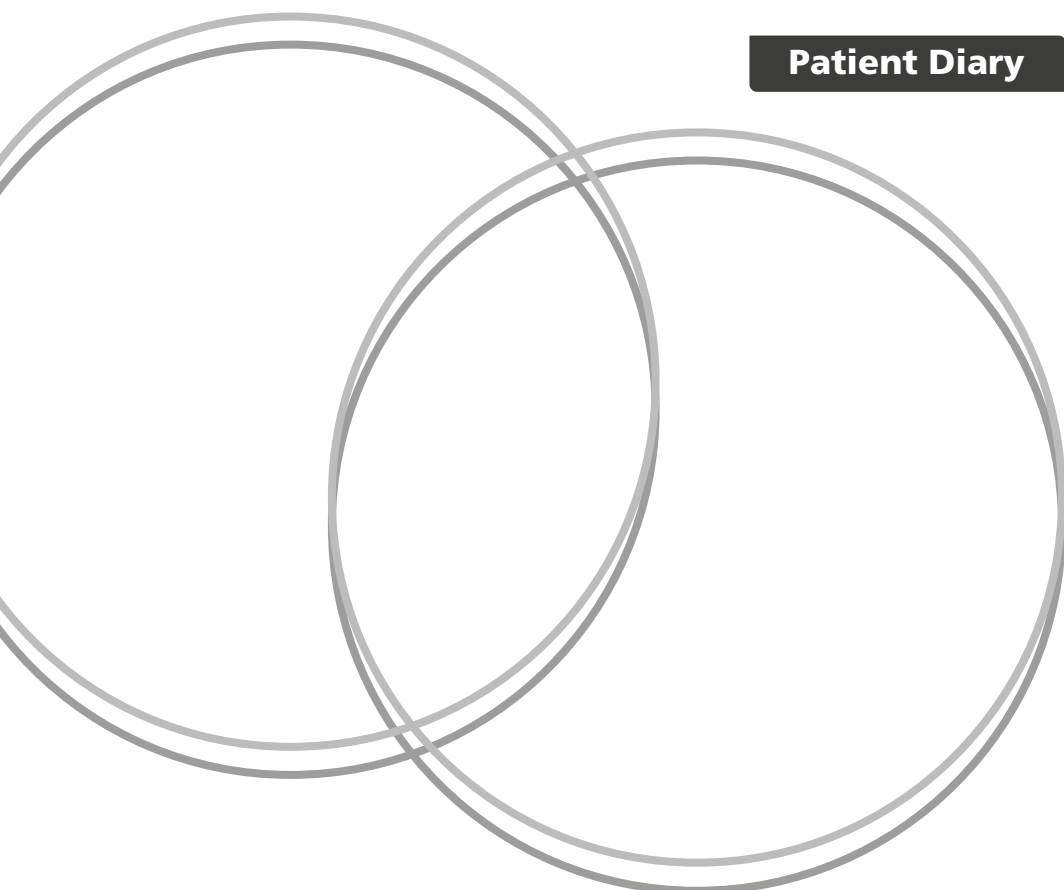




Oxford University Hospitals
NHS Foundation Trust

Gynaecology Open Debulking For Ovarian Cancer

Patient Diary



**Enhanced Recovery After
Surgery (ERAS)**

What is Enhanced Recovery?

Enhanced recovery is a way of improving the experience and wellbeing of people who need major surgery. The programme focuses on making sure that you are actively involved in your recovery, recover quicker with the aims of getting you home sooner.

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 surgery
- 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 with your recovery 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 dietitians) 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 a guide and if your recovery is different to the pathway 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 the Surgery (Day 0)

Recovery aims for the day:

- Recover from the anaesthesia
- Pain is controlled
- Have something light to eat and drink
- Sat up in bed or out in the chair if possible

Mobility: (tick if achieved)

I was able to sit up in bed

I was able to sit out in the chair

Eating & drinking: (tick if achieved)

I was able to have something to drink

Water Squash Tea/ Coffee

Stoma Care (if applicable)

I was able to look at my stoma.....

How do I feel today?

.....

.....

.....

Post-Operative day one

Date/day

Recovery aims for the day:

- Sit out of bed
- Walk with assistance
- Able to eat and drink normally

Mobility: (tick if achieved)

I was able to sit out in the chair for 1-2 hours: am pm

I was able to go for 2 walks

Distance walked.....(aim for 1-2 lengths of the ward or 60 meters)

Eating & drinking: (tick if achieved)

I was able to have something to drink

Water Squash Tea/ Coffee

I was able to have something to eat.

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

I was able to have my nutritional supplement drinks am pm

Stoma Care (if applicable)

I was able to observe my stoma bag being emptied.....

How do I feel today?

.....

.....

.....

.....

.....

Post-Operative day two

Date/day

Recovery aims for the day:

- Sit out of bed for all meals
- Walk with or without assistance
- Able to eat and drink as able
- Able to Shower (*with or without assistance*)

Mobility: (tick if achieved)

I was able to sit out in the chair for 2-3 hours: am pm

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

Distance walked.....(aim for 2-3 lengths of the ward or 100 meters)

Eating & drinking: (tick if achieved)

I was able to have something 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

Stoma Care (if applicable)

I was able to participate in my stoma care.....

I was able to empty my stoma bag.....

How do I feel today?

.....

.....

.....

.....

.....

.....

.....

Post-Operative day three

Date/day

Recovery aims for the day:

- Sit out of bed for all meals
- Able to eat and drink normally
- Walk with or without assistance

Mobility: (tick if achieved)

I was able to sit out in the chair for 2-3 hours: am pm

I am independently mobile & sitting out for most of the day

Distance walked.....(aim for x6 length of ward)

Eating & drinking: (tick if achieved)

I was able to have something to eat.

I was able to have something to drink

Water Squash Tea/ Coffee

I was able to have my nutritional supplement drinks am pm

Stoma Care (if applicable)

I was able to participate in my stoma care.....

I was able to remember equipment needed to change my stoma

.....

How do I feel today?

.....

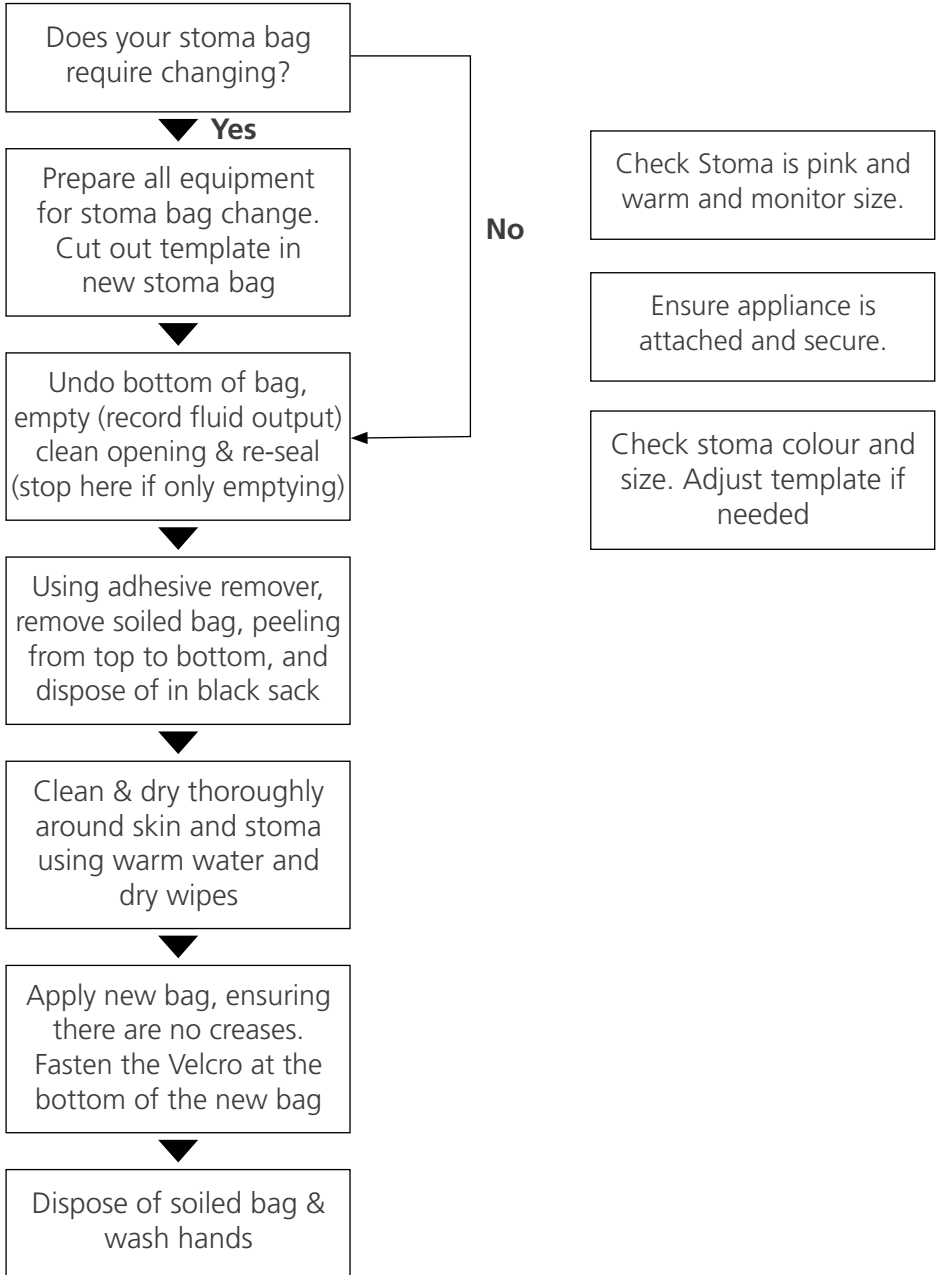
.....

.....

.....

Stoma education guide

The aim is to change your stoma bag daily with your stoma nurse until you are confident to do this on your own



Recovery goals and targets

As you continue to recover, we will remove most of the tubes and drips put in during surgery. You will now start to feel more free and able to walk around without the fear of pulling something out.

Below is a list of goals and targets that 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. Please make a note of the day you reached your goal for your own reference as this allows you see your recovery progress.

Goal/Target	Post-operative day achieved
Sit in the chair for all meals and for majority of the day, returning to bed for a one to two hours rest in the afternoon.	
Walk independently along the ward/back to usual level of mobility independence	
Get dressed in your own clothes	
Able to eat and drink (without any nausea or vomiting)	
Passing wind or bowels opened	
Care for your stoma under supervision from the ward staff and stoma nurse (if applicable)	
Care for your stoma independently without any supervision from the ward staff and stoma nurse (if applicable)	
Be assessed as competent to safely administer your dalteparin injections (or have an alternative option in place if unable to self-administer)	

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).

Discharge criteria	Tick when achieved
Assessed as medically fit for discharge	
Effective pain control with oral pain management medications (tablets or liquids)	
Eat and drink with no nausea or vomiting	
Passing wind or bowels opened	
Care for your stoma independently (if applicable)	
Independently mobile (or back to your usual level of independence); able to get self out of bed and on/off toilet	
Competent with dalteparin self-administration (if applicable), or have an alternative option in place	
Received Fit note (sick note) if required	

Enhanced Recovery Team

My Consultant is

My Specialist Nurse is

My Dietitian is

My Physiotherapist/ therapy assistant is
.....

My Enhanced Recovery facilitator is
.....

ERAS Patient experience questions

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

Do 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 do not need to be involved

I 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)*

Yes

No

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 less

Yes – but I would have liked to be seen more

No – I was not seen

How well do you think your pain was managed after your surgery? *(please circle a number)*

<i>Poorly managed</i>			<i>Adequately managed</i>				<i>Very well managed</i>		
1	2	3	4	5	6	7	8	9	10

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

(please tick one answer)

Yes No

Did this make you feel?

(please circle the most appropriate word)

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? *(please tick one answer)*

Yes No

Did this make you feel?

(please circle the most appropriate word)

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)

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 After Surgery programme, what would it be?

Do you have any other comments?

After completion please tear this questionnaire out of the booklet and leave on the hospital ward before you are discharged home. Thank you.



Further information

If you would like an interpreter, please speak to the department where you are being seen.

Please also tell them if you would like this information in another format, such as:

- Easy Read
- large print
- braille
- audio
- electronic
- another language.

We have tried to make the information in this leaflet meet your needs. If it does not meet your individual needs or situation, please speak to your healthcare team. They are happy to help.

Author: Betty Kagame and Pavana Pillai
November 2023
Review: November 2026
Oxford University Hospitals NHS Foundation Trust
www.ouh.nhs.uk/information



Making a difference across our hospitals

charity@ouh.nhs.uk | 01865 743 444 | hospitalcharity.co.uk

OXFORD HOSPITALS CHARITY (REGISTERED CHARITY NUMBER 1175809)

