

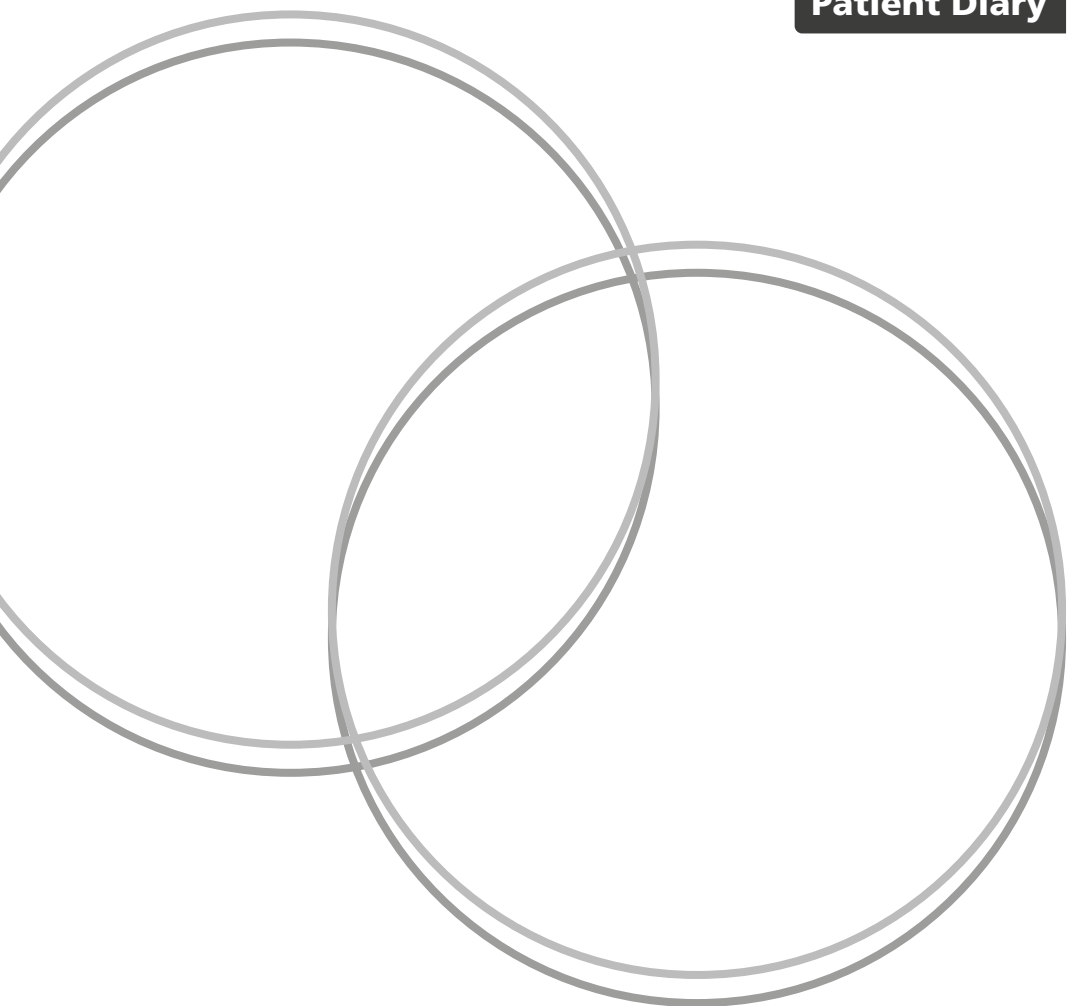


Oxford University Hospitals  
NHS Foundation Trust

# Enhanced Recovery After Surgery (ERAS)

## Bowel 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 to drink.  
Pain effectively controlled with painkillers.

**Mobility:** *(tick if achieved)*

I was able to sit up in bed

I was able to get out of bed

**Nutrition:** *(tick if achieved)*

I was able to have something to drink

Water

Squash

Tea/Coffee

**How I feel today:**

# Post-Operative Day One

Date/Day
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**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 2x length of ward)

**Chewing gum:** *(tick if achieved)*

I was able to chew sugar-free gum for 20 minutes at:

10am  3pm  8pm

**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)*

I was able to have my nutritional supplement drinks am  pm

**How I feel today:**

# Post-Operative Day Two

Date/Day
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**Plan:** Sit out of bed for meals. Go for 2 walks (ask for help if you need it). Have something to eat and drink.

**Mobility:** *(tick if achieved)*

I was able to sit out of bed for **2-3** hours (am and pm)

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

Distance walked ..... (aim for 4x length of ward)

**Chewing gum:** *(tick if achieved)*

I was able to chew sugar-free gum for 20 minutes at:

10am  3pm  8pm

**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)*

I was able to have my nutritional supplement drinks am  pm

**How I feel today:**

# Post-Operative Day Three

Date/Day
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**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 out of bed for **2-3** hours (am and pm)

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

Distance walked ..... (aim for 6x length of ward)

I was able to walk to the toilet on my own

I managed to have a wash in the bathroom

**Chewing gum:** *(tick if achieved)*

I was able to chew sugar-free gum for 20 minutes at:

10am  3pm  8pm

**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)*

I was able to have my nutritional supplement drinks am  pm

**How I feel today:**

## Recovery Goals and Targets

The first few days of your recovery involve the removal of the various drips and tubes 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 should really make 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 and targets 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 to let you see your progress.

<b>Goal/Target</b>	<b>Post-operative day achieved</b>
Sit out of bed for all meals	
Walk the length of the ward and back	
Get dressed in your own clothes (unaided)	
Be assessed as competent to safely administer your dalteparin injections, if applicable (or have an alternative option in place if unable to self-administer)	
Care for your stoma under supervision from the ward staff (if applicable)	
Care for your stoma independently without supervision (if applicable)	



## 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)*

<b>Discharge criteria</b>	<b>Tick when achieved</b>
Assessed as medically fit for discharge	
Effective pain control with oral analgesics (painkillers)	
Eating and drinking with no nausea or vomiting	
Independently mobile (able to get yourself out of bed and on/off toilet)	
Passing wind or stoma active	
Competent with dalteparin self-administration (if applicable), or have an alternative option in place	
Independent with stoma care (if applicable)	
Received fit note (sick note) if required	

## Medications for Going Home

After your surgery you will need some new medications to take home. Please ask the Colorectal Ward team whether you need to continue taking the medications you were on before your surgery.

Please use the following list to check that you have everything you need. If you have any questions, speak to your ward nurse or doctor.

Medication	Tick if supplied	Explanation
Paracetamol tablet		<b>Mild painkiller.</b> To be taken regularly for the first week and then continued as needed, to help you remain active and able to continue to achieve your recovery goals. <b>Gradually stop this pain killer last.</b>
Codeine or tramadol tablet		<b>Moderate painkiller.</b> To be taken as needed to help you remain active and able to continue to achieve your recovery goals. <b>Gradually stop this pain killer first.</b> <b>Managing constipation.</b> Codeine or tramadol may affect your normal bowel pattern and cause constipation. Seek early medical advice if you start experiencing constipation symptoms.
<b>Please note it is safe to take paracetamol and codeine or tramadol together if required for pain relief.</b>		
Dalteparin injection		An injection to reduce your risk of blood clots. To be taken for 28 days after surgery. If you already take medication to thin your blood, you may be given this dalteparin injection at a higher dose before resuming your blood thinning medication.

## **Notes:**

## Notes:

# 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.

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Oxford University Hospitals NHS Foundation Trust  
[www.ouh.nhs.uk/information](http://www.ouh.nhs.uk/information)



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# 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.**

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**Do you feel the Enhanced Recovery After Surgery programme improved your recovery?** (please **tick** one answer)

Yes  No

**If no, what were the reasons?**

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**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

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**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?**

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**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

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**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

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**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

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**Did you find the Enhanced Recovery After Surgery Patient Diary useful?**  Yes  No

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**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

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**If you could change one part of the Enhanced Recovery programme, what would it be?**

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**Do you have any other comments?**

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