



# Enhanced Recovery After Cardiac Surgery

Leuven  
ERACS - Center of Excellence  
2025



# Leuven - ERACS course

This course, held by the cardiac team of UZ Leuven, aims to provide participants with theoretical and practical knowledge on implementing an Enhanced Recovery After Cardiac Surgery (ERACS) program in their daily practice. The team provides customized training and guidance through peer-to-peer learning, featuring concise presentations on evidence-based clinical practices and hands-on bedside training.

To ensure a personalized experience, each course is tailored for a multidisciplinary team from a single center.

Course directors: Prof. Dr. Peter Verbrugghe, Prof. Dr. Danny Hoogma, Prof. Dr. Wouter Oosterlinck, Prof. Dr. Steffen Rex, Prof. Dr. Tom Verbelen

**For the best implementation, we advise attending with a multidisciplinary team consisting of, but not limited to:**

- Cardiac surgeon
- Cardiac anesthesiologist
- Intensivist
- Nurse practitioner
- Physiotherapist
- Perfusionist

## **Dates:**

- March 11–12, 2025
- June 4–5, 2025
- September 24 – 25, 2025
- December 10–11, 2025

## Day 1

- 15.30 Welcome in the hospital with refreshments
- 16.00 What does ERACS mean from different perspectives?  
Sharing our personal experience from different perspectives
- Pre-operative patient management
  - ERACS from an Anesthesiologist's perspective
  - ERACS from a Surgeon's perspective
- 17.30 Visit Post Anesthesia Care Unit (PACU)
- 18.30 Let's get ready for tomorrow!
- 19.30 Dinner

## Day 2

- 8.15 Welcome in the hospital
- 8.30 ERACS tips and tricks from different perspectives
- ERACS from a Physiotherapist's perspective
  - ERACS from a Nurse's perspective
- 9.30 Interactive visit to OR / PACU
- 12.00 Lunch break with Q&A
- 13.00 Starting an ERACS program: Key considerations and challenges
- 14.00 Closing remarks and wrap-up

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