

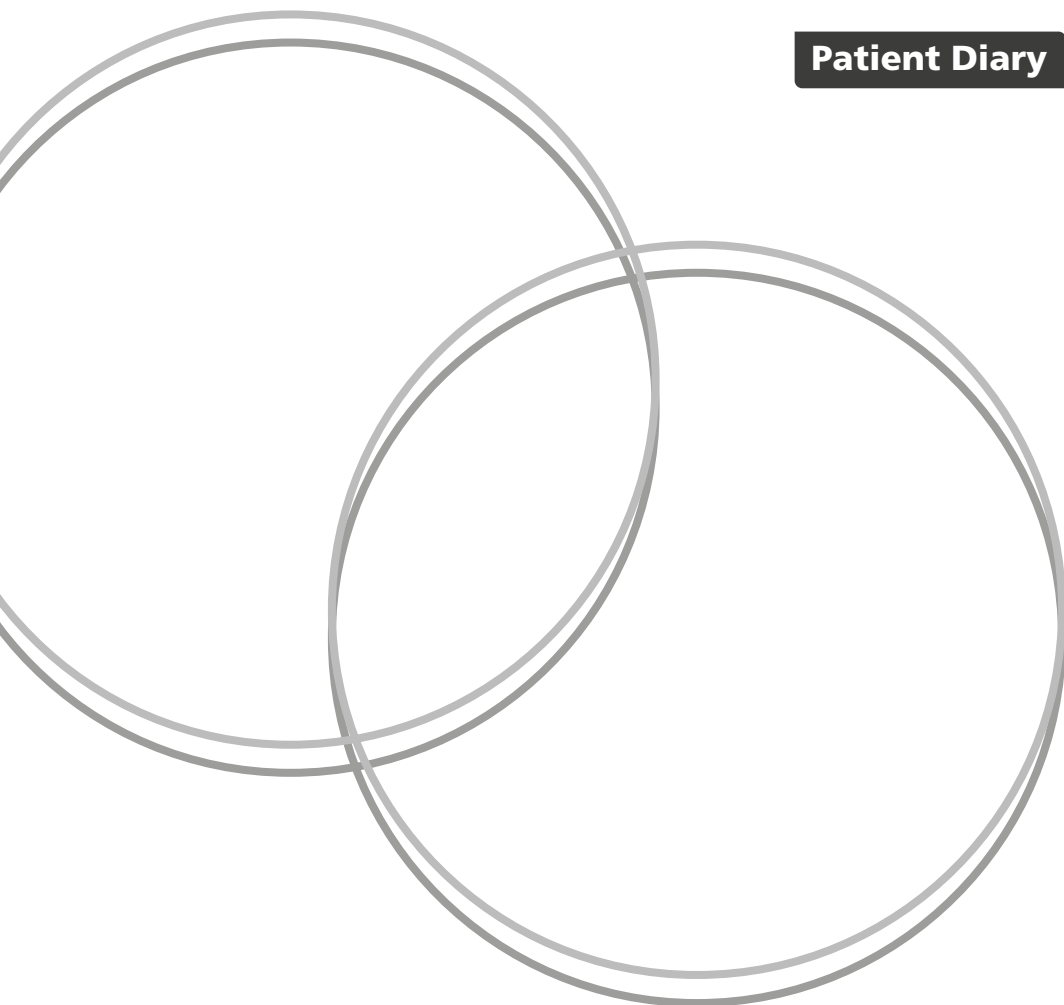


Oxford University Hospitals
NHS Foundation Trust

Enhanced Recovery After Surgery (ERAS)

Pancreatoduodenectomy (Whipple's)

Patient Diary



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 empowering you to be actively involved in your recovery, recover quicker, and aims to get you home sooner.

The purpose of this diary is to guide you through your recovery from the day of your surgery until your discharge and help you understand what to expect and note down your recovery to track your progress. You can also use it to note your thoughts and feelings.

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.

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 their 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. If you have any specific questions about how to use this diary or need help with any part of it, feel free to ask any of the member of the team looking after you.

Day of Surgery

Date/Day

You will be transferred to the Churchill Overnight Recovery Unit (CORU) or CICU (Churchill Intensive Care Unit) after your surgery. In this area you will recover from the anaesthetic and you will be closely monitored. The staff will check your observations and comfort level and take some blood tests. You will be allowed to take some sips of water.

Post-Operative Day One

Date/Day

Plan: You will start to drink some clear fluids and have a supplement drink (if advised). You will be supported to sit in a chair and go for two walks. You will be transferred to the ward.

How I feel today (circle as appropriate):



Goals	Yes	No
I was able to take deep breath as advised		
I was able to sit out in a chair for 1-2 hours (AM and PM).		
I was able to go for two walks. Aim for 1 length of ward (60m)		
Pain is well controlled, if not, inform your nurse		
I was able to sip clear fluids (water, squash, tea or coffee without milk)		
I have had two supplement drinks today (AM and PM)		

My recovery notes:

Post-Operative Day Two

Date/Day

Plan: Today, you will sit out in the chair with assistance, go for two walks, have something to drink and eat **if advised**. Start your pancreatic enzyme (Creon) capsules with your food. Do take small meal portions to help reduce feeling bloated and sick.

How I feel today (circle as appropriate):



Goals	Yes	No
I was able to do deep breathing exercises as comfortable		
I was able to sit out in a chair for 1-2 hours (am and pm)		
I was able to go for two walks. Aim for 2x lengths of ward (60 -100m per walk)		
My pain is well controlled. if not, inform your nurse		
I was able to drink as I could (water, squash, tea/coffee)		
I have had two supplement drinks today (am and pm)		
I have brushed my teeth twice		
I was able to have soups and pudding (mousse, yoghurt, custard). Take it slowly and in smaller amounts.		
I have filled in my food chart (on page 9)		
I have had my Creon today (with my food)		

My recovery notes:

Post-Operative Day Three

Date/Day

Plan: Today, you will sit out in the chair with assistance, go for two walks, be able to drink and continue to eat some soup and puddings if advised (with your Creon capsules). Take small meals to reduce feeling bloated and sickness. Your doctor will also decide if you can start minced and moist diet today. You will also have some of your attachments removed today.

How I feel today (circle as appropriate):



Goals	Yes	No
I was able to do deep breathing exercises as comfortable		
I was able to sit out in a chair for 1-2 hours (am and pm)		
I was able to go for two walks. Aim for 4x lengths of ward (100-150m per walk)		
My pain is well controlled (<i>If not, inform your nurse</i>)		
I was able to drink as I could (water, squash, tea/coffee)		
I was able to have a minced and moist diet (e.g. shepherd's pie, fish pie, cheese and potato pie) Take it slowly and in smaller amounts.		
I have had my Creon today		
I have had two supplement drinks today (am and pm)		
I have brushed my teeth twice		
I have filled in my food chart (on page 9)		
Have you passed wind or opened your bowel today?		

My recovery notes:

Post-Operative Day Four

Date/Day

Plan: Today, you will sit out in the chair with assistance, go for three walks. Have something to drink and eat if suitable (Minced and moist/ soup and puddings) with your Creon. most of your attachments will also be removed today. You will also be taught how to check your blood sugar and administer your blood thinning injections (if applicable).

How I feel today (circle as appropriate):



Goals	Yes	No
I was able to sit out in a chair for 2-3 hours (am and pm)		
I was able to go for three walks. Aim for 6x length of ward (100 - 150 m) per walk		
My pain is well controlled. if not, inform your nurse		
I had something to drink (water, squash, tea/coffee)		
I was able to have Minced and moist diet (shepherd's pie, fish pie, cheese and potato pie) Take it slowly and in smaller amounts.		
I have had a supplement drink (am and pm)		
I have brushed my teeth twice		
I have filled in my food chart (on page 9)		
Have you passed wind or opened your bowel today?		
I have had my Creon today		
I have had teaching on how to check my blood sugar level		
I have been taught how to inject my blood thinning injection		

My recovery notes:

--

Post-Operative Day Five

Date/Day

Plan: Today, you should be able to mobilise independently and more of your attachments will be removed. You should be able to drink and eat your normal diet (continue eating small portions). You will also be able to check your blood sugar and administer your blood thinning injection with supervision.

How I feel today (circle as appropriate):



Goals	Yes	No
I was able to sit out in a chair for most of the day		
I was able to go for walks independently		
My pain is well controlled. if not, inform your nurse		
I had something to drink (water, squash, tea/coffee)		
I was able to have any food of my choice and have two supplement drinks (AM and PM)		
I have brushed my teeth twice		
I have filled in my food chart (on page 9)		
Have you passed wind or opened your bowel today?		
I have had my Creon today		
I checked my blood sugar by myself		
I injected my blood thinning injection by myself		

My recovery notes:

Post-Operative Day Six and onward

As you continue to recover, we will remove the rest of your tubes. You will now start to feel freer and be able to walk around without 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 the hospital.

We understand that every person is different, and everyone will achieve their goals at their own pace, so please make a note of the day you reached the goal for your own reference and to allow you to see your progress.

Goal	Yes	No
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 and back; or back to your level of independence		
Able to shower unaided or with very minimal assistance		
Get dressed into your own clothes (unaided)		
Able to eat and drink (without any nausea or vomiting)		
Able to check blood sugar (finger prick method)		
Be assessed as competent to safely administer your blood thinning injections (or have an alternative option in place if unable to self-administer)		

My food chart

Post-operative	Breakfast	Lunch	Dinner
Day 4			
Day 5			
Day 6			
Day 7			
Day 8			
Day 9			

Notes:

Leaving the 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	
Bowel opened	
Mobility returning to pre-operative base line; able to get self out of bed and on/off toilet	
Able to shower and dress independently (or preoperative baseline)	
Confident with blood thinning injection self-administration (if applicable), or have an alternative option in place	
Confident with checking blood sugar levels (finger prick method) and as been given a glucometer to take home.	
Received a sharp box to take home	
I have been taught how to care for my wound drain (if you are going home with drain)	
Received Fit note (sick note) if required	

Enhanced Recovery Team

My Consultant is

My Specialist Nurse is

My Stoma Nurse is

My Dietitian is

My ERAS Physiotherapy Assistant is

My Enhanced Recovery Nurse is

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: Kehinde Azeez, ERAS team
December 2025
Review: December 2028
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)



ERAS Patient Experience Questions

We would like to understand how you felt about your recent stay in hospital and would be grateful if you could 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.

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.