Fast-track surgery could improve postoperative recovery in radical total gastrectomy patients

Fan Feng, Gang Ji, Ji-Peng Li, Xiao-Hua Li, Hai Shi, Zheng-Wei Zhao, Guo-Sheng Wu, Xiao-Nan Liu, Qing-Chuan Zhao

Fan Feng, Gang Ji, Ji-Peng Li, Xiao-Hua Li, Hai Shi, Zheng-Wei Zhao, Guo-Sheng Wu, Xiao-Nan Liu, Qing-Chuan Zhao, Department of Digestive Surgery, Xijing Hospital of Digestive Diseases, the Fourth Military Medical University, Xi’an 710032, Shaanxi Province, China

Author contributions: Feng F, Ji G and Li JP contributed equally to this work; Feng F and Zhao QC designed the study and wrote the manuscript; Ji G, Li JP and Liu XN performed all the operations; Li XH and Shi H were mainly in charge of perioperative management of patients; Zhao ZW and Wu GS were mainly in charge of evaluating postoperative outcomes, discharge, follow-up and data analysis.

Supported by National Natural Scientific Foundation of China, No. 31100643

Correspondence to: Dr. Qing-Chuan Zhao, Department of Digestive Surgery, Xijing Hospital of Digestive Diseases, the Fourth Military Medical University, 127 West Changle Road 7, Xi’an 710032, Shaanxi Province, China. zhaoqcfmmu@126.com. Telephone: +86-29-84771503 Fax: +86-29-84771503

Received: December 25, 2012 Revised: March 20, 2013
Accepted: April 27, 2013
Published online: June 21, 2013

Abstract

AIM: To assess the impact of fast-track surgery (FTS) on hospital stay, cost of hospitalization and complications after radical total gastrectomy.

METHODS: A randomized, controlled clinical trial was conducted from November 2011 to August 2012 in the Department of Digestive Surgery, Xijing Hospital of Digestive Diseases, the Fourth Military Medical University. A total of 122 gastric cancer patients who met the selection criteria were randomized into FTS and conventional care groups on the first day of hospitalization. All patients received elective standard D2 total gastrectomy. Clinical outcomes, including duration of flatus and defecation, white blood cell count, postoperative pain, duration of postoperative stay, cost of hospitalization and complications were recorded and evaluated.

RESULTS: A total of 119 patients finished the study, including 60 patients in the conventional care group and 59 patients in the FTS group. Two patients were excluded from the FTS group due to withdrawal of consent. One patient was excluded from the conventional care group because of a non-resectable tumor. Compared with the conventional group, FTS shortened the duration of flatus (79.03 ± 20.26 h vs 60.97 ± 24.40 h, P = 0.000) and duration of defecation (93.03 ± 27.95 h vs 68.00 ± 25.42 h, P = 0.000), alleviated pain in patients after surgery (P < 0.05 on POD 1, 2 and 3), reduced complications (P < 0.05), shortened the duration of postoperative stay (7.10 ± 2.13 d vs 5.68 ± 1.22 d, P = 0.000), reduced the cost of hospitalization (43783.25 ± 8102.36 RMB vs 39597.62 ± 7529.98 RMB, P = 0.005), and promoted recovery of patients.

CONCLUSION: FTS could be safely applied in radical total gastrectomy to accelerate clinical recovery of gastric cancer patients.

© 2013 Baishideng. All rights reserved.

Key words: Fast-track surgery; Gastric cancer; Radical total gastrectomy; Perioperative care; Outcomes

Core tip: Fast-track surgery (FTS) is a promising program for surgical patients, and has been applied in several surgical diseases. The value of FTS in radical distal gastrectomy has been demonstrated recently, but the safety and efficacy of FTS for radical total gastrectomy requires further evaluation. The present study showed that FTS was feasible for perioperative care in radical total gastrectomy. Compared with conventional care, FTS could shorten the duration of flatus and defeca-
tion, accelerate the decrease in white blood cell count, decrease postoperative complications, shorten the postoperative stay, reduce the cost of hospitalization, and promote postoperative recovery of patients.

Feng F, Ji G, Li JP, Li XH, Shi H, Zhao Zw, Wu GS, Liu XN, Zhao QC. Fast-track surgery could improve postoperative recovery in radical total gastrectomy patients. World J Gastroenterol 2013; 19(23): 3642-3648 Available from: URL: http://www.wjgnet.com/1007-9327/full/v19/i23/3642.htm DOI: http://dx.doi.org/10.3748/wjg.v19.i23.3642

INTRODUCTION

Fast-track surgery (FTS) was initiated by the Danish surgeon H Kehlet in the field of elective colorectal surgery in the 1990s[8,9], and has rapidly gained popularity around the world because of its significant benefits and safety[10]. The core elements of FTS include: epidural or regional anesthesia, perioperative fluid management, minimally invasive techniques, optimal pain control, early initiation of oral feeding and early mobilization[11]. The combination of these approaches has led to a significant reduction in complication rates, morbidity and mortality rates, duration of hospital stay and costs of hospitalization, and finally, greatly improved postoperative recovery[12-14]. In recent years, FTS has been applied in several surgical diseases, include radical prostatectomy[12], cardiac surgery[13], total knee replacement[14], cesarean section[15], coronary artery bypass grafting[16], it has also been used for specific procedures in children[17] and the elderly[18].

Gastric cancer is the fourth most common cancer worldwide but the second leading cause of cancer mortality[19], and it is more common in men and in developing countries. Up to now, surgery has been the most common treatment. For radical gastrectomy, conventional elective gastric resection and perioperative care are associated with a morbidity of 20%-46%, a mortality of 0.8%-10%[20] and a postoperative hospital stay of 8-13 d[21]. The high rate of complications leads to prolonged duration of hospital stay and increased costs of hospitalization.

The value of FTS in radical distal gastrectomy has been demonstrated recently[22,23], but the safety and efficacy of FTS in radical total gastrectomy still requires further evaluation. Therefore, we performed a slightly modified fast-track protocol in gastric cancer patients in our department. We evaluated the feasibility and safety of FTS in gastric cancer patients through a prospective, randomized comparative study.

MATERIALS AND METHODS

Patients

This study was performed in Xijing Hospital of Digestive Diseases affiliated to the Fourth Military Medical University from November 2011 to August 2012. Selection criteria were: (1) diagnosis of gastric cancer based on clinical symptoms, imaging and pathology; (2) age between 18 and 75 years; (3) no preoperative radiotherapy or chemotherapy; (4) no distant metastasis; (5) no history of primary diabetes mellitus, bowel obstruction, severe cardiopulmonary diseases, and immune related diseases; (6) no pregnancy or breast feeding; (7) an American Society of Anesthesiologists (ASA) score of I or II; (8) undergoing elective standard D2 total gastrectomy; and (9) written informed consent was obtained from the patient and the family. Gastric cancer patients meeting the selection criteria were randomly divided into a FTS group and a conventional care group immediately after admission. The sample size of 122 patients (61 cases in each group) was calculated with an alpha level of 0.05 and 90% power for primary endpoints.

This study was approved by the Ethics Committee of Xijing Hospital. This study was registered under chictr. org, identifier number ChiCTR-TRC-11001440.

Randomization and implementation

All the patients were clearly informed about the aims and details of the present study and signed consent forms. Random numbers were generated by computer. Eligible patients were randomly assigned in a 1:1 ratio. The specially trained investigator prepared allocation envelopes for the doctors of the enrolled patients. The investigator did not contact the patients throughout the clinical trial. The doctors and nurses administering the interventions and collecting the data had no role in the randomization process. Two specially trained doctors who were blinded to the treatment were in charge of evaluating postoperative outcomes, discharge and follow-up.

Interventions

The patients were admitted to the hospital 1-2 d before surgery. A slightly modified fast-track protocol proposed by Kehlet et al[20] was used in the present FTS group. Patients in the conventional surgery group received conventional perioperative care. Details of the interventions are listed in Table 1. Both groups were protocol-driven, with appropriate protocol details for patients, surgeons and nurses to ensure compliance.

Discharge criteria and readmission

Patients were considered dischargeable postoperatively if they met the following criteria: normal body temperature, pain controlled with oral analgesics, normal mobilization, no discomfort, normal oral diet, no parenteral nutrition, normal gastrointestinal function (normal flatus and defecation), Karnofsky Performance Status Scale score exceeding 80, and willing to go home.

After discharge, the patients were followed up by our specially trained surgeons through telephone within the first 24 h and once per week for 4 wk, and the patients could also contact us if they had any discomfort. The patients were readmitted if any of the following occurred:
Table 1  Comparison of fast-track surgery and conventional perioperative intervention protocols

| Perioperative intervention      | Conventional                                                                 | Fast-track surgery                                                                 |
|--------------------------------|-------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|
| Diet before surgery            | No intake of food and drink after supper the day before surgery                | Intake of 1000 mL 14% carbohydrate drink 12 h before and 350 mL 14% carbohydrate drink 3 h before surgery. |
| Anesthesia                     | Tracheal intubation and general anesthesia                                     | Tracheal intubation and general anesthesia                                           |
| Thermal insulation during      | No thermal insulation, room temperature was maintained at 22 ℃               | Thermal insulation of the body and extremities, body temperature was maintained at 36 ℃ |
| Operation procedure            | Standard laparotomy approach                                                   | Standard laparotomy approach                                                        |
| Placement of abdominal drainage tube | Use of abdominal drainage tube                                                | Infiltration of surgical wounds with ropivacaine at the end of surgery and 24 h after surgery. |
| Analgesia after operation      | Standard use of patient-controlled analgesic pump                             | Oral intake of 200 mg celecoxib twice daily                                           |
| Mobilization after operation   | Mobilize out of bed on patients’ own request                                  | Encourage patients to mobilize out of bed                                            |
| Diet after operation           | Oral intake initiated after flatus (following a stepwise plan from water to other liquids to semi-fluids to normal food) | Oral intake of 500-1000 mL glucose saline on the day of surgery. Intake of 2000-3000 mL liquid food containing 1000 kcal to 1200 kcal per day from the 1st day after surgery. |
| Intravenous nutrition after operation | Infusion of glucose saline and amino acid injection iv on the day of surgery. Infusion of parenteral nutrition (25 kcal/kg of body weight) iv if oral intake is inadequate. Appropriate level of iv fluid intake based on the volume of liquid intake and output, and physiological need | Infusion of parenteral nutrition iv if oral intake is not adequate. Appropriate level of iv fluid intake based on the volume of liquid intake and output, and physiological need |
| Removal of nasogastric tube    | Removal of nasogastric tube after flatus after surgery                        | Removal of nasogastric tube within 24 h after surgery                                 |
| Removal of urine catheter      | Removal of urine catheter on the 3rd or 4th day after surgery                 | Removal of urine catheter within 24 h after surgery                                  |
| Antibiotics                    | Standard use of antibiotics before and once after surgery                     | Standard use of antibiotics before and once after surgery                             |

Figure 1  Flow diagram of the randomized control trial designed to compare the safety and efficacy of fast-track surgery and conventional care groups. 1One patient had an irresectable tumor in the conventional care group; 2Two patients withdrew consent in the fast-track surgery (FTS) group. All three patients were excluded from the analysis.

RESULTS

Clinical characteristics

A total of 119 patients finished the study, including 60 patients in the conventional care group and 59 patients in the FTS group. Two patients were excluded from the FTS group after withdrawing consent. One patient was excluded from the conventional care group because of an irresectable tumor (Figure 1). The preoperative baseline characteristics of the two groups are compared in Table 2. There were no significant differences between the two groups in age, sex, BMI, NRS 2002 score, ASA score, differentiation status, TNM classification, WBC count, hyperpyrexia, abdominal pain, bowel obstruction, gastrointestinal hemorrhage, malnutrition, infection and poor healing of the wound.

Data collection

The primary clinical endpoints were the duration of hospital stay and the cost of hospitalization. The second clinical endpoints were incidence of complications such as pneumonia, surgical site infection, abdominal infection, anastomotic leak, and bowel obstruction. We recorded preoperative data on age, sex, body mass index (BMI), nutritional risk screening (NRS) 2002 score, ASA score, differentiation status, TNM classification, WBC count, hyperpyrexia, abdominal pain, bowel obstruction, gastrointestinal hemorrhage, malnutrition, infection and poor healing of the wound.

Data were processed using SPSS 16.0 for Windows (SPSS Inc., Chicago, IL, United States). Numerical variables were expressed as the mean ± SD unless otherwise stated. Differences between the two groups were tested using a two-tailed Student t test. Discrete variables were analyzed using the χ² test or Fisher’s exact test. A P value < 0.05 was considered statistically significant.
Table 2  Comparison of baseline characteristics of the two groups (mean ± SD)

| Characteristics | Conventional | Fast-track surgery | P value |
|-----------------|--------------|--------------------|---------|
| Age, yr         | 55.79 ± 10.06 | 54.98 ± 11.35      | 0.682   |
| Sex             |              |                    | 0.689   |
| Male/female     | 44/16        | 41/18              |         |
| BMI             | 21.01 ± 1.78 | 22.44 ± 3.51       | 0.061   |
| NRS 2002 score  | 0.81 ± 1.10  | 1.08 ± 1.41        | 0.424   |
| ASA score       |              |                    | 0.364   |
| I / II / III    | 1/59         | 3/56               | 0.857   |
| Differentiation status |       |                    |         |
| Well differentiated | 6          | 4                  |         |
| Moderately differentiated | 20       | 17                 |         |
| Poorly differentiated | 34        | 38                 |         |
| TNM classification |            |                    | 0.324   |

Table 3  Comparison postoperative pain intensity and white blood cell count between the two groups (mean ± SD)

| Time          | Conventional | Fast-track surgery | P value |
|---------------|--------------|--------------------|---------|
| Postoperative pain intensity |              |                    |         |
| POD 1         | 5.41 ± 1.45  | 4.32 ± 1.65        | 0.000   |
| POD 2         | 4.43 ± 1.54  | 3.39 ± 1.65        | 0.001   |
| POD 3         | 3.63 ± 1.48  | 2.76 ± 1.36        | 0.002   |
| POD 4         | 3.02 ± 1.45  | 2.51 ± 1.87        | 0.119   |
| POD 5         | 2.21 ± 1.39  | 2.30 ± 1.56        | 0.789   |
| White blood cell count |          |                    |         |
| POD 1         | 14.81 ± 5.34 | 14.55 ± 5.04       | 0.793   |
| POD 2         | 15.36 ± 5.36 | 12.26 ± 4.78       | 0.002   |
| POD 3         | 11.80 ± 4.80 | 9.35 ± 3.83        | 0.005   |
| POD 4         | 8.56 ± 3.70  | 7.52 ± 3.57        | 0.223   |
| POD 5         | 6.37 ± 2.34  | 6.91 ± 3.34        | 0.684   |

POD: Postoperative day.

mgoglobin, albumin, ALT, AST, operation time and blood loss (all P > 0.05).

Pain intensity

Pain intensity was evaluated from POD 1 to POD 5 in the two groups (Table 3). VAS analysis showed that pain intensity of patients in the FTS group was significantly lower than that of patients in the conventional care group on POD 1-3 (P < 0.05).

White blood cell count

The WBC counts of patients in the two groups were measured in the morning of POD 1 to POD 5 (Table 3). The WBC count in the conventional care group and FTS group were both elevated on POD 1. Although the WBC count in the conventional care group continued to rise on POD 2, the WBC count in the FTS group began to drop (P < 0.05). The WBC count in the conventional care group began to drop on POD 3, but was significantly higher than in the FTS group (P < 0.05).

Outcomes

The outcomes were summarized in Table 4. Compared with the conventional care group, the patients in the FTS group showed significantly accelerated recovery of gastrointestinal function in terms of time to first flatus and first defecation (P < 0.05). The duration of postoperative stay of the FTS group was significantly shorter than that of the conventional care group (P < 0.05) and the cost of hospitalization was also significantly lower (P < 0.05).

Complications and readmissions

Table 4 summarizes the complications and readmissions in each group. The overall complication rate in the FTS group (10.17%) was significantly lower than in the conventional group (28.33%, P = 0.019). In the conventional care group, 10 patients suffered from pneumonia, 3 patients suffered from incision infection, 1 patient experienced urinary infection, 1 patient experienced abdominal infection, and 1 patient underwent reoperation because of ileus. In the FTS group, 5 patients suffered from pneumonia and 1 experienced incision infection. All the patients were cured by surgery or conservative treatment.

DISCUSSION

The aim of the present study was to evaluate the safety, efficacy and outcome of FTS protocol employed in the perioperative treatment of gastric cancer in comparison with conventional perioperative treatment. The data of the present study showed that the FTS protocol was feasible for perioperative care of gastric cancer patients who underwent radical total gastrectomy. Compared with
conventional care, FTS could shorten the duration of flatus and defecation, accelerate the decrease in WBC, decrease postoperative complications, shorten the duration of postoperative stay, reduce the cost of hospitalization, and eventually promote postoperative recovery of the patients.

Optimal pain control is very important. Pain can not only result in stress[21], but also affects the mobilization of patients after surgery. Early mobility or activity is recognized as a critical step in fast-track care. Bed rest not only increases muscle loss and insulin resistance, but also decreases pulmonary function and supply of oxygen to tissues[22]. It has been reported that opioids may result in nausea, vomiting and fatigue that counteract the benefits of FTS[23]. Therefore, routine use of opioids was avoided in the FTS group. In our present study, the infiltration of surgical wounds with ropivacaine and oral intake of celecoxib were applied instead of a patient-controlled analgesia pump. Pain intensity was evaluated from POD 1 to POD 5 after surgery using the VAS. The results showed that VAS in the FTS group was significantly lower than that of conventional care group. This indicated that ropivacaine combined with celecoxib had a better analgesic effect than an analgesic pump, and the better analgesic effect in the FTS group ensured a longer duration of mobilization out of bed.

Conventionally, the duration of antibiotic use is 2-3 d after gastrectomy. In the present study, the antibiotics were only applied before and after surgery in the FTS group (Table 1). We noticed that even with shorter use of antibiotics in the FTS group, the WBC decreased earlier and faster than in the conventional postoperative care group.

Nasogastric tubes have been used traditionally for decompression after gastric surgery and remain a routine part of postoperative care in many centers. Nasogastric tubes are often left for several days until the first flatus after gastric resection. This is based on the rationale that this can prevent aspiration, and reduce the risk of intestinal obstruction and anastomotic leak in clinical practice. Previous studies have shown that the small intestine might return to normal enterocinesis 6 h after abdominal surgery[28]. Recent studies comparing nasogastric decompression vs no decompression demonstrated that a gastric tube may induce pulmonary complications after gastric cancer surgery[25,28] and prolong the time to first flatus with no difference in anastomotic leak rate[27]. Therefore, placement of a nasogastric tube is unnecessary. In our present study, a nasogastric tube was not routinely used in FTS group and was removed within 24 h after surgery.

Multiple studies have demonstrated that drains are unnecessary after gastrointestinal surgery[29]. The placement of abdominal drainage is prone to increased feelings of pain, intra-abdominal fluid collection, infection, internal organ injuries and risk of fistulas, resulting in delayed recovery[27]. Alvarez Uslar et al[29] reported that operative morbidity and hospital stay were significantly higher in patients who underwent total gastrectomy with abdomin-
efficacy of FTS.

The present study indicates that FTS could promote postoperative recovery, decrease the rate of complications, shorten the duration of hospital stay, and reduce the cost of hospitalization. Our data indicate that FTS is a safe and efficient perioperative management strategy in patients undergoing radical total gastrectomy. Along with the further understanding of stress and development of FTS perioperative care, FTS could probably be safely applied in critically ill patients and emergency surgery, and major operations such as tumor resection may become day procedures in the near future.

COMMENTS

Background
Fast-track surgery (FTS) is a promising comprehensive program for surgical patients in elective surgery. In recent years, FTS has been applied in several surgical diseases, including radical prostatectomy, cardiac surgery, total knee replacement, cesarean section, and coronary artery bypass grafting. It has also been used for specific procedures in children and elderly. The value of FTS in radical distal gastrectomy has been demonstrated recently, but the safety and efficacy of FTS in radical total gastrectomy still requires further evaluation.

Research frontiers
The value of FTS in radical distal gastrectomy has been demonstrated recently. Chen et al evaluate the safety and effectiveness of fast-track surgery combined with laparoscopy-assisted radical distal gastrectomy for gastric cancer. They found that a combination of FTS and laparoscopy-assisted radical distal gastrectomy in gastric cancer is safe, feasible, and efficient and can improve nutritional status, lessen postoperative stress, and accelerate postoperative rehabilitation.

Innovations and breakthroughs
The present study showed that the FTS protocol was feasible for perioperative care of gastric cancer patients. Compared with conventional care, FTS could shorten the duration of flatus and defecation, accelerate the decrease in white blood cell count, decrease postoperative complications, shorten the duration of postoperative stay, reduce the cost of hospitalization, and eventually promote postoperative recovery of patients.

Applications
The data indicate that FTS is a safe and efficient perioperative management strategy in patients undergoing radical total gastrectomy. Along with further understanding of stress, and development of FTS perioperative care, FTS could probably be safely applied in critically ill patients and emergency surgery, and major operations such as tumor resection may become day procedures in the near future.

Terminology
FTS: Fast-track surgery, initiated by the Danish surgeon H Kehlet in the field of surgical diseases such as tumor resection may become day procedures in the near future. FTS is a promising comprehensive program for surgical patients in elective surgery; the visual analogue scale is a psychometric scale which can be used in questionnaires. It is a measure for surgical patients in elective surgery; the visual analogue scale is a psychometric response scale which can be used in questionnaires. It is a measure

Peer review
This was a good study in which the authors indicates that FTS could promote postoperative recovery, decrease rate of complications, shorten duration of hospital stay, and reduce the cost of hospitalization. However, the author should think about the reason of more pneumonia in conventional care group although it is not significant.

REFERENCES

1 Bardram L, Funch-Jensen P, Jensen P, Crawford ME, Kehlet H. Recovery after laparoscopic colonic surgery with epidural analgesia, and early oral nutrition and mobilisation. Lancet 1995; 345: 763-764 [PMID: 7891489]
2 Kehlet H, Slim K. The future of fast-track surgery. Br J Surg 2012; 99: 1025-1026 [PMID: 22696149 DOI: 10.1002/bjs.8832]
3 Slim K. Fast-track surgery: the next revolution in surgical care following laparoscopy. Colorectal Dis 2011; 13: 478-480 [PMID: 21435146 DOI: 10.1111/j.1463-1318.2011.02899.x]
4 Wilmore DW, Kehlet H. Management of patients in fast-track surgery. BMJ 2001; 322: 473-476 [PMID: 11224242]
5 Wang G, Jiang Z, Zhao K, Li G, Liu F, Pan H, Li J. Immunologic response after laparoscopic colon cancer operation within an enhanced recovery program. J Gastrointest Surg 2012; 16: 1379-1388 [PMID: 22858532 DOI: 10.1007/s11605-012-1880-z]
6 Ionescu D, Iancu C, Ion D, Al-Hajjar N, Margarit S, Mocan L, Mocan T, Deac D, Bodea R, Vasan H. Implementing fast-track protocol for colorectal surgery: a prospective randomized clinical trial. World J Surg 2009; 33: 2433-2438 [PMID: 19707815 DOI: 10.1007/s00268-009-0197-x]
7 Varadhan KK, Neal KR, Dejong CH, Fearon KC, Ljungqvist O, Lobo DN. The enhanced recovery after surgery (ERAS) pathway for patients undergoing major elective colorectal surgery: a meta-analysis of randomized controlled trials. Clin Nutr 2010; 29: 434-440 [PMID: 20116145 DOI: 10.1016/j.clnu.2010.01.004]
8 Gralla O, Haas F, Knoll N, Hadzidjakos D, Tullmann M, Romer A, Deger S, Ebeling V, Lein M, Wille A, Rohlbeg B, Loening SA, Roigas J. Fast-track surgery in laparoscopic radical prostatectomy: basic principles. World J Urol 2007; 25: 185-191 [PMID: 17171563]
9 Jawahar K, Scarisbrick AA. Parenteral perceptions in pediatric cardiac fast-track surgery. AORN J 2009; 89: 725-731 [PMID: 19348820 DOI: 10.1016/j.aorn.2008.11.029]
10 Husted H, Troelsen A, Otte KS, Kristensen BB, Holm G, Kehlet H. Fast-track surgery for bilateral total knee replacement. J Bone Joint Surg Br 2011; 93: 351-356 [PMID: 21357957 DOI: 10.1302/0301-620X.93B3.25296]
11 Antipin EE, Uvarov DN, Svirskii DA, Antipina NP, Nedashkovskii EV, Sovershaeva SL. [Realization of Fast-track surgery principles during cesarean section]. Anesteziol Reanimatol 2011; 3(3): 33-36 [PMID: 21851019]
12 Liang YX, Zhou YB, Shen Y, Gu MN. Whether awake coronary artery bypass grafting is contrary to fast-track surgery? Eur J Cardiothorac Surg 2012; 41: 719; author reply 720 [PMID: 22345203 DOI: 10.1093/ejcts/ezt051]
13 Mattioli G, Palomba L, Avanzini S, Rapuzzi G, Guida E, Costanzo S, Rossi V, Basile A, Tamburini S, Callegari M, DeliaRocca M, Misma N, Mameli L, Montobbio G, Jasonni V. Fast-track surgery of the colon in children. J Laparoendosc Adv Surg Tech A 2009; 19 Suppl 1: S7-S9 [PMID: 19266794 DOI: 10.1089/lap.2008.0121.supp]
14 Day A, Fawcett WJ, Scott MJ, Rockall TA. Fast-track surgery and the elderly. Br J Anaesth 2012; 109: 124; author reply 124 [PMID: 22696653 DOI: 10.1093/bja/aes196]
15 Price TJ, Shapiro JD, Segelov E, Karapetis CS, Pavlakis N, Van Cutsem E, Shah MA, Kang YK, Tebbutt NC. Management of advanced gastric cancer. Expert Rev Gastroenterol Hepatol 2012; 6: 199-208; quiz 209 [PMID: 22375525 DOI: 10.1586/erg.11.103]
16 Sasaki M, Sano T, Yamamoto S, Kurokawa Y, Nashimoto A, Kuriya A, Hiratsuka M, Tsujinaka T, Kinosita T, Arai K, Yamamura Y, Okajima K. D2 lymphadenectomy alone or with para-aortic nodal dissection for gastric cancer. N Engl J Med 2008; 359: 453-462 [PMID: 18669424 DOI: 10.1056/NEJMoa070735]
17 Wang D, Kong Y, Zhong B, Zhou X, Zhou Y. Fast-track surgery improves postoperative recovery in patients with gastric cancer: a randomized comparison with conventional postoperative care. J Gastrointest Surg 2010; 14: 620-627 [PMID: 21081871 DOI: 10.1007/s11605-011-1395-9]
18 Chen Hu J, Xin Jiang L, Cai L, Tao Zheng H, Yuan Hu S, Bing Chen H, Chang Wu G, Fei Zhang Y, Chuan Lv Z. Preliminary experience of fast-track surgery combined with laparoscopy-
assisted radical distal gastrectomy for gastric cancer. J Gastrointest Surg 2012; 16: 1830-1839 [PMID: 22854954]

19 Kim JW, Kim WS, Cheong JH, Hyung WJ, Choi SH, Noh SH. Safety and efficacy of fast-track surgery in laparoscopic distal gastrectomy for gastric cancer: a randomized clinical trial. World J Surg 2012; 36: 2879-2887 [PMID: 22941233 DOI: 10.1007/s00268-012-1741-7]

20 Kehlet H, Wilmore DW. Multimodal strategies to improve surgical outcome. Am J Surg 2002; 183: 630-641 [PMID: 12095591]

21 Panerai AE. Pain stress and headache. Neurul Sci 2012; 33 Suppl 1: S1-53 [PMID: 22644139 DOI: 10.1007/s10072-012-1032-x]

22 Soppe M, Carlson GL, Hopkinson J, Clarke S, Thorell A, Nygren J, Ljungqvist O. Randomized clinical trial of the effects of immediate enteral nutrition on metabolic responses to major colorectal surgery in an enhanced recovery protocol. Br J Surg 2004; 91: 1138-1145 [PMID: 15449264]

23 Rugyte D, Edberg KE. [Patient-controlled analgesia in the treatment of postoperative pain in children and adolescents]. Medicina (Kaunas) 2002; 38: 1078-1092 [PMID: 12532720]

24 Nelson R, Tse B, Edwards S. Systematic review of prophylactic nasogastric decompression after abdominal operations. Br J Surg 2005; 92: 673-680 [PMID: 15912492]

25 Carrère N, Seulin P, Julio CH, Bloom E, Gouzi JL, Pradère B. Is nasogastric or nasojugal decompression necessary after gastrectomy? A prospective randomized trial. World J Surg 2007; 31: 122-127 [PMID: 17186430]

26 Yoo CH, Son BH, Han WK, Pae WK. Nasogastric decompression is not necessary in operations for gastric cancer: prospective randomised trial. Eur J Surg 2002; 168: 379-383 [PMID: 12463426]

27 Yang Z, Zheng Q, Wang Z. Meta-analysis of the need for nasogastric or nasojugal decompression after gastrectomy for gastric cancer. Br J Surg 2008; 95: 869-816 [PMID: 18551533 DOI: 10.1002/bjs.6198]

28 Kehlet H, Wilmore DW. Evidence-based surgical care and the evolution of fast-track surgery. Annu Surg 2008; 248: 189-198 [PMID: 18650627 DOI: 10.1097/SLA.0b013e318172c1a]

29 Alvarez Uslar R, Molina H, Torres O, Cancino A. Total gastrectomy with or without abdominal drains. A prospective randomized trial. Rev Esp Enferm Dig 2005; 97: 562-569 [PMID: 16266223]

30 Henriksen MG, Jensen MB, Hansen HV, Jespersen TW, Hes-søv I. Enforced mobilization, early oral feeding, and balanced analgesia improve convalescence after colorectal surgery. Nutrition 2002; 18: 147-152 [PMID: 11844646]

31 Hou H, Ping X, Zhe Y, Zhao Z, Li Y. Dietary fiber alleviates intestinal barrier dysfunction in post-trauma rats. Clin Invest Med 2010; 33: E117 [PMID: 20370991]

32 Lewis SJ, Andersen HK, Thomas S. Early enteral nutrition within 24 h of intestinal surgery versus later commencement of feeding: a systematic review and meta-analysis. J Gastrointest Surg 2009; 13: 569-575 [PMID: 18629592 DOI: 10.1007/s11605-008-0952-x]

33 Berberat PO, Ingold H, Gubinas A, Kleeff J, Müller MW, Gutt C, Weigand M, Friess H, Büchler MW. Fast track--different implications in pancreatic surgery. J Gastrointest Surg 2007; 11: 880-887 [PMID: 17440787]

34 Suehiro T, Matsumata T, Shikada Y, Sugimachi K. Accelerated rehabilitation with early postoperative oral feeding following gastrectomy. Hepatogastroenterology 2004; 51: 1852-1855 [PMID: 15532842]

35 Grantcharov TP, Kehlet H. Laparoscopic gastric surgery in an enhanced recovery programme. Br J Surg 2010; 97: 1547-1551 [PMID: 20665480 DOI: 10.1002/bjs.7184]

36 Carter J, Szabo R, Sim WW, Pather S, Philip S, Nattress K, Cotterell S, Patel P, Dalrymple C. Fast track surgery: a clinical audit. Aust N Z J Obstet Gynaecol 2010; 50: 159-163 [PMID: 20522073 DOI: 10.1111/j.1479-828X.2009.01134.x]

37 Chopra SS, Schmidt SC, Fotopoulos C, Sehouli J, Schumacher G. Evidence-based perioperative management: strategic shifts in times of fast track surgery. Anticancer Res 2009; 29: 2799-2802 [PMID: 19596964]

38 Maessen J, Dejong CH, Hausel J, Nygren J, Lassen K, Andersen J, Kessels AG, Rehauag A, Kehlet H, Ljungqvist O, Fearon KC, von Meyenfeldt MF. A protocol is not enough to implement an enhanced recovery programme for colorectal resection. Br J Surg 2007; 94: 224-231 [PMID: 17265493 DOI: 10.1002/bjs.5468]

39 Rodgers A, Walker N, Schug S, McKee A, Kehlet H, van Zundert A, Sage D, Futter M, Saville G, Clark T, MacMahon S. Reduction of postoperative mortality and morbidity with epidural or spinal anaesthesia: results from overview of randomised trials. BMJ 2000; 321: 1493 [PMID: 11118174 DOI: 10.1136/bmj.321.7275.1493]

P- Reviewers Goklan K, Mario K S- Editor Zhai HH L- Editor Cant MR E- Editor Zhang DN