

# Enhanced Recovery After Surgery (ERAS)

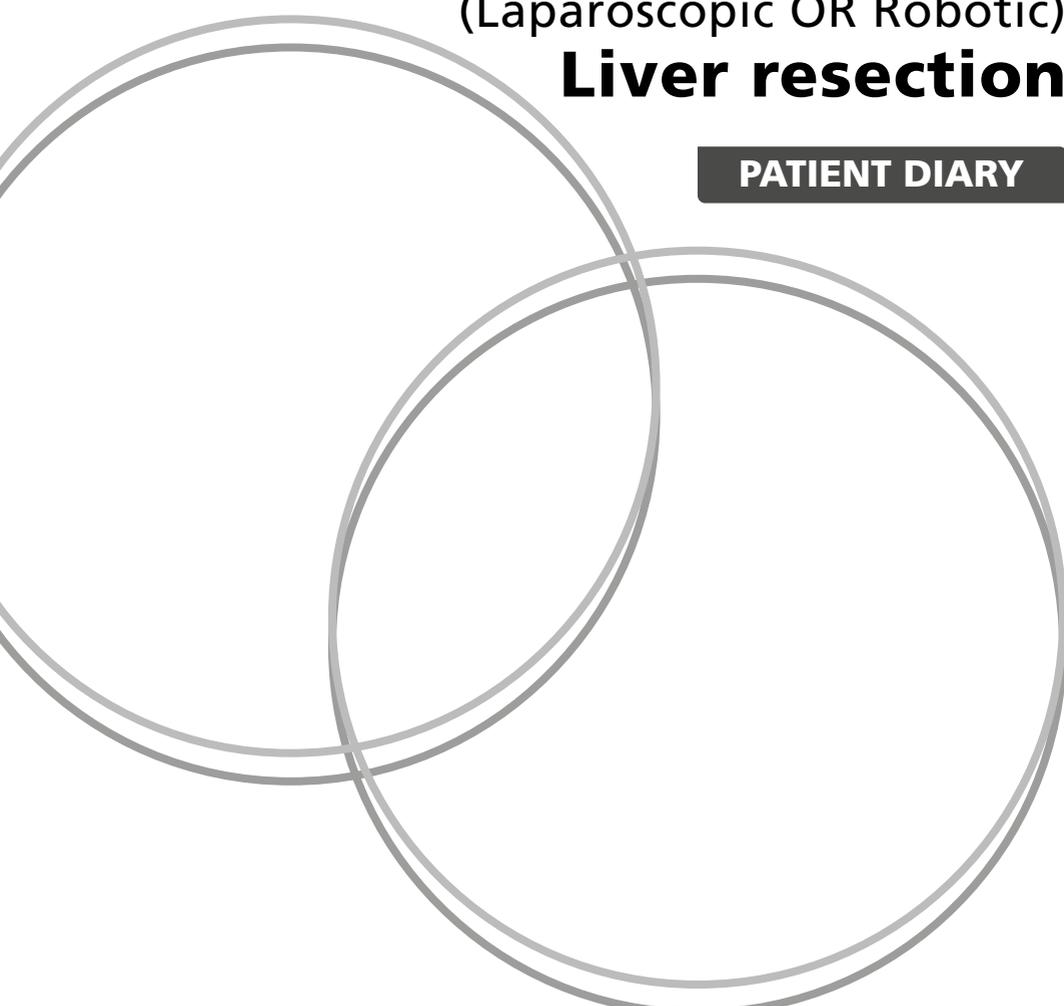
Hepato-Biliary Surgery

**Minimally invasive**

(Laparoscopic OR Robotic)

**Liver resection**

**PATIENT DIARY**

Two large, overlapping circles with a double-line border, one in light grey and one in a slightly darker grey, positioned in the lower half of the page.

# What is Enhanced recovery

Enhanced recovery is a way of improving the experience and wellbeing of people who need major surgery. The programme focuses on making sure that you are actively involved in your recovery, recover quicker, and aims to get you home sooner.

## **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.

Date / Day

# Day of the Surgery

## Recovery aims for the day:

Recover from the anaesthesia.

Pain is controlled.

Have something light to eat and drink.

Sat up in bed or out in the chair.

## Mobility: *(tick if achieved)*

I was able to sit up in bed

I was able to sit in the chair

I was able to go for a walk

## Nutrition: *(tick if achieved)*

I was able to have something to drink

Water

Squash

Tea/ Coffee

I was able to have something to eat

## How do I feel today?

Date / Day

# Post-Operative day One

## Recovery aims for the day:

Sit out of bed

Walk with assistance

Able to eat and drink normally

## Mobility: *(tick if achieved)*

I was able to sit up in bed for 1-2 hours (am)

(pm)

I was able to go **2** walks (aim for 1x length of the ward)

Distance walked .....

## Nutrition: *(tick if achieved)*

I was able to have something to eat and drink

## How do I feel today?

|            |
|------------|
| Date / Day |
|------------|

# Post-Operative day **TWO** onwards

## Recovery aims for the day:

Sit out of bed for all meals

Walk with or without assistance

Able to eat and drink as able

## Mobility: *(tick if achieved)*

I was able to sit up in bed for 2-3 hours (am)

(pm)

I was able to go for **3** walks (aim for 2x length of the ward)

Distance walked .....

## Nutrition: *(tick if achieved)*

I was able to have something to eat and drink

## How do I feel today?

## Recovery goals and Targets

As you continue to recover, we will remove most of the tubes and drips put in during surgery. You will now start to feel freer and be able to walk around without fear of pulling something out.

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 understand 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, which allows you to see your progress.

| <b>Goal/Target</b>   | <b>Post-operative day achieved</b> |
|--|------------------------------------|
| Sit in the chair for all meals and for majority of the day, returning to bed for a one to two hours rest in the afternoon.                     |                                    |
| Walk independently along the ward and back or back to your level of independence   |                                    |
| Get dressed into your own clothes (unaided)  |                                    |
| Able to eat and drink (without any nausea or vomiting)   |                                    |
| Passing wind or opened bowels/ stoma active  |                                    |
| Be assessed as competent to safely administer your 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)*

| <b>Discharge criteria</b>   | <b>Tick when achieved</b> |
|---|---------------------------|
| Assessed as medically fit for discharge   |                           |
| Effective pain control with oral pain management medications (tablets or liquids)                                 |                           |
| Eat and drink with no nausea or vomiting  |                           |
| Passing wind or bowels opened/stoma is active   |                           |
| Independently mobile (or back to your usual level of independence); able to get self out of bed and on/off toilet |                           |
| Competent with dalteparin self-administration (if applicable), or have an alternative option in place             |                           |
| Received Fit note (sick note) if required   |                           |

# My Enhanced Recovery Team

My consultant is: .....

My Specialist Nurse is: .....

My Physiotherapist/  
therapy assistant is: .....

My Dietitian is: .....

My Enhanced Recovery  
facilitator is: .....

# Notes

## Further information

If you would like an interpreter, please speak to the department where you are being seen.

Please also tell them if you would like this information in another format, such as:

- Easy Read
- large print
- braille
- audio
- electronic
- another language.

We have tried to make the information in this leaflet meet your needs. If it does not meet your individual needs or situation, please speak to your healthcare team. They are happy to help.

Author: CH ERAS Team  
February 2022  
Review: February 2025  
Oxford University Hospitals NHS Foundation Trust  
[www.ouh.nhs.uk/information](http://www.ouh.nhs.uk/information)



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# 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**

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**Do you feel the Enhanced Recovery After Surgery programme improved your recovery?** (please **tick** one answer)

Yes  No

**If no, what were the reasons?**

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**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

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**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?**

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**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

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**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

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**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

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**Did you find the Enhanced Recovery After Surgery Patient Diary useful?**  Yes  No

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**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

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**If you could change one part of the Enhanced Recovery programme, what would it be?**

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**Do you have any other comments?**

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After completion, tear this page out of the booklet and leave on the hospital ward before you are discharged home.

Thank you

*Lap/Robotic Liver resection*