Enhanced Recovery After Surgery (ERAS)

Hepato-biliary Surgery
Laparoscopic Liver Resection

Patient Diary
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.
These are the aims for today:
Recover from the anaesthetic, have something to drink, pain and nausea 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 sit out of bed for 30-60 minutes

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 eat and drink. You may have your PCA (patient controlled analgesia) removed if you are able to take tablet painkillers.

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)
I was able to have something to eat and drink 

How do you feel today?
These are the aims for today:
Sit out of bed for meals, go for a walk (ask for help if you need it). You may have your PCA (patient controlled analgesia) removed if you are able to take tablet painkillers.

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

Mobility: (tick if achieved)
I was able to sit out of bed for 2-3 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)
I was able to have something to eat and drink

How do you feel today?
These are the aims for today:
Sit out of bed for all meals, get up and move around on your own, get dressed, have something to eat and drink. You may be ready to go home today.

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 eat and drink

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>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>
Leaving hospital

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 (tablet or liquid 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>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 ..................................................................................................................

**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

Elaine Tustian, Enhanced Recovery Programme Facilitator
February 2015
Review: February 2018
Oxford University Hospitals NHS Trust
Oxford OX3 9DU
www.ouh.nhs.uk/information
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)
<table>
<thead>
<tr>
<th>Question</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>Did you find the Enhanced Recovery After Surgery patient information leaflet useful?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Did this make you feel – please circle the most appropriate word(s)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Well informed  prepared  in control  confident  happy  supported</td>
<td></td>
<td></td>
</tr>
<tr>
<td>unclear  unprepared  out of control  anxious  stressed</td>
<td></td>
<td></td>
</tr>
<tr>
<td>unsupported  frustrated</td>
<td></td>
<td></td>
</tr>
<tr>
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<td></td>
</tr>
<tr>
<td>unsupported  frustrated</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Did your overall care experience make you feel – please circle the most appropriate word(s)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Well informed  prepared  in control  confident  happy  supported</td>
<td></td>
<td></td>
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<td></td>
</tr>
<tr>
<td>Do you have any other comments?</td>
<td></td>
<td></td>
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</tbody>
</table>

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