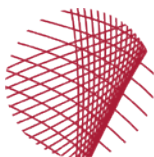




ERACS after Minimally Invasive Cardiac Surgery

Hamburg UKE
Center of Excellence
2026



Universitäres
Herz- und Gefäßzentrum
Hamburg



ERACS after Minimally Invasive Cardiac Surgery Course

This course is led by a multidisciplinary team of **Prof. Dr. Girdauskas** at the University Heart & Vascular Center (UHZ) at the University hospital Hamburg-Eppendorf (UKE), the first ERAS center in the European Union that was certified by the ERAS Society. It is designed for cardiac surgery teams seeking to implement Enhanced Recovery After Cardiac Surgery in their centers and offers a balanced mix of theoretical insights and practical observation, focusing on optimizing perioperative care and accelerating recovery.

The course emphasizes collaboration across specialties and provides actionable guidance for starting an ERACS program, addressing key considerations and challenges. It is particularly valuable for teams aiming to standardize best practices, improve patient outcomes, and strengthen perioperative pathways.

The course is exclusively open to candidates holding specialization in

- cardiac surgery,
- anaesthesia,
- ERAS Nurse/
Advance Practice Nurse
- physiotherapy
- perfusion
- psychosomatic medicine

Directors of the course

Prof. Dr. Evaldas Girdauskas
PD Dr. Johannes Petersen
PD Dr. Sina Stock
Luisa Dolata
Catherina Gemander

Participant number

Up to 4-8 participants

Dates

- September 24-25, 2026
- December 10-11, 2026

Location:

Universitäres Herz- und Gefäßzentrum Hamburg
Klinik für Herz- und Gefäßchirurgie
Universitätsklinikum Hamburg Eppendorf
Martinistraße 52
Gebäude N27, 3. Stock
20246 Hamburg

Key objectives

- Understanding of ERACS principals
- Optimizing Perioperative Care Through Multidisciplinary Collaboration
- Insights prehabilitation, patient selection, and risk stratification
- Implementing ERACS Pathways in Clinical Practice



Day 1

- 15:00** Welcome to the hospital
- 15:30** What does ERACS mean?
ERACS Guidelines and Insights into the randomized INCREASE Trial
Prehabilitation: Pre-operative patient management
ERACS from a multidisciplinary team:
- A Cardiac Surgeons' perspective
 - An Anesthesiologists' perspective
 - An ERAS Nurse perspective
- Pushing the limits in ERAS:
- High risk patients
 - CABG/Robotic patients
 - Same-Day-Surgery
- 17:00** Visit Post Anesthesia Care Unit (PACU) and ICU
- 18:00** Case presentation for the following day – Patient selection, Echo and CT scan evaluation
- 19:00** Group dinner

Day 2

- 08:30** Welcome to the hospital
- 09:00** ERACS tips & tricks from different perspectives:
- Physiotherapists' perspective
 - Psychosomatic physicians' perspective
 - Patients' perspective
- 10:00** Interactive visit to the OR / PACU
- 12:00** Lunch break with Q&A
- 13:00** How to start an ERACS program: Key considerations and challenges
- 14:00** Closing remarks and wrap-up

The content of the course and the dates can be adapted on a case by case basis according to the needs of the participants.

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