

## CASE STUDY

# Reducing LOS, SSIs, and Costs For an Enhanced Recovery After Surgery (ERAS) Program

Rush University Medical Center established an ERAS program in 2014, starting with Colorectal Surgery. The ERAS program reduced colorectal surgery average LOS from almost 7 days to just below 6 days. Rush then partnered with SeamlessMD to further reduce LOS by measuring and improving ERAS patient compliance, and delivering real-time education for patients to better self-manage.

## Solutions Used:



Patient-Reported  
Outcomes Collection



Patient Education  
& Self-Management



ERAS Compliance Tracking  
& Reports

	ERAS only	ERAS +SeamlessMD	Improvement	p value
Sample Size	127	125	--	--
Total Cost (\$)	\$13,946	\$11,560	↓ \$2,386	0.024
Avg LOS (days)	6.4	4.4	↓ 2 days	0.006
Surgical Site Infections (SSIs)	11.3%	3.4%	↓ 70%	0.019



Anthony Perry  
VP Ambulatory Care  
& Population Health

Rush University Medical Center

“SeamlessMD is taking the recommendations that we’re giving patients in the ERAS process, and it’s putting that right in a patient’s pocket.”

## Patient Activation & Satisfaction:

- 86.08% Patient Activation Rate
- 89.15% of patients said SeamlessMD made them feel more confident about taking care of themselves after surgery
- 81.48% of patients said SeamlessMD helped them worry less after surgery