

## **Standardizing Ketamine Administration during Colorectal ERAS Cases: An Evidence Based Practice Project**

**J. Davis MSN, RN, CRNA, J. Astrella DNP, RN, CNE**  
Touro University Nevada, School of Nursing, Henderson, NV

Ketamine is an effective adjunct to pain management, particularly in surgical cases. The goal of this project was to perform an evidenced based practice project focusing on ketamine administration. Ketamine is a standard part of many ERAS protocols, at the project site these include colorectal surgery cases. Education was provided to the certified registered nurse anesthetists of the practice site, charts were audited for provider compliance with ketamine best practice guidelines, then charts were analyzed for PACU opioid administration. Best practice guidelines for ketamine administration include a bolus dose (up to 0.35 mg/kg) followed by an infusion (up to 1 mg/kg/hr) (Schwenk et al., 2018). A total of nine colorectal cases were analyzed with seven CRNAs complying with ketamine administration best practice. Although there was not a significant decrease in opioid administration when following best practice, a high compliance rate (78%) indicates a change in practice. Recommendations include following best practice guidelines as a multimodal approach to surgical pain management is most advantageous for patients.