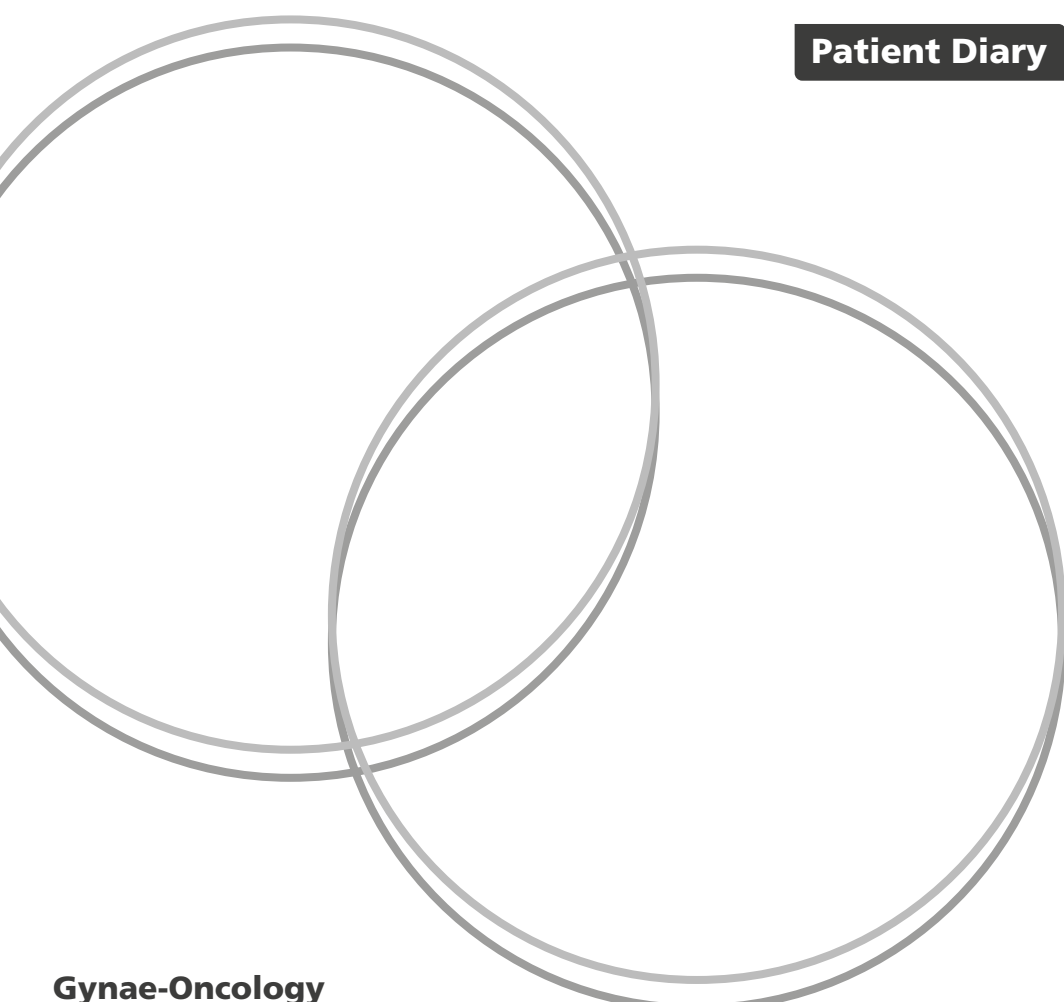


Enhanced Recovery After Surgery (ERAS) Open Hysterectomy For Cervical Cancer

Patient Diary



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, with the aim of getting 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 and 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 a guide and if your recovery is different to the pathway 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.

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 more free and able to walk around without the 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 realise that every person is different, and everyone will achieve the goals at their own pace. Please make a note of the day you reached your goal for your own reference as this allows you see your recovery progress.

Goal/Target	Post-operative day achieved
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/back to usual level of mobility independence	
Get dressed into your own clothes	
Able to eat and drink (without any nausea or vomiting)	
Passing wind or bowels opened	
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)

Discharge criteria	Tick when achieved
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	
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	

Enhanced Recovery Team

My Consultant is

My Specialist Nurse is

My Dietitian is

My Physiotherapist/ therapy assistant is
.....

My Enhanced Recovery facilitator is
.....

ERAS Patient experience questions

We would like to understand how you feel about your recent stay in hospital and would be grateful if you could answer the questions on the following pages. 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?

Do 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 do not need to be involved

I 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)*

Yes

No

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 less

Yes – but I would have liked to be seen more

No – I was not seen

How well do you think your pain was managed after your surgery? *(please circle a number)*

<i>Poorly managed</i>			<i>Adequately managed</i>				<i>Very well managed</i>		
1	2	3	4	5	6	7	8	9	10

Do you find the Enhanced Recovery After Surgery patient information leaflet useful?

(please tick one answer)

Yes

No

Did this make you feel?

(please circle the most appropriate word)

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? *(please tick one answer)*

Yes

No

Did this make you feel?

(please circle the most appropriate word)

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 word)

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 After Surgery programme, what would it be?

Do you have any other comments?

After completion please tear this questionnaire out of the booklet and leave on the hospital ward before you are discharged home. Thank you.

Open hysterectomy – Cervix



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.

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Oxford University Hospitals NHS Foundation Trust
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