

# Enhanced recovery after gynecologic surgery

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**Enhanced recovery after gynecologic surgery: a focus on implementation challenges**

1. Although enhanced recovery after surgery protocols are associated with better patient outcomes, a large diversity in the number and type of perioperative elements reported by studies in gynecologic surgery exists. (this thesis)
2. In the five years following implementation of enhanced recovery after surgery in colorectal surgery, nationwide spread of elements toward gynecologic surgery was limited. (this thesis)
3. The design of a tailored stepped approach, with increasing levels of support and the possibility to tailor activities to the individual needs of a specific organization, seems to be promising to implement evidence based interventions, but adaptations in methodology have to be made before this model will be appropriate for large scale implementation in clinical practice. (this thesis)
4. Insight into the influence of large scale implementation projects on clinical practice in the non-participating organizations is valuable to existing implementation effectiveness research to increase knowledge about the implementation process. (this thesis)
5. Besides fundamental research generating improved medical knowledge, health care research generating insight into clinical practice variation is necessary to compare and spread best practices in health care. (this thesis, valorization)
6. Working hard for something we don't care about is called stress; working hard for something we love is called passion (S. Sinek). Sometimes stress comes hand-in-hand with following your passion.
7. We must act, knowing that our work will be imperfect. (B. Obama)
8. Een geboorte is de gevaarlijkste reis per afgelegde kilometer in het leven. (R. Stigter)
9. Continuous improvement is better than delayed perfection. (M. Twain)