FAST-TRACK CARDIAC ANESTHESIA

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Fast-track cardiac anesthesia (FTCA) can be defined as a perioperative process involving rapid progress from preoperative preparation through surgery and discharge from the hospital. An effective FTCA program requires the appropriate selection of suitable patient, a low dose opioid anesthetic technique, early tracheal extubation, a short stay in the ICU and coordinated perioperative care.

The principle of the protocol adopted for fast-track cardiac surgery are (1) Intense education in preoperative care aiming at not delaying hospital discharge.
(2) Administration of antiinflammatory medication as required.
(3) Early extubation as soon as possible.
(4) Prophylactic medication for supraventricular arrhythmias and gastrointestinal complications
(5) Early ambulation.
(6) Careful administration of fluid volume.
(7) Hospital discharge expected to occur between the third and fifth postoperative days. The articulated combination of this principles reduce the response to stress, organic dysfunction and the time for the complete recovery of the patient resulting in a reduction in hospital costs.