Enhanced Recovery is a new way of improving the experience and well-being 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 that you are actively involved in your recovery.

There are four main stages:

• Planning and preparation before admission (including early nutrition).

• Reducing the physical stress of the operation.

• A structured approach to peri-operative (during surgery) and post-operative (after surgery) management, including pain relief.

• 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; however, relatives, friends and members of the team looking after you (doctors, nurses and health care 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.
Day of Surgery

These are the aims for today:
Recover from the anaesthetic, have something to drink, pain is controlled.

Pain:
Has your pain been assessed today? (please circle)
Yes  No

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

How do you feel today?
These are the aims for today:
Sit out of bed, go for a walk with assistance, have something to drink – aim for about 1 litre (*a hospital jug full*) in total.

**Pain:**
Has your pain been assessed today? (please circle)
- Yes
- No

**Mobility: (tick if achieved)**
I was able to sit out of bed for 1-2 hours (am)

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

I was able to go for a walk
Distance walked ........................................ (aim for 1 x length of ward)

**Nutrition: (tick if achieved)**
Aim to drink about 1 litre in total (*a hospital jug full*) but no more

I was able to have something to drink

Water  Squash  Tea/Coffee

I was able to drink my Ensure drinks am  pm

**How do you feel today?**
Post-operative Day Two

These are the aims for today:
Sit out of bed for meals, go for a walk (ask for help if you need it), have something to eat.

Pain:
Has your pain been assessed today? (please circle)
Yes No

Mobility: (tick if achieved)
I was able to sit out of bed for 1-2 hours
(Aim to sit in the chair on three separate occasions)
I was able to go for two walks
Distance walked …………………………… (aim for 2 x length of ward)

Nutrition: (tick if achieved)
Aim to drink about 1 litre in total (a hospital jug full) but no more
I was able to have something to drink
Water □ Squash □ Tea/Coffee □
I was able to have something to eat
(Try foods such as: Cornflakes, Rice Krispies, white bread or toast, soup, mashed potato, fish, rice, pasta, yoghurt, ice-cream, mousse, custard, rice pudding, jelly)
I was able to drink my Ensure drinks am □ pm □

How do you feel today?
Post-operative Day Three

These are the aims for today:
Sit out of bed for meals, go for a walk (ask for help if you need it), get dressed, have something to eat and drink.

Pain:
Has your pain been assessed today? (please circle)
   Yes  No

Mobility: (tick if achieved)
I was able to sit out of bed for all meals
I was able to go for four walks
Distance walked ……………………………… (aim for 4 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 eat most of my meals
I was able to drink my Ensure drinks am  pm

How do you feel today?
Recovery goals and targets

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 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.

<table>
<thead>
<tr>
<th>Goal/Target</th>
<th>Post-operative day achieved</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sit out of bed for all meals</td>
<td></td>
</tr>
<tr>
<td>Walk the length of the ward and back</td>
<td></td>
</tr>
<tr>
<td>Get dressed into your own clothes (unaided)</td>
<td></td>
</tr>
<tr>
<td>Care for your stoma under supervision from the ward staff (if applicable)</td>
<td></td>
</tr>
<tr>
<td>Care for your stoma independently without supervision (if applicable)</td>
<td></td>
</tr>
<tr>
<td>Be assessed as competent to safely administer your Dalteparin™ injections, if applicable (or have an alternative option in place if unable to self-administer)</td>
<td></td>
</tr>
</tbody>
</table>
The Enhanced Recovery Programme is based on criteria-led discharge and 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)*

<table>
<thead>
<tr>
<th>Discharge criteria</th>
<th>Tick when achieved</th>
</tr>
</thead>
<tbody>
<tr>
<td>Assessed as medically fit for discharge</td>
<td></td>
</tr>
<tr>
<td>Effective pain control with oral analgesics (painkillers)</td>
<td></td>
</tr>
<tr>
<td>Eating and drinking with no nausea or vomiting</td>
<td></td>
</tr>
<tr>
<td>Independently mobile; able to get yourself out of bed and on/off toilet</td>
<td></td>
</tr>
<tr>
<td>Independent with stoma care (if applicable)</td>
<td></td>
</tr>
<tr>
<td>Competent with Dalteparin™ self-administration (if applicable), or have an alternative option in place</td>
<td></td>
</tr>
</tbody>
</table>
Enhanced Recovery Team

My Consultant is ............................................................................................................................

My Specialist Nurse is ................................................................................................................

My Stoma Nurse is ........................................................................................................................

Additional Notes
If you have a specific requirement, need an interpreter, a document in Easy Read, another language, large print, Braille or audio version, please call 01865 221 473 or email PALSJR@ouh.nhs.uk
Your experience (1)

We would like to understand how you felt about your recent stay in hospital and would be grateful if you would answer the following questions. Your answers will be treated confidentially. We value your input in helping us look at ways of improving our service. **Thank you**

**Were you involved as much as you wanted to be in decisions about your care and treatment?** *(please tick one answer)*

- [ ] Yes, definitely
- [ ] Yes, to some extent
- [ ] No

**How much information about your condition or treatment was given to you?** *(please tick one answer)*

- [ ] Not enough
- [ ] The right amount
- [ ] Too much

**Did you feel you were involved in decisions about your discharge from hospital?** *(please tick one answer)*

- [ ] Yes, definitely
- [ ] Yes, to some extent
- [ ] No
- [ ] I did not need to be involved

**Did hospital staff tell you who to contact if you were worried about your condition or treatment after you left hospital?** *(please tick one answer)*

- [ ] Yes
- [ ] No
- [ ] Don’t Know/Can’t remember

**What did we do well?** *(please comment)*

**What could we improve?** *(please comment)*
Your experience (2)

Did you find the Enhanced Recovery After Surgery patient information leaflet useful?  
Yes ☐  No ☐

Did this make you feel – please circle the most appropriate word(s)  
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 word(s)  
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 word(s)  
Well informed  prepared  in control  confident  happy  supported  
Unclear  unprepared  out of control  anxious  stressed  
unsupported  frustrated

Do you have any other comments?

After completion, tear this page out of the booklet and put in the ERAS “post boxes” on the hospital ward before you are discharged home.  
Thank you