

Enhanced Recovery After Surgery (ERAS)

Oesophagectomy

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 people 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, 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.

Whilst we hope that you will complete this diary, it will not affect your care if you choose not to.

Day Of Surgery To Post-operative Day One

The Doctors and Nurses will stabilise your condition on the Intensive Care Unit or Churchill Overnight Recovery Unit (CORU) after your surgery and will start your jejunostomy feed. You will be transferred to the Oxford Upper GI (OUGI) ward the day after surgery. We will help you out of bed to sit in a chair and go for a walk every day, if you are well enough.

Pain:

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

Yes

No

Mobility: *(tick if achieved)*

I was able to sit in a chair

I was able to go for a walk

Nutrition: *(tick if achieved)*

I was able to drink some water

My jejunal tube feed was started

How do you feel?

Post-operative Day Two

These are the aims for today:

You should be able to sit out of bed and go for a walk with assistance.

Pain:

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

Yes

No

Mobility: *(tick if achieved)*

I was able to sit out of bed for two hours am am pm
and two hours pm

I was able to go for two walks today
Distance walked (aim for two walks, each of 100
metres)

Nutrition: *(tick if achieved)*

I was able to drink some water

My jejunal tube feed was increased

How do you feel today?

Post-operative Day Three

These are the aims for today:

Sit out of bed, go for a walk with assistance.

Pain:

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

Yes

No

Mobility: *(tick if achieved)*

I was able to sit out of bed for three hours am am pm
and three hours pm

I was able to go for three walks
Distance walked (aim for three walks, each of 100
metres)

Nutrition: *(tick if achieved)*

I was able to drink clear fluids

My jejunal tube feed continues to run

How do you feel today?

Post-operative Day Four

These are the aims for today:

Sit out of bed, go for a walk with assistance, have something to drink.

Pain:

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

Yes

No

Mobility: *(tick if achieved)*

I was able to sit out of bed for three hours am am pm
and three hours pm

I was able to go for four walks
Distance walked (aim for three to four walks, each of
150 metres)

I was able to get dressed into my own clothes today

Nutrition:

I was able to have something to drink

Water	<input type="checkbox"/>
Squash	<input type="checkbox"/>
Tea/Coffee	<input type="checkbox"/>

I was able to drink my protein supplement drink

How do you 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 really makes 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 that 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, so please 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 more than six hours a day, returning to bed for a one to two hour rest in the afternoon	
Walk the length of the ward and back	
Get dressed into your own clothes (unaided)	
Flush your jejunostomy tube under supervision from the Ward Nurse	
Flush your jejunostomy tube independently (without supervision)	
Managing protein supplement drinks	
Managing a pureed diet (food of smooth consistency with no lumps)	
Be assessed as competent to safely administer the 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 (liquid or tablet painkillers)	
Eating pureed diet and drinking fluids	
Met with Dietitian and received dietary advice for home	
Bowels opened	
Competent with dalteparin administration <i>(if applicable)</i> , or have an alternative option in place	
Independently mobile; able to get your self out of bed and on/off toilet	

Enhanced Recovery Team

My Consultant is.....

My Specialist Nurse is

My Physiotherapist is.....

My Dietitian 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.