



Oxford University Hospitals
NHS Foundation Trust

ENHANCED RECOVERY AFTER SURGERY (ERAS)

Bowel Surgery

A large, light grey graphic consisting of two concentric circles, with the text 'Patient Diary' centered inside the inner circle.

**Patient
Diary**

What is Enhanced Recovery?

Enhanced Recovery is a way of improving the experience and wellbeing of people who need major surgery. It can help you to recover sooner, so that life can return to normal as quickly as possible. The programme focuses on making sure you are actively involved in your recovery.

There are four main stages:

- planning and preparation before admission (including improving your nutrition and physical fitness before surgery)
- reducing the physical stress of the operation
- a structured approach to pre-operative (before surgery), intra-operative (during surgery) and post-operative (after surgery) management, including pain relief and early nutrition
- early mobilisation (getting you moving as soon as possible).

The purpose of this diary is for you to record your thoughts and feelings and to note down your progress during your time in hospital after your operation. We encourage relatives and friends to be involved in your recovery; they can help you recover by taking you for walks, provided the nurses agree it is safe to do so.

The diary is designed for you to complete, but your relatives, friends and members of the team looking after you (doctors, nurses and nursing assistants) can help you to fill it in if you find this difficult.

This diary sets out an example of what to expect in the first few days after your surgery. The programme may not be suitable for everyone. If this is the case for you, the team looking after you can make changes; making sure that the care you receive is not only of the highest quality, but is also designed around your specific needs.

This document is not legally binding and if your recovery is different to the programme set out, this is nothing to be worried about. We realise that every person is different and everyone will achieve the goals at their own pace.

Whilst we hope that you will complete this diary, it will not affect your care if you choose not to.

Plan:

Recover from the anaesthetic. Have something to drink. Pain is controlled.

Mobility: *(tick if achieved)*

I was able to sit up in bed

I was able to get out of bed

Nutrition: *(tick if achieved)*

I was able to have something to drink

Water Squash Tea/Coffee

How I feel today:

Plan:

Sit out of bed. Go for a walk with assistance. Have something to eat and drink.

Mobility: *(tick if achieved)*

I was able to sit out of bed for 1-2 hours (am and pm)

I was able to go for **2** walks

Distance walked (aim for 2 x length of ward)

Nutrition: *(tick if achieved)*

I was able to have something to drink

Water Squash Tea/Coffee

I was able to have soup and puddings to eat

(e.g. yoghurt, mousse, custard, jelly, creme caramel, ice-cream, stewed fruit, rice pudding)

I was able to have my nutritional supplement drinks am pm

How I feel today:

Plan:

Sit out of bed for meals. Go for two walks (ask for help if you need it).
Have something to eat and drink.

Mobility: *(tick if achieved)*

I was able to sit out of bed for 2-3 hours (am and pm)

I was able to go for **2** walks

Distance walked (aim for 4 x length of ward)

Nutrition: *(tick if achieved)*

I was able to have something to drink

Water Squash Tea/Coffee

I was able to have something light to eat
(e.g. cornflakes, Rice Krispies, white bread or toast, egg, chicken, mashed potato, fish, rice, cheese, pasta)

I was able to have my nutritional supplement drinks am pm

How I feel today:

Plan:

Sit out of bed for all meals. Go for three walks (ask for help if you need it). Get dressed. Have something to eat and drink.

Mobility: *(tick if achieved)*

I was able to sit out of bed for 2-3 hours (am and pm)

I was able to go for **3** walks

Distance walked (aim for 6 x length of ward)

I was able to walk to the toilet on my own

I managed to have a wash in the bathroom

Nutrition: *(tick if achieved)*

I was able to have something to drink

Water Squash Tea/Coffee

I was able to have something light to eat

(e.g. cornflakes, Rice Krispies, white bread or toast, egg, chicken, mashed potato, fish, rice, cheese, pasta)

I was able to have my nutritional supplement drinks am pm

How I feel today:

Recovery goals and targets

The first few days of your recovery involve the removal of the various drips and tubes that were put in during surgery. You will now start to feel more free and able to walk around, without the fear of pulling something out. It is from this time onwards that your recovery should really make a turning point and the team looking after you will work with you and your family/friends to prepare you for leaving hospital.

Below is a list of goals and targets we would like you to achieve to help your recovery and to get ready for leaving hospital.

We realise that every person is different and everyone will achieve the goals at their own pace. This table is for you to make a note of the day you reached the goal for your own reference and to let you see your progress.

Goal/Target	Post-operative day achieved
Sit out of bed for all meals	
Walk the length of the ward and back	
Get dressed in your own clothes (unaided)	
Care for your stoma under supervision from the ward staff (if applicable)	
Care for your stoma independently without supervision (if applicable)	
Be assessed as competent to safely administer your dalteparin injections, if applicable <i>(or have an alternative option in place if unable to self-administer)</i>	

Leaving hospital

The Enhanced Recovery programme is based on criteria-led discharge. When you have achieved all the criteria it is time for you to leave hospital.

The criteria are listed below (*please tick when achieved – this is for your reference only*).

Discharge criteria	Tick when achieved
Assessed as medically fit for discharge	
Effective pain control with oral analgesics (painkillers)	
Eating and drinking with no nausea or vomiting	
Independently mobile (able to get yourself out of bed and on/off toilet)	
Independent with stoma care (if applicable)	
Competent with dalteparin self-administration (if applicable), or have an alternative option in place	

NOTES

Enhanced Recovery Team

My Consultant is

My Specialist Nurse is

My Stoma Nurse is

My Dietitian is

My ERAS Physiotherapy assistant is

My ERAS Nurse is

If you need an interpreter or would like this information leaflet in another format, such as Easy Read, large print, Braille, audio, electronically or another language, please speak to the department where you are being seen. You will find their contact details on your appointment letter.

Making a difference across our hospitals

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OXFORD HOSPITALS CHARITY (REGISTERED CHARITY NUMBER 1175809)



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www.ouh.nhs.uk/information



ERAS Patient experience questions

To understand how well we are doing and what we need to improve, we would be grateful if you could answer the following questions.

The information collected from this survey will be used for the purpose of improving the way we deliver our services. Any information which could identify you will be anonymised before the data is used.

Thank you

Do you feel the Enhanced Recovery After Surgery programme improved your recovery? (please **tick** one answer)

Yes

No

If no, what were the reasons?

Did you feel being on the Enhanced Recovery After Surgery programme allowed you to be involved in your recovery?

(please **tick** one answer)

Yes

No

I did not need to be involved

Don't Know

Were there any parts of the Enhanced Recovery After Surgery programme that you felt were not relevant for you?

(please **tick** one answer)

No

Yes

If yes, what parts did you feel were not relevant?

If you were seen by the ERAS physiotherapy team, do you feel you were seen regularly enough? (please **tick** one answer)

Yes – I was seen enough

Yes – but I would have liked to be seen more

Yes – but I would have liked to be seen less

No – I was not seen

How well do you think your pain was managed after your surgery?

Poorly managed

Adequately managed

Very well managed

1

2

3

4

5

6

7

8

9

10

ERAS Patient experience questions

Did you find the Enhanced Recovery After Surgery patient information leaflet useful?

Yes No

Did this make you feel – (please **circle** the most appropriate words)

well informed prepared in control confident happy
supported unclear unprepared out of control anxious
stressed unsupported frustrated

Did you find the Enhanced Recovery After Surgery Patient Diary useful?

Yes No

Did this make you feel – (please **circle** the most appropriate words)

well informed prepared in control confident happy
supported unclear unprepared out of control anxious
stressed unsupported frustrated

Did your overall care experience make you feel – (please **circle** the most appropriate words)

well informed prepared in control confident happy
supported unclear unprepared out of control anxious
stressed unsupported frustrated

If you could change one part of the Enhanced Recovery programme, what would it be?

Do you have any other comments?

After completion, tear this page out of the booklet and leave on the hospital ward before you are discharged home.

Thank you