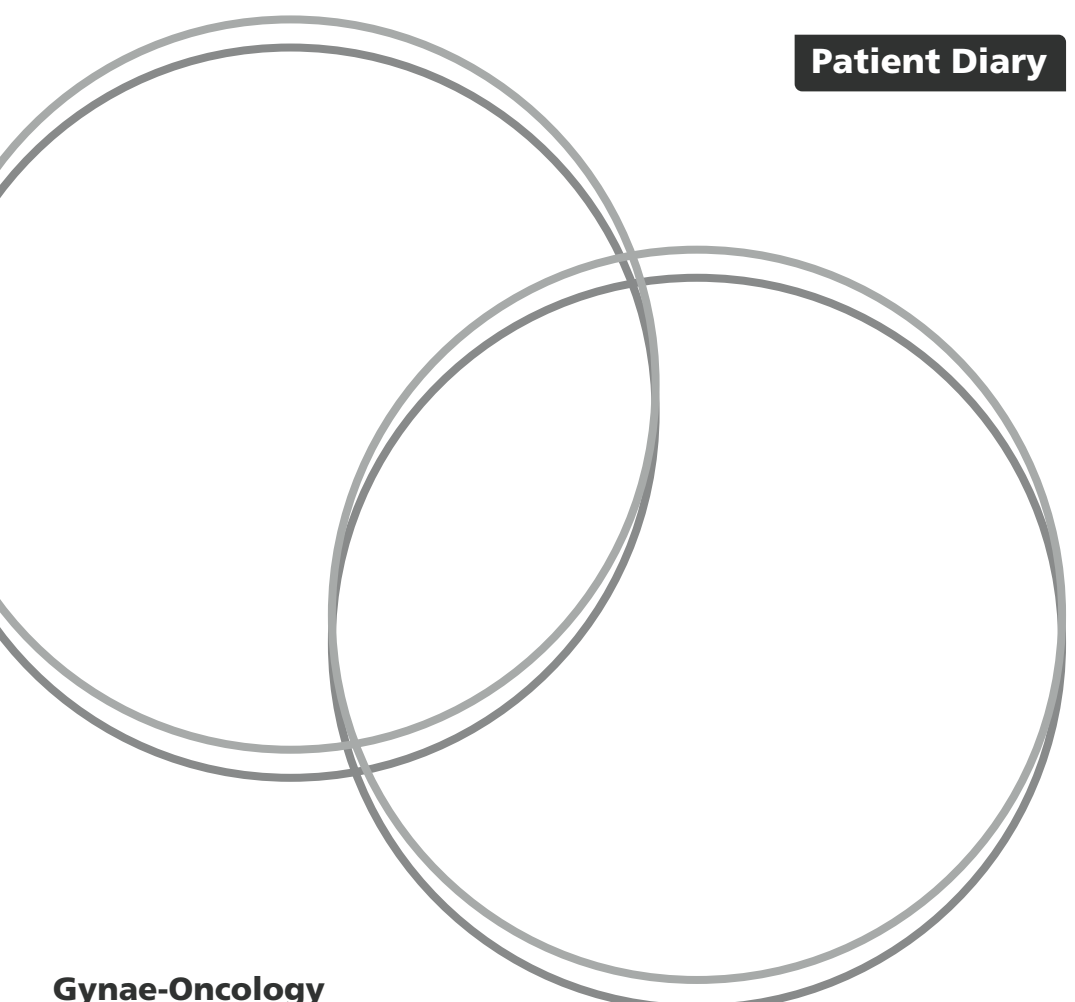


Enhanced Recovery After Surgery (ERAS)

Open Hysterectomy Cervical Surgery

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 making sure that you are actively involved in your recovery, recover quicker and aims to get 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 operation
- 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 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, but your relatives, friends and members of the team looking after you (doctors and nurses) 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

Date/Day

Plan: Recover from the anaesthetic. Have something light to eat and drink. Pain effectively controlled with painkillers. 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 in the chair for **30-60** minutes

Nutrition: *(tick if achieved)*

I was able to have something to drink

Water

Squash

Tea/Coffee

I was able to have soup and puddings to eat

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

How I feel today:

Post-Operative Day One

Date/Day

Plan: Sit out of bed. Go for a walk with assistance.
Have something to eat and drink.

Mobility: *(tick if achieved)*

I was able to sit in the chair for **1-2** hours (am and pm)

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

Distance walked (aim for 1-2x lengths of the ward)

Nutrition: *(tick if achieved)*

I was able to have something to drink

Water Squash Tea/Coffee

I was able to have soup and puddings to eat

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

How I feel today:

Post-Operative Day Two

Date/Day

Plan: Sit out of bed for meals. Go for 2 walks (ask for help if you need it). Have something to eat and drink. Able to Shower (with or without assistance).

Mobility: *(tick if achieved)*

I was able to sit in the chair for **2-3** hours (am and pm)

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

Distance walked (aim for 2-3x lengths of the ward)

Nutrition: *(tick if achieved)*

I was able to have something to drink

Water Squash Tea/Coffee

I was able to have something light to eat

(e.g. cornflakes, rice krispies, white bread or toast, egg, chicken, mashed potato, fish, rice, cheese pasta)

How I feel today:

Post-Operative Day Three

Date/Day

Plan: Sit out of bed for meals. Go for 3 walks (ask for help if you need it). Get dressed. Have something to eat and drink.

Mobility: *(tick if achieved)*

I was able to sit in the chair for **2-3** hours (am and pm)

I was able to go for **3** walks

Distance walked (aim for 2-3x lengths of the 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 have something light to eat
(e.g. cornflakes, rice krispies, white bread or toast, egg, chicken, mashed potato, fish, rice, cheese pasta)

How I feel today:

Recovery Goals and Targets

Your recovery will involve the removal of the various drips and tubes that were put in during your surgery. You will now start to feel freer and be able to walk around, without fear of pulling something out. It is from this time onwards 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 the hospital.

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.

Every person is different, and everyone will achieve the goals at their own pace. This table is for you to make a note of the day you reached the goal for your own reference and allows you to see your progress.

Goal/Target	Post-operative day achieved
Sit in the chair for majority of the day, aim for 3 hours AM and PM for the first day and build up, returning to bed for a one or two hour rest in the afternoon.	
Walk independently along the ward and back; or back to your level of independence	
Get dressed into your own clothes (unaided)	
Able to eat and drink (without any nausea or vomiting)	
Passing wind or bowels opened	
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 analgesics (painkillers)	
Managing to eat and drink with no nausea or vomiting	
Passing wind or bowels opened	
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) <i>if required</i>	

Enhanced Recovery Team

My Consultant is

My Specialist Nurse is

My Dietitian is

My Physiotherapist / therapy assistant is

My Enhanced Recovery Nurse is

Notes:

Notes:

Notes:

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: Pavana Pillai, CH ERAS team
February 2025
Review: February 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?

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.

Open Hysterectomy Cervical Surgery