New TIPS for TEAM: Adopt ERAS Guidelines for Prevention of Complications and Faster Recovery

written by Theresa Hush | December 18, 2025



If TEAM has your hospital searching for an evidence-based toolkit to improve surgical outcomes and reduce recovery time, participating hospitals and their surgical teams should pay heed to ERAS (Enhanced Recovery After Surgery) protocols. The guidelines are tailored to more than twenty types of surgery as well as anesthesia and intensive care. They have been successful in reducing complications by 30 percent and lowering hospital stays.

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Most of the TEAM procedures are covered within specialty guidelines addressing cardiac, colorectal, cytoreductive, orthopedic, and spinal fusion surgery types. There are significant common elements among the categories.

ERAS Guidelines are daunting in their scope and creativity, covering nutrition, infection prevention, patient comorbidities, and so much more. Trauma surgery is one of the

newest categories. Each challenges historical practices based on evidence, and all have been developed with consensus by surgeons and other experts. The American College of Surgery has endorsed ERAS.

ERAS covers pre-surgical, surgical, and post-surgical recovery. Despite the success in patient recovery results, adoption of ERAS has been slow, hovering around one third of hospitals in 2025. Academic centers generally have a higher implementation rate. But behind these numbers is another adoption dilemma—the uneven adoption related to specific categories (gastrointestinal and gynecological surgery have higher adoption rates; cardiac, lower). In addition, many organizations appear to adopt perioperative guidelines but not always pre-surgical or post-operative guidelines that tend to be more patient-centric.

TEAM is designed by CMS to rethink surgical processes, and ERAS should be top priority for adoption by participating hospitals. Download your free TIPS for TEAM on ERAS today.

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