



Oxford University Hospitals
NHS Foundation Trust

ENHANCED RECOVERY AFTER SURGERY (ERAS)

Partial Glossectomy
(with reconstruction)

A large, light grey graphic consisting of two concentric circles, partially visible on the left side of the page, framing the text.

**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.

Day of Surgery

e.g. Mon

day

Plan:

After your surgery, you will be cared for in the Churchill Intensive Care Unit (CICU).

Post-operative Day One

day

Plan:

You will be helped to sit out of bed and will go for a walk with assistance. You will start receiving nutritional feed (through a tube in your nose) and will be transferred to the ward.

Mobility: *(tick if achieved)*

I was able to sit in a chair

I was able to go for a walk

Nutrition: *(tick if achieved)*

My nutritional feed was started

How I feel today:

Plan:

Sit out of bed and go for 2 walks with assistance. Your nutritional intake will be monitored, to make sure you are receiving enough calories and nutrition whilst you are not able to eat food. You will need to start doing 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

Distance walked (aim for 2 x length of ward)

Nutrition: *(tick if achieved)*

I was able to tolerate my nutritional feed increase

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 3 walks with assistance. Continue with your speech and swallowing exercises.

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 tolerate my nutritional feed

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 for most of the day. Go for 4 walks with assistance. Get dressed. Continue with your speech and swallowing exercises. Your swallow will be assessed to see if you can start 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)

I was able to get dressed into my own clothes today,
with assistance

Nutrition: *(tick if achieved)*

I was able to tolerate my nutritional feed

My swallow was assessed and (if safe) I was able to have
some sips of water

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 – Day Four onwards

The first few days of your recovery involve the removal of various drips and tubes that were put in during the operation. You will now start to feel more free and able to walk around, without the fear of pulling something out.

After your swallow has been assessed as safe, you will be allowed to gradually start drinking and eating. You will be advised on what you can drink and eat each day.

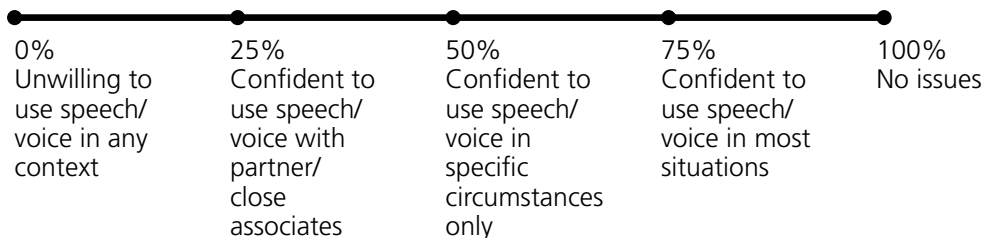
The team looking after you will start to work with you and your family/friends to prepare you for leaving the hospital.

Below is a list of goals and targets 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 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)	
Once swallow is safe, start pureed diet	
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*