



Oxford University Hospitals
NHS Foundation Trust

Enhanced Recovery After Surgery (ERAS)

Pancreatoduodenectomy (Whipple's procedure)

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 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 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, nurses 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.

Plan:

The doctors and nurses will stabilise your condition in the Churchill Overnight Recovery Unit (CORU) after your surgery and help you sit up in bed. You will be advised to how much water to drink.

Mobility: *(tick if achieved)*

I was able to sit up in bed

Nutrition: *(tick if achieved)*

I was able to drink some water

How I feel today:

Plan:

You will be transferred to the Upper GI ward. You will have some water to drink. We will help you out of bed to sit in a chair and go for a walk.

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 a walk

Distance walked (aim for 1 x length of ward)

Nutrition: *(tick if achieved)*

I was able to drink some water

How I feel today:

Plan:

Sit in the chair on two occasions. Go for two walks with assistance. You may be allowed to have a cup of tea/coffee, a nutritional supplement drink and smooth soups and puddings. Nutritional supplement drinks provide you with the energy to recover from your operation.

You **must** take your pancreatic enzyme tablets with your nutritional supplement drinks and food, to help you digest them.

Mobility: *(tick if achieved)*

I was able to sit in a chair 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 Tea/Coffee

I was able to have my nutritional supplement drinks am pm
(to be sipped slowly)

I was able to have smooth soups and puddings
(for example mousse, yoghurt, custard)

I took my pancreatic enzymes

How I feel today:

Plan:

Sit in the chair on two occasions. Go for two walks. You may be allowed something soft to eat. Remember to take your pancreatic enzyme tablets with any food you eat or after any nutritional supplement drinks.

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 nutritional supplement drinks am pm
(to be sipped slowly)

I was able to have something soft to eat
(start with foods such as shepherd's pie, fish pie or cheese and potato pie)

I took my pancreatic enzymes

How I feel today:

Plan:

Sit in the chair on two occasions. Go for three walks. You may be allowed something soft to eat. Remember to take your pancreatic enzyme tablets with any food you eat or after any nutritional supplement drinks.

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

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 my nutritional supplement drinks
(to be sipped slowly)

am pm

I took my pancreatic enzymes

How I feel today:

Plan:

Get dressed into your own clothes. Sit in the chair for most of the day and go for walks independently. You may be allowed something more solid to eat. Remember to take your pancreatic enzyme tablets with any food you eat or after any nutritional supplement drinks.

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 my nutritional supplement drink

I was able to have something more solid to eat

I took my pancreatic enzymes

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 all meals	
Walk the length of the ward and back	
Get dressed in your own clothes (unaided)	
Eat a minimum of half of your main meals and puddings (aiming for a little and often meal pattern, with snacks or supplement drinks between meals)	
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 (painkillers)	
Eating and drinking with no vomiting. Nausea may be controlled with anti-sickness medication, if required.	
Understand pancreatic enzyme dosing and able to dose according to what has been eaten/drunk	
Bowels well controlled (no excessive diarrhoea or constipation)	
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	

NOTES

Enhanced Recovery Team

My Consultant is

My Specialist Nurse is

My Dietitian is

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 **PALS@ouh.nhs.uk**

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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