



Oxford University Hospitals
NHS Foundation Trust

ENHANCED RECOVERY AFTER SURGERY (ERAS)

Partial Glossectomy
(without reconstruction)

A large, light grey graphic consisting of two concentric circles, partially visible on the left and bottom edges of the page.

**Patient
Diary**

What is Enhanced Recovery?

Enhanced Recovery is a way of improving the experience and wellbeing of people who need major surgery. It can help you to recover more quickly. 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, 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 team looking after you may need to make changes to the programme; 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:

Recover from the anaesthetic. Have something to drink. You will start receiving nutritional feed (through a tube in your nose). You will be helped to sit out of bed.

Mobility: *(tick if achieved)*

I was able to sit up in bed

I was able to sit out in a chair

Nutrition: *(tick if achieved)*

My nutritional feed was started

I was able to have something to drink

How I feel today:

Plan:

Sit out of bed. Go for 2 walks with assistance. Have something to eat. Start your speech and swallowing exercises.

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 today

Distance walked (aim for 2 x length of ward)

Nutrition: *(tick if achieved)*

I was able to tolerate my nutritional feed increase

I was able to have something to drink

Water Squash Tea/Coffee

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

Speech and swallowing exercises: *(tick if achieved)*

I was able to complete my speech and swallowing exercises

How I feel today:

Plan:

Sit out of bed and go for 3 walks with assistance. Build up eating and drinking. Continue with your speech and swallowing exercises. Your nutritional feed will be stopped if you are managing the majority of your meals.

Mobility: *(tick if achieved)*

I was able to sit in a chair for **2-3 hours** (morning, afternoon, and evening)

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

Distance walked (aim for 3 x length of ward)

Nutrition: *(tick if achieved)*

I was able to have something to drink

Water Squash Tea/Coffee

I was able to manage the majority of my pureed meals

My nutritional feed was stopped

Speech and swallowing exercises: *(tick if achieved)*

I was able to complete my speech and swallowing exercises

How I feel today:

Plan:

Sit out of bed. Go for 4 walks with assistance. Continue with your speech and swallowing exercises. Build up eating and drinking.

Mobility: *(tick if achieved)*

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

I was able to go for **4** walks today

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 manage the majority of my pureed meals

My nutritional feed was stopped (if not already)

Speech and swallowing exercises: *(tick if achieved)*

I was able to complete my speech and swallowing exercises

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 the operation. You will now start to feel more free and able to walk around without fear of pulling something out.

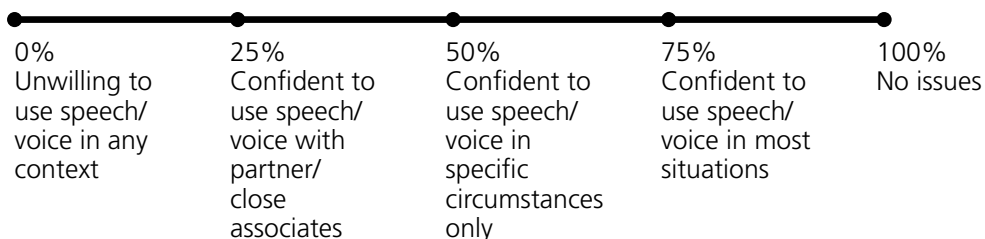
The team looking after you will start to work with you and your family/friends to prepare you for leaving the hospital.

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 goals or targets for your own reference and to let you see your progress.

Goal/Target	Post-operative day achieved
Sit out of bed for majority of the day, returning to bed for a 1 or 2 hour rest in the afternoon	
Walk independently along the ward	
Get dressed into your own clothes (unaided)	
Independent with speech and swallowing exercises	
Gained confidence with speech (see scale below)	

Confidence in speaking:



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)	
Managing a pureed diet (food of smooth consistency with no lumps) and drinking fluids	
Received dietary advice for after discharge	
Bowels opened	
Independently mobile; able to get self out of bed and on/off toilet	
Met with physiotherapist and given neck and shoulder exercises	

ADDITIONAL NOTES

Enhanced Recovery Team

My Consultant is

My Specialist Nurse is

My Speech and
Language Therapist is

My Dietitian is

My Physiotherapist is

If you need an interpreter or would like this information leaflet in another format, such as Easy Read, large print, Braille, audio, electronically or another language, please speak to the department where you are being seen. You will find their contact details on your appointment letter.

Making a difference across our hospitals

charity@ouh.nhs.uk | 01865 743 444 | hospitalcharity.co.uk

OXFORD HOSPITALS CHARITY (REGISTERED CHARITY NUMBER 1175809)



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www.ouh.nhs.uk/information



ERAS patient experience questions

To understand how well we are doing and what we need to improve, we would be grateful if you could answer the following questions.

The information collected from this survey will be used for the purpose of improving the way we deliver our services. Any information which could identify you will be anonymised before the data is used.

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 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

How much do you feel your swallowing limits your day to day activities?

Not at all

A little

Often

A lot

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.*