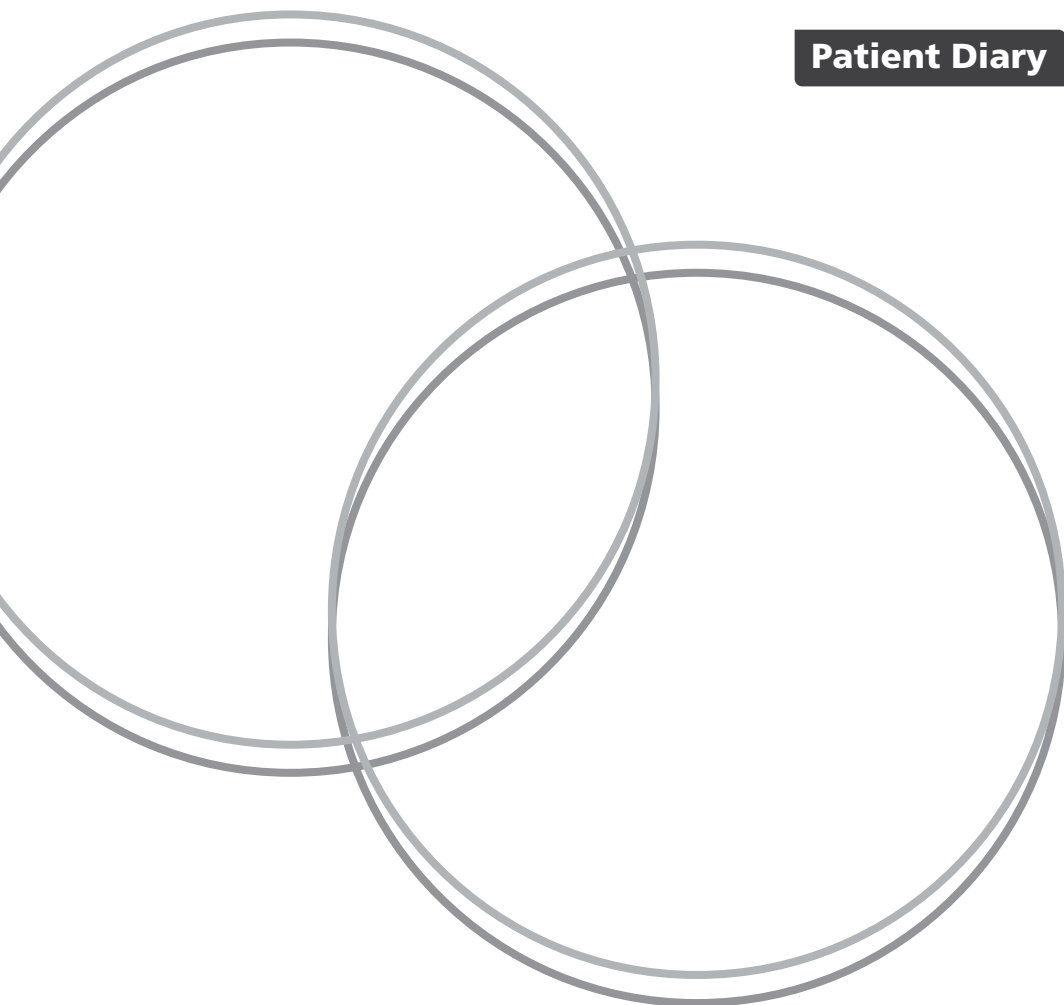


Enhanced Recovery After Surgery (ERAS)

Gastrectomy Surgery

Patient Diary



What is Enhanced Recovery?

Enhanced Recovery is a new way of improving the experience and wellbeing of people who need major surgery. It can help you to recover sooner, so that life can return to normal as quickly as possible. The programme focuses on making sure that you are actively involved in your recovery.

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 friends and relatives 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, nurses, physiotherapists 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 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.

While 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: The doctors and nurses will stabilise your condition in the Churchill Overnight Recovery Unit (CORU) after your surgery. You will be able to drink some water. During the day you will be helped to sit up in bed.

Oral care: *(tick if achieved)*

I was able to brush my teeth/clean my dentures Morning ☐ Evening ☐

I was able to use my mouthwash
(use 30 minutes after brushing) Morning ☐ Evening ☐

Mobility: *(tick if achieved)*

I was able to sit up in bed ☐

Nutrition: *(tick if achieved)*

I was able to drink some sips of water ☐
Aim to sip 30mls every hour – up to 500mls (half a hospital jug) in total.

How I feel today:

Post-Operative Day One

Date/Day

Plan: You will be transferred to the Oxford Upper Gastrointestinal (OUGI) ward when your condition is stable. During the day you will be helped to sit out in the chair on two occasions. Go for two walks and have something to drink.

I was able to brush my teeth/clean my dentures

Morning

Evening

I was able to use my mouthwash
(use 30 minutes after brushing)

Morning

Evening

Mobility: (tick if achieved)

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

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

Distance walked (aim for 2 x length of ward)

Nutrition: (tick if achieved)

I was able to have something to drink

Water

Squash

How I feel today:

Post-Operative Day Two

Date/Day

Plan: Sit in the chair on two occasions. Go for two walks with assistance. Have something to drink.

Oral care: *(tick if achieved)*

I was able to brush my teeth/clean my dentures Morning ☐ Evening ☐

I was able to use my mouthwash Morning ☐ Evening ☐
(use 30 minutes after brushing)

Mobility: *(tick if achieved)*

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

I was able to go for **2** walks ☐ ☐

Distance walked (aim for 4 x length of ward)

Nutrition: *(tick if achieved)*

I was able to have something to drink

Water ☐ Squash ☐ Tea/Coffee ☐

I was able to have my protein supplement shots

(aim to drink 50mls on 4 separate occasions, **at least 1 hour apart**) ☐ ☐ ☐ ☐

How I feel today:

Post-Operative Day Three

Date/Day

Plan: Sit in the chair on two occasions. Go for three walks with assistance. Have something to eat and drink.

Oral care: *(tick if achieved)*

I was able to brush my teeth/clean my dentures Morning ☐ Evening ☐

I was able to use my mouthwash Morning ☐ Evening ☐
(use 30 minutes after brushing)

Mobility: *(tick if achieved)*

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

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

Distance walked (aim for 6 x length of ward)

Nutrition: *(tick if achieved)*

I was able to have something to drink

Water ☐ Squash ☐ Tea/Coffee ☐

I was able to have something to eat ☐
*(try foods such as soups, yoghurt, mousse, custard, jelly, creme
caramel, ice cream, stewed fruit – apples/pears/peaches, rice pudding)*

I was able to have my protein supplement shots ☐ ☐ ☐ ☐
(aim to drink 50mls on 8 separate occasions, **at least 1 hour apart**) ☐ ☐ ☐ ☐

How I feel today:

Post-Operative Day Four

Date/Day

Plan:

Epidural or local anaesthetic infusion and urinary catheter will be taken out. Sit in the chair for most of the day. Go for walks independently. Have something to eat and drink.

Oral care: *(tick if achieved)*

I was able to brush my teeth/clean my dentures Morning ☐ Evening ☐

I was able to use my mouthwash Morning ☐ Evening ☐
(use 30 minutes after brushing)

Mobility: *(tick if achieved)*

I was able to sit in a chair for most of the day ☐

I was able to go for walks independently ☐

Nutrition: *(tick if achieved)*

I was able to have some pureed food ☐
(food of smooth consistency with no lumps)

I was able to have my protein supplement shots
(aim to drink 50mls on 4 separate occasions, **at least 1 hour apart**) ☐ ☐ ☐ ☐

How I feel today:

Recovery goals and targets

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 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.

We realise that 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.

Goal/Target	Post-operative day achieved
Sit out of bed for the majority of the day	
Walk independently along the ward	
Get dressed into your own clothes (<i>unaided</i>)	
Continuing to brush your teeth/dentures and use mouthwash, twice daily	
Managing a pureed diet	
Managing protein supplement drinks	
Be assessed as competent to safely administer your dalteparin injections, if applicable (<i>or have an alternative option in place if unable to self-administer</i>)	

Leaving hospital

The Enhanced Recovery Programme is based on criteria-led discharge. 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 (<i>painkillers</i>)	
Eating pureed diet and drinking fluids	
Met with dietitian and received dietary advice for home	
Bowels opened	
Independently mobile (<i>able to get your self out of bed and on/off toilet</i>)	
Competent with dalteparin self-administration (<i>if applicable</i>), or have an alternative option in place	
Received Fit note (sick note) <i>if required</i>	

Medications for going home

After your surgery, you will need some new medications to take home. Please ask the Upper Gastrointestinal (UGI) 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, please speak to your ward nurse or doctor.

Medication:	Tick if supplied	Explanation:
Lansoprazole FasTabs or own antacid		An antacid to help protect your stomach after your surgery, if needed. This is not required if you have had your whole stomach removed. To be taken for 6 weeks then reviewed.
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 be given this injection at a higher dose before resuming your blood thinning medication.
Multivitamin and mineral chewable tablet		Vitamin and mineral supplement. You will need to purchase this from your local pharmacy, as the hospital does not stock the chewable tablets. To be taken life-long.
Tramadol or codiene tablet		Moderate painkiller. To be taken as needed to help you remain active and able to continue to achieve your recovery goals. Gradually reduce then stop this painkiller first.
Ibuprofen tablet		Mild painkiller. 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. Gradually reduce then stop this painkiller second.

Medication:	Tick if supplied	Explanation:
Paracetamol tablet		Mild painkiller. To be taken regularly for the first week and then continue as needed, to help you remain active and able to continue to achieve your recovery goals. Gradually reduce then stop this painkiller last.
Metoclopramide tablet		For nausea, if needed.
Prochlorperazine buccal tablet (kept in the mouth)		For nausea, if needed.
Sodium docusate		A laxative to help soften your stools, if needed.
High protein supplement drinks (Fresubin Protein Energy)		A nutritional supplement drink to be taken in addition to your regular meals, to help you recover from your operation.

Enhanced Recovery Team

My Consultant is.....

My Specialist Nurse is.....

My Dietitian is.....

My Enhanced Recovery Nurse is

My ERAS Physiotherapy assistant is

ADDITIONAL 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.

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Oxford University Hospitals NHS Foundation Trust
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 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**

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*