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**S1 Figure 1: ERAS key components and actors** – adapted from Bissaillon & Hong, 2014 [25]

<b>ACTIVE PATIENT INVOLVEMENT</b>		
<b>Pre-operative</b>	<b>Intra-operative</b>	<b>Post-operative</b>
Pre-admission counselling and information	Temperature control	Early oral nutrition Early mobilization Early catheter removal
Early discharge planning	Minimally invasive surgery if possible	
Reduced fasting duration		
Carbohydrate loading	Avoidance of prophylactic nasogastric tubes and drains	Defined discharge criteria
No/selective bowel preparation	Use of goal directed perioperative fluid therapy	
Venous thromboembolism prophylaxis	Use of multi-modal anti-emetic prophylaxis	
Antibiotic prophylaxis	Use of multi-modal pain management	
Pre-warming		
<b>Audit of compliance and outcomes</b>		
Nursing staff	Surgeons	Nursing staff
Surgeons ↔	Anaesthetists ↔	Allied Health Professionals
Allied Health Professionals	Nursing staff	Housekeeper
← Clinical Managers and Trust Managers →		
<b>WHOLE TEAM INVOLVEMENT</b>		