

Special Issue

Optimizing the Surgical Journey: From Abdominal Operation to Recovery

Message from the Guest Editors

This Special Issue aims to aggregate cutting-edge research to fundamentally improve patient outcomes following abdominal surgery. Current practice is largely defined by the success of Enhanced Recovery After Surgery (ERAS) protocols, which reduce complication rates, shorten hospital stays, and accelerate the return of function. However, core problems persist, including low adherence/implementation to multidisciplinary ERAS protocols in routine practice, particularly in emergency settings, the need for personalized strategies for high-risk patients, and a greater focus on long-term patient-reported outcomes (QoL) beyond hospital discharge. The scope encompasses the entire perioperative period, inviting submissions on the following topics:

- **Prehabilitation:** Multimodal interventions (nutritional, exercise, psychological) to boost patient reserve.
- **Intraoperative Optimization:** Advances in minimally invasive/robotic techniques, anesthesia, and goal-directed fluid/metabolic management.
- **Postoperative Care:** Innovation in pain control, early mobilization, non-pharmacological recovery strategies, and comanagement for elective/emergency procedures and post-discharge complications.

Guest Editors

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There has been an explosion of gene and target based research and therapeutics in the multitude of fields that compose clinical medicine. The *Journal of Clinical Medicine's* (JCM) staff and editorial board are dedicated to providing cutting edge, timely, and peer-reviewed articles covering the diverse subspecialties of clinical medicine. The journal publishes concise, innovative, and exciting research articles as well as clinically significant articles and reviews that are pertinent to the myriad of disciplines within medicine. The articles published are relevant to both primary care physicians and specialists. The journal's full-texts are archived in PubMed Central and indexed in PubMed. Please consider submitting your manuscripts for publication to our journal and check us out on-line!

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