this working group
- Utilize results of ERATS/ERACS survey for enhanced educational focus/outreach and potential research publication

#### **POSTED JUNE 2022**

##### **Summary of Group Meeting 1: December 16, 2021**

- Development of the Online Education Thoracic Block: 13 videos have been collected which are short talks related to thoracic anesthesiology. These will be posted as soon as new SCA website/LMS is available, ideally before TAS.
- ERATS Collaboration Opportunities with ERACS: ERACS/ERATS Joint Survey – We will be sending a survey to SCA/ASA members inquiring about ERATS practice patterns, which will guide future education outreach and potentially research
  - We are brainstorming other collaboration opportunities, including an online block of ERAS topics (multimodal, regional techniques, etc)
- Submission of thoracic variables for the STS database set for 2022, for 2023 implementation; coordinated by Drs. Randal Blank and Alesia Pedoto.
- Discussion of potential collaboration with STS and other research projects: The Economic Side of ERATS, Multi-institutional Collaborations / Use of MPOG, Pain Trajectories, Regulation of Inflammation and Return to Functional Recovery in Immediate Post-Op Recovery, Wearable Technology to Record Markers for Functional Recovery

### **Summary of Group Meeting 2: 3/23/22**

- We discussed current status of Online Educational Block, hopefully to be released very soon per Veritas.
- Group brainstormed on TAS submissions related to ERATS: will submit idea for ERATS panel for 2023 as this has not been covered recently.
- Reviewed current research topic ideas, connected members interested in projects
- ERATS/ERACS survey: beginning active stages of project, with Alex Gregory and Michael Grants from ERACS group. Solicited interest from working group and will be in touch next week with specific assignments as well as a survey of components to include on our portion. There is a great deal of interest and momentum for this project.
- Discussed potential of future “big picture” projects, such as ERATS guidelines creation or update.

### **COLLABORATION**

The ERATS committee will collaborate with the ERACS committee (Chair Michael Grant) in order to develop the survey which was mentioned above.

The ERATS committee will collaborate with the TAS Planning Committee (Chair Alessia Pedoto) to recommend various educational sessions.

The ERATS committee will collaborate with the Online Education Sub-Committee (Chair Jennifer Hargrave) to produce CME generating lectures on ERATS and ERACS/ERATS shared topics

The ERATS committee will attempt to establish collaboration with STS, ESTS, EACTA and other international committees working on similar topics.

### **FUTURE PROJECTS**

- Completion and distribution of the ERATS/ERACS survey
- Publication of Thoracic Educational Materials piloted by this working group
- Identify future direction or target for updated ERATS guidelines
- Utilize results of ERATS/ERACS survey for enhanced educational focus/outreach and potential research publication

### **POSTERD OCTOBER 2021**

#### **Summary of Group Meeting 1: June 10, 2021**

- This meeting served largely as an introductory meeting within the group. The results of a cross-sectional survey of the background and expertise of each group member was reviewed. We outlined our goals for the working group, both short-term and long-term. Specifically, we brainstormed regarding future educational/outreach, research, and collaborative efforts. In the short term, we plan to focus on identification of thoracic anesthesiologists (potential ERACS/ERATS survey collaboration) and improvement of the SCA TAS website in order to increase our impact. We plan to also focus on creation of ERAS-related educational content for the thoracic anesthesiologist. Various long-term goals, including creation of best practice guidelines, updating the ESTS/ERAS Society ERATS guidelines or collaborating with the STS for future guidelines. Going forward, we plan to utilize Microsoft Teams for real-time collaboration.

#### **Summary of Group Meeting 2: June 29, 2021**

- Summary of Discussion: This meeting focused specifically on our online educational materials. Jennifer Hargrave, who leads the SCA Online Educational Committee, joined us. We discussed multiple formats for education of members and the community alike. Our first step will be to create a thoracic-focused didactic feature on the SCA website (target date November). A subsequent meeting on August 12<sup>th</sup> helped delineate the exact theme and format for this endeavor.

## **COLLABORATION**

We plan to collaborate with the ERACS Working Group, namely on ERAS educational materials. Additionally, we are interested in collaborating with the STS but the details of this are still in process.

## **FUTURE PROJECTS**

- Thoracic-focused didactic block on SCA website
  - Goal publication date: November 2021
  - Creation of novel content on committee-selected thoracic topics (“snap talks”, “pro-con” debates, etc)
  - Involvement of SCA TAS Workshop Moderators and Planning Committee
  - Mentorship and elevation of junior faculty
- Education/Outreach
  - Website: expansion of TAS section to improve member engagement
    - Discussed, ongoing
  - Inclusion of TAS materials to website or made publicly available if allowable
    - Jim Pavletich of Veritas looking into this
  - Creation of discussion board on SCA website or social media
  - Considering survey to reach thoracic anesthesiologists
    - Veritas assisting
- Collaboration
  - ERACS: ERAS education that may have crossover between cardiac and thoracic
  - STS: Wanda Popescu and Randy Blank are contacts and are actively assisting
- Research
  - Our group is interested in considering best practice guidelines related to ERATS (lung-protective ventilation, fluid therapy, multimodal/regional in ERATS)
    - Assistance from experienced SCA members would be appreciated
  - ERATS guidelines
    - Updating ESTS/ERAS vs creation of new
    - Long-term goal (>1-2 years)

## **POSTED JUNE 2021**

Please note the following regarding collaboration –

- The ERATS committee will collaborate with the ERACS committee to develop a survey.
- The ERATS committee will collaborate with the TAS Planning Committee to recommend various educational sessions.
- The ERATS committee will collaborate with the Online Education Sub-Committee to produce CME generating lectures on ERATS topics.
- The ERATS committee will attempt to establish collaboration with STS, ESTS, EACTA and other international committees working on similar topics.

Please note the following regarding future projects –

- Development of the ERATS survey
- Evaluation of overall data pertaining to protective lung ventilation strategies in thoracic surgery
- Evaluation of overall data on optimal fluid management in thoracic surgery
- Develop a collaboration with ESTS with the goal of participating in the development of second generation ERATS Guidelines
- Identify modalities to extend the reach of the SCA/ERATS and TAS Planning committees to thoracic anesthesiologists across the USA and Canada who currently are not members of the SCA

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