

Enhanced Recovery After Surgery (ERAS)

Hepato-biliary Surgery
Laparoscopic Liver Resection

Patient Diary

Introduction

Enhanced Recovery is a new way of improving the experience and well-being 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 early nutrition).
- Reducing the physical stress of the operation.
- A structured approach to peri-operative (during surgery) and post-operative (after surgery) management, including pain relief.
- 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; however, relatives, friends and members of the team looking after you (doctors, nurses and health care assistants) 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

These are the aims for today:

Recover from the anaesthetic, have something to drink, pain and nausea is controlled.

Pain:

Has your pain been assessed today? *(please circle)*

Yes

No

Mobility: *(tick if achieved)*

I was able to sit up in bed

I was able to sit out of bed for 30-60 minutes

Nutrition: *(tick if achieved)*

I was able to have something to drink

How do you feel today?

Post-operative Day One

These are the aims for today:

Sit out of bed, go for a walk with assistance, have something to eat and drink. You may have your PCA (patient controlled analgesia) removed if you are able to take tablet painkillers.

Pain:

Has your pain been assessed today? (please circle)

Yes

No

Mobility: *(tick if achieved)*

I was able to sit out of bed for 1-2 hours (am)

I was able to sit out of bed for 1-2 hours (pm)

I was able to go for a walk

Distance walked (aim for 1 x length of ward)

Nutrition: *(tick if achieved)*

I was able to have something to eat and drink

How do you feel today?

Post-operative Day Two

These are the aims for today:

Sit out of bed for meals, go for a walk (ask for help if you need it).
You may have your PCA (patient controlled analgesia) removed if you are able to take tablet painkillers.

Pain:

Has your pain been assessed today? (please circle)

Yes

No

Mobility: *(tick if achieved)*

I was able to sit out of bed for 2-3 hours

(Aim to sit in the chair on **three** separate occasions)

I was able to go for two walks

Distance walked (aim for 2 x length of ward)

Nutrition: *(tick if achieved)*

I was able to have something to eat and drink

How do you feel today?

Post-operative Day Three

These are the aims for today:

Sit out of bed for all meals, get up and move around on your own, get dressed, have something to eat and drink. You may be ready to go home today.

Pain:

Has your pain been assessed today? *(please circle)*

Yes

No

Mobility: *(tick if achieved)*

I was able to sit out of bed for all meals

I was able to go for four walks

Distance walked (aim for 4 x length of 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 eat and drink

How do you feel today?

Recovery goals and targets

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 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 all meals	
Walk the length of the ward and back	
Get dressed into 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)	

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 (tablet or liquid painkillers)	
Eating and drinking with no nausea or vomiting	
Independently mobile; able to get yourself out of bed and on/off toilet	
Competent with dalteparin self-administration (if applicable), or have an alternative option in place	

Enhanced Recovery Team

My Consultant is.....

My Specialist Nurse is

Additional Notes

If you have a specific requirement, need an interpreter, a document in Easy Read, another language, large print, Braille or audio version, please call **01865 221 473** or email **PALSJR@ouh.nhs.uk**

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Your experience (1)

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**

Were you involved as much as you wanted to be in decisions about your care and treatment? *(please **tick** one answer)*

- Yes, definitely Yes, to some extent
 No
-

How much information about your condition or treatment was given to you? *(please **tick** one answer)*

- Not enough Too much
 The right amount
-

Did you feel you were involved in decisions about your discharge from hospital? *(please **tick** one answer)*

- Yes, definitely No
 Yes, to some extent I did not need to be involved
-

Did hospital staff tell you who to contact if you were worried about your condition or treatment after you left hospital?

*(please **tick** one answer)*

- Yes Don't Know/Can't remember
 No
-

What did we do well? *(please comment)*

What could we improve? *(please comment)*

Your experience (2)

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

Yes No

Did this make you feel – *please circle the most appropriate word(s)*

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 word(s)*

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(s)*

Well informed prepared in control confident happy supported
unclear unprepared out of control anxious stressed
unsupported frustrated

Do you have any other comments?

After completion, tear this page out of the booklet and put in the ERAS "post boxes" on the hospital ward before you are discharged home.

Thank you