Enhanced Recovery After Surgery (ERAS)
Bowel 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 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 nursing 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

Plan:
Recover from the anaesthetic. Have something to drink. Pain is controlled.

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

How I feel today:
Post-operative Day One

Plan:
Sit out of bed. Go for a walk with assistance. Have something to drink.

Mobility: (tick if achieved)
I was able to sit out of bed for 1-2 hours (am and pm)
I was able to go for 2 walks
Distance walked ........................................ (aim for 2 x 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 my nutritional supplement drinks am  pm

How I feel today:
Post-operative Day Two

**Plan:**
Sit out of bed for meals. Go for two walks (ask for help if you need it). Have something to eat.

**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 4 x 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 Three

**Plan:**
Sit out of bed for all meals. Go for three 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 6 x 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.

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.

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


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*).

<table>
<thead>
<tr>
<th>Discharge criteria</th>
<th>Tick when achieved</th>
</tr>
</thead>
<tbody>
<tr>
<td>Assessed as medically fit for discharge</td>
<td></td>
</tr>
<tr>
<td>Effective pain control with oral analgesics (painkillers)</td>
<td></td>
</tr>
<tr>
<td>Eating and drinking with no nausea or vomiting</td>
<td></td>
</tr>
<tr>
<td>Independently mobile (able to get yourself out of bed and on/off toilet)</td>
<td></td>
</tr>
<tr>
<td>Independent with stoma care (if applicable)</td>
<td></td>
</tr>
<tr>
<td>Competent with dalteparin self-administration (if applicable), or have an alternative option in place</td>
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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**

**Enhanced Recovery Team**

My Consultant is  ..........................................................................................................................

My Specialist Nurse is  ................................................................................................................

My Stoma Nurse is  ......................................................................................................................

My Dietitian is  ................................................................................................................................

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Review: September 2021
Oxford University Hospitals NHS Foundation Trust
www.ouh.nhs.uk/information

OMI 42267P
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  1  2  3
Adequately managed  4  5  6
Very well managed  7  8  9  10
### ERAS Patient experience questions

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<tr>
<td>Did you find the Enhanced Recovery After Surgery patient information leaflet useful?</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Did this make you feel</strong> – <em>(please circle the most appropriate words)</em></td>
<td></td>
<td></td>
</tr>
<tr>
<td>well informed</td>
<td>prepared</td>
<td>in control</td>
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<td>Did your overall care experience make you feel – <em>(please circle the most appropriate words)</em></td>
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| Question                                                                 |     |    |
| If you could change one part of the Enhanced Recovery programme, what would it be? |     |    |

| Question                                                                 |     |    |
| 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

*BOWEL SURGERY*