

Table 3 Functional outcomes.

Study	Intervention group	Total n	Hospital stay days	Clavien complications > 2: % (n)	Follow-up time for complications	Readmissions rate: % (n)	Transfusion rate: % (n)	Time to mobilization: days	Mortality: % (n)	Mortality follow-up time	Time to flatus: days	Time to first bowel movement: days	Time to tolerance of normal diet: days
Altobelli et al.	Conventional	177	*7 [3-78]	27% (104)	90 days	27% (27) at 30 days. 30% (30) at 90 days	47% (84)	*3 [1-20]	NS	NS	*3 [1-13]	*5 [2-19]	*5 [2-36]
	ERAS	207	*6 [3-36]	23% (48)		20% (20) at 30 days. 27% (27) at 90 days	43% (88)	*2 [2-10]	NS		*3 [1-8]	*5 [3-16]	*5 [2-17]
Baack Kukreja et al.	Conventional	121	p < 0,001 *8 [6-13]	p < 0,001 36,5% (36)	90 days	NSig. 28,3% (28,3) at 30 days. 36% (36) at 90 days	NSig. 43,9% (52)	NS NS	NS 2,5% (3)	30 days	NS NS	NSig. NS	NS *5 [4-7]
	ERAS	79	*5 [4-7]	51,8% (29)		30,8% (30,8) at 30 days. 39,4% (39,4) at 90 days	50,6% (40)	NS	3,8% (3)		NS	NS	*3 [2-3]
Baldini et al.	Conventional	56	p < 0,001 *19	NSig. 23,5% (13)	NS	NSig. 7,1% at 90 days	NSig. 407,6 mL	NS NS	NSig. 3,5% (2)	NS	NS *4,6	NS *9	p < 0,001 *9
	ERAS	41	*14	12,5% (5)		14,6% at 90 days	364,1 mL	NS	2,4% (1)		*3	*6	*6
Casans-Frances et al.	Conventional	97	p = 0,021 *16 [12-28]	NSig. 42,3% (41)	30 days	NSig. 30,92% (30,92) at 90 days	NSig. 34% (33)	NS NS	NSig. 10,3% (10)	30 days	p = 0,02 NS	NSig. NS	NSig. NS
	ERAS	41	*15 [9,29-25]	41,5% (17)		19,51% (19,51) at 90 days	26,8% (11)	NS	4,06% (2)		NS	NS	NS
Cerruto et al.	Conventional	13	NSig. *15 [15-16]	NSig. 7,69% (1)	90 days	NSig. 0% at 90 days	NSig. NS	NS 1,07	NSig. 0	90 days	NS *4 [4-5]	NS *5 [5-7]	NS NS
	ERAS	9	*15 [14-15]	0		0% at 90 days	NS	0,75	0		*2 [1-3]	*4 [3-4]	NS
			NSig.	NSig.		NSig.	NS	p = 0,02	NSig.		p = 0,05	NSig.	

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Study	Intervention group	Total n	Hospital stay days	Clavien complications > 2: % (n)	Follow-up time for complications	Readmissions rate: % (n)	Transfusion rate: % (n)	Time to mobilization: days	Mortality: % (n)	Mortality follow-up time	Time to flatus: days	Time to first bowel movement: days	Time to tolerance of normal diet: days
Collins et al.	Conventional	86	9 [8–13]	24% (21)	30 days	29% (29) at 90 days	NS	NS	2% (2)	90 days	NS	NS	NS
	ERAS	135	8 [6–10]	19% (26)		33% (33) at 90 days	NS	NS	3% (3)		NS	NS	NS
Dunkman et al.	Conventional	100	p < 0,001 *10 [8–18]	NSig. NS	NS	NSig. 38% at 30 days	NS 80% (80)	NS 1,98 (±1,15)	NSig. 2% (2)	30 days	NS	NS 5,83 (±3,83)	NS 9,68 (±8,79)
	ERAS	100	*7 [6–11]	NS		19% at 30 days	48% (48)	1,25 (±0,79)	2% (2)		NS	3,99 (±1,93)	3,20 (±2,52)
Frees et al.	Conventional	13	p < 0,0001 8,41 [5–29]	NS 0	NS	p = 0,006 1 at 30 days	p < 0,001 NS	p < 0,001 NS	NSig. NS	NS	NS 2,5 [2–4]	p < 0,001 4,3	p < 0,001 NS
	ERAS	10	6,1 [2–9]	0		1 at 30 days	NS	NS	NS		3,52 [2–5]	6,31	NS
Ibrahim et al.	Conventional	43	p < 0,020 14,71 (±5,78)	NSig. 21,7% (5)	NS	NSig. NS	NS NS	NS NS	NS NS	NS	p = 0,011 NS	p = 0,009 NS	NS NS
	ERAS	32	13,16 (±7,83)	40,9% (5)		NS	NS	NS	NS		NS	NS	NS
Lin et al.	Conventional	145	p = 0,033 *17 [12–22]	NSig. 8,3% (12)	30 days	NS 3,4% (3,4) at 30 days	NS NS	NS *3 [2–4,08]	NS 0	NS	NS *2,92 [2–3,83]	NS *4,17 [3–5,25]	NS *7 [4,79–9]
	ERAS	144	*15 [12–21]	7,6% (11)		3,5% (3,5) at 30 days	NS	*2,66 [1,66–4]	0		*2,42 [1,54–3,25]	*3,67 [2,92–5,08]	*5,21 [4–8]
Liu et al.	Conventional	176	NSig. 10	NSig. NS	NS	NSig. 19,87% (19,87) at 30 days	NS NS	p = 0,047 NS	NSig. NS	NS	p = 0,38 NS	p = 0,01 NS	p = 0,004 NS
	ERAS	84	9	NS		19,05% (19,05) at 30 days	NS	NS	NS		NS	NS	NS
Llorente et al.	Conventional	147	p = 0,043 *12,5	NS 24,6%	90 days	NSig. NS	NS 37,7%	NS *4	NS 5,38%	90 days	NS *3	NS *6	NS *7
	ERAS	130	*14 NSig.	19,7% NSig.		NS NS	26,5% p = 0,046	*3 p < 0,001	2,04% NSig.		*2 p < 0,003	*6 NSig.	*7 NSig.

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Muhhtar et al.	Conventional	26	*12,9	2	NS	NS	NS	NS	1	30 days	6,2	7,4	5,9
	ERAS	51	*11,5 NSig.	4 NSig.		NS NS	NS NS	NS NS	1 NSig.		4,6 p = 0,003	6,1 p = 0,013	4,6 p = 0,002
Ortega-Lucea et al.	Conventional	51	29	21,5% (11)	NS	NS	NS	NS	NS	NS	NS	NS	NS
	ERAS	48	17 p < 0,001	22,9% (11) NS		NS NS	NS NS	NS NS	NS NS		NS NS	NS NS	NS NS
Palumbo et al.	Conventional	40	16,5 (±6,2)	22,5% (9)	90 days	6 (15%) at 30 days	40% (16)	1,5 (±0,6)	1	90 days	3,6	6 (±2)	6 (±1,7)
	ERAS	74	13,1 (±3,9) p = 0,005	17,75% (13) NSig.		7 (9,5%) at 30 days NSig.	25,7% (19) NSig.	1 (±0,1) p = 0,001	1 NS		2,4 p = 0,001	3,64 (±1,6) p < 0,001	1 (±0) p < 0,001
Pang et al.	Conventional	60	*18 [13–25]	NS	NS	25% at 90 days	25% (15)	NS	1,7%	30 days	NS	NS	NS
	ERAS	393	*8 [6–13]	NS		15% at 90 days	8,1% (32)	NS	0,3%		NS	NS	NS
Patel et al.	Conventional	143	p < 0,001 *6 [5–8]	NS 6,3% (9)	90 days	p = 0,04 14,7% (14,7) at 30 days. 21,7% (21,7) at 90 days	p < 0,001 *0 [0-1]	NS NS	NSig. NS	NS	NS *3 [3–4]	NS	NS
	ERAS	116	*6 [5–8]	3,4% (4)		12,1% (12,1) at 30 days. 15,5% (15,5) at 90 days NSig. in both	*0 [0-2]	NS	NS		*3 [3–4]	NS	NS
			NSig.	NSig.		NSig. in both	NSig.	NS	NS		NSig.	NS	NS
Persson et al.	Conventional	39	*12	14% (5)	30 days	28% (28) at 30 days	NS	NS	NS	NS	NS	5,4	NS

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Romagnoli et al.	ERAS	31	*11	12% (4)	90 days	4% (4) at 30 days	NS	NS	NS	NS	NS	3,7	NS
	Conventional	20	NSig. *10 [8–12]	NSig. 3 (15%)		p = 0,034 15% (15) at 90 days	NS	NS 4,41 (±1,08)	NS		NS *3 [2–3,7]	p = 0,003 *6 [4,5–6]	NS
	ERAS	20	*13 [11–14] p = 0,005	1 (5%)		5% (5) at 90 days	NS	0,88 (±0,5) p = 0,001	NS		*1,5 [1–2,7] p = 0,004	*4 [3–5,7]	NS
Semerjian et al.	Conventional	54	*8,5	NSig. NS	NS	p = 0,3 14,8% at 30 days	NS 44%	NS NS	NS NS	NS NS	NS NS	p = 0,02 NS	NS NS
	ERAS	56	*5	NS	90 days	19% at 30 days	33%	NS	NS	30 days	NS	NS	NS
Smith et al.	Conventional	69	p < 0,001 *14 [12–17]	NS 11,6% (8)		NSig. 7,2% (7,2) at 30 days. 11,6% (11,6) at 90 days.	NSig. NS	NS NS	NS 0		NS *5 [3–7]	NS NS	NS NS
	ERAS 2	27	*7 [4–14]	14,8% (4)		18,5% (18,5) at 30 days. 8,7% (8,7) at 90 days	NS	NS	3,7% (1)		*4 [3–5]	NS	NS
Tan et al.	Conventional	45	p < 0,001 *17 [13,5–21]	NSig. 30,2% (13)	90 days	NSig. 6,7% (6,7) at 30 days. 22,2% (22,2) at 90 days	NS NS	NS NS	NSig. 2,5%	90 days	p = 0,08 NS	NS NS	NS NS
	ERAS	50	*7 [6–10,3]	12% (6)	NS	14% (14) at 30 days. 14% (14) at 90 days	NS	NS	2,5%	NS	NS	NS	NS
	Conventional	72	p < 0,001 19,8 [15,8–23,7]	p = 0,040 NS		NSig. in both NS	NS	NS	NSig.		NS	NS	NS
Uña-Orejón et al.	Conventional	72	19,8 [15,8–23,7]	NS	NS	NS	*2,4 HC [1,9–3]	NS	NS	NS	NS	NS	NS

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Wei et al.	ERAS	52	12,8 [10,9–14,6]	NS		NS	*0,43HC [0,12–0,74]	NS	NS		NS	NS	NS
	Conventional	101	p < 0,001 11,2 (±2,7)	NS NS	NS	11% (11) at 30 days. 5% (5) at 90 days	p < 0,001 NS	NS 3,04 (±0,19)	NS 4% (4)	90 days	NS NS	NS 3,4 (±1,5)	NS NS
	ERAS	91	4,8 (±1,7)	NS		4,4% (4,4) at 30 days. 2,2% (2,2) at 90 days	NS	0,36 (±0,09)	3,3% (3)		NS	0,70 (±0,20)	NS
Zhang et al.			p < 0,001	NS		p < 0,045 at 30 days. p < 0,045 at 90 days	NS	p < 0,001	NSig.		NS	p < 0,001	NS
	Conventional	258	11,6	NS	NS	2.7% at 30 days. 8,1% at 90 days	27,9% (72)	NS	1,6%	90 days	NS	NS	NS
	ERAS	185	8,2	NS		3.1% at 30 days. 5,4% at 90 days	13% (24)	NS	1,6%		NS	NS	NS
			p < 0,001	NS		NS at 30 days. p < 0,001 at 90 days	p < 0,001	NS	NSig.		NS	NS	NS

HC: hemoconcentration; NS: not specified; NSig.: not significant.
 Median (*n). Interquartile range [range]. Mean (n). Standard deviation (±).
 The statistically significant differences are highlighted in bold.