Enhanced Recovery After Surgery (ERAS)
Gastrectomy

Patient Diary
Introduction

Enhanced recovery is a new way of improving the experience and well-being of people who need major surgery. It helps them to recover sooner so that life can return to normal as quickly as possible. The programme focuses on making sure that patients are actively involved in their 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 people moving as soon as possible)

The purpose of this diary is for you to record your thoughts and feelings during your time in hospital after your operation and to note down your progress.

The diary is designed for the patient to complete; however, relatives, friends and members of the team looking after you (doctors, nurses, physiotherapists and dietitians) can help you to fill it in if you are unable.

Whilst we hope that you will complete this, it is not compulsory.

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, 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 patient is different and everyone will achieve the goals at their own pace.
Day of surgery to post-operative day two

Plan:
You will go to the recovery room after your operation and be transferred to the ward when your condition is stable. You will also be allowed to drink a little water. During the day you will be helped to sit in a chair and to go for a short walk.

Pain:
Has your pain been assessed? *(please circle)*

Yes  No

Mobility:
I was able to sit in a chair (day 1)
I was able to sit in a chair (day 2)

Nutrition:
I was able to drink some water

How are you feeling?
Post-operative day three

Plan:
Sit out of bed, go for a walk with assistance

Pain:
Has your pain been assessed today? (please circle)

Yes  No

Mobility: (tick if achieved)
I was able to sit out of bed for three hours

I was able to go for four walks today
Distance walked ………………. (aim for three to four walks of 150 metres each)

Nutrition: (tick if achieved)
I was able to drink some tea/coffee

How do you feel today?
Post-operative day four

**Plan:**
Epidural and catheter will be taken out, sit out of bed, go for a walk with assistance

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

**Mobility: (tick if achieved)**
I was able to sit out of bed for three hours
- am
- pm
I was able to go for four walks
Distance walked ................. (aim for three to four walks of 150 metres each)

**Nutrition: (tick if achieved)**
I was able to have some food today

**How do you feel today?**
Post-operative day five

**Plan:**
Go for a walk with assistance, sit out of bed

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

**Mobility:** *(tick if achieved)*
I was able to sit out of bed for three hours  

I was able to go for four walks  
Distance walked .................... (aim for three to four walks of 150 metres each)

I was able to get dressed into my own clothes today

**Nutrition:**
I was able to have some food today

**How do you feel today?**
The first few days of your recovery involve the removal of the various drips and drains 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 really makes 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/targets that we would like you to achieve to help your recovery and to get ready for leaving hospital.

We realise that every patient is different and everyone will achieve the goals at their own pace, so please 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 more than six hours a day, returning to bed for a one to two hour rest in the afternoon</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 the Dalteparin injections (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 (pain-killers)</td>
<td></td>
</tr>
<tr>
<td>Eating soft/moist diet and drinking fluids</td>
<td></td>
</tr>
<tr>
<td>Bowels opened</td>
<td></td>
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<tr>
<td>Independently mobile; able to get self out of bed and on/off toilet</td>
<td></td>
</tr>
</tbody>
</table>
Enhanced recovery team

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

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

My Physiotherapist is ...................................................................................................................

My Dietitian is ................................................................................................................................

**Additional notes**
If you need an interpreter or need a document in another language, large print, Braille or audio version, please call 01865 221473 or email PALSJR@ouh.nhs.uk

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Version 1, February 2013
Review Date February 2016
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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  ☐ Too much
☐ The right amount

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

☐ Yes, definitely  ☐ No
☐ Yes, to some extent  ☐ 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  ☐ Don’t Know/Can’t remember
☐ No

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 you find the Enhanced Recovery After Surgery Overview 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 discharge.*

*Thank you*