

Enhanced Recovery Patient Diary Gynaecology Surgery

Enhanced Recovery Programme



Patient information leaflet

Patient details/sticker

NHS number:

Hospital number:

Patient name:

Address:

DOB:

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What is Enhanced Recovery Programme?

The Enhanced Recovery Programme is about improving outcomes and speeding up the recovery period after your surgery, as well as reducing complications. For the programme to be successful, it is important that you actively participate in your own recovery programme and take responsibility for certain aspects of your recovery. This programme is different to traditional care and can improve your recovery considerably.

The programme particularly focuses on:

- Reducing the physical stress of the operation
- A structured approach to immediate post-operative management, including pain relief
- Early mobilisation
- Early feeding Setting nutritional and activity goals

To ensure your experience is managed in a safe and efficient manner we would like you to complete this diary, to make sure that the important aspects of your recovery/care are met.

Your daily goals will begin a few days before your surgery and your cooperation is important for the surgery and recovery to go well. Please complete the following sections.

In order for us to improve care, we are continuously looking at how we can make changes, therefore would appreciate you left this diary with a member of staff, before you are discharged, to allow us to audit the care you have had. All information written will remain confidential and the diary will later be destroyed, it will not go into your hospital notes.

Supplement drinks before surgery

For some patients they would have been advised after their pre-assessment visit that they need to take supplement drinks before their surgery. If so, please start them as instructed and complete the below sections.

NUTRITION

Three days before your surgery

Date:

(please tick relevant boxes once completed)

Drink one bottle of Fortisip three times a day

10am

2pm

6pm

Two days before your surgery

Date:

Drink one bottle of Fortisip three times a day

10am

2pm

6pm

The day before your surgery

Date:

(Please take even if you require bowel preparation)

Drink one bottle of Fortisip three times a day

10am

2pm

6pm

FOR ALL PATIENTS NIGHT BEFORE SURGERY

BOWEL PREPARATION

(You will have been informed what you will need)

None required

Picolax

8am

2pm

NUTRITION

Carbohydrate '**Preload**' Drink — please take as instructed

Two sachets mixed in 400mls of water to drink by 9pm

MORNING OF SURGERY

NUTRITION

Carbohydrate '**Preload**' Drink — please take as instructed

One sachet mixed in 400mls water

If your surgery is in the morning please drink by 6am

If your surgery is in the afternoon please drink by 11am

BOWEL PREPARATION

(You will have been informed what you will need)

None required

Enema on admission

EVENING POST SURGERY

FLUID BALANCE

You can drink as soon as you wish following your surgery.

How much have you managed to drink? _____

CHEST

Deep Breathing Exercises

Yes

No

Cough Exercises

Yes

No

MOBILITY (to commence 6 hours post surgery)

Out of bed for 2 hours

Yes

No

Limb Exercises

Yes

No

NUTRITION

Fortisip Drink 1

Fortisip Drink 2

Did you eat anything after your surgery?

PAIN AND NAUSEA (place X on lines)

Pain score

(no pain) 0 |----|----|----|----|----|----|----|----| 10 (intolerable pain)

Nausea

(no pain) 0 |----|----|----|----|----|----|----|----| 10 (intolerable pain)

Today's goals achieved

Yes

No

If no, why not

DAY ONE POST SURGERY

FLUID BALANCE

Your aim is to drink 2 litres of fluid today.

How much have you managed to drink? _____

CHEST

Deep Breathing Exercises

Yes

No

Cough Exercises

Yes

No

MOBILITY

You are expected to sit out for a period of 8 hours (4 hours x2)

Morning Yes No Why not _____

Afternoon Yes No Why not _____

You must try to walk up to 60 metres four times during the day.

1

2

3

4

NUTRITION

Drink one bottle of Fortisip four times a day

1

2

3

4

What have you eaten today?

Portion	¼	½	Full	If you did not eat, why not?
Breakfast				
Lunch				
Dinner				

PAIN AND NAUSEA (place X on lines)

Pain score

(no pain) 0 |----|----|----|----|----|----|----|----| 10 (intolerable pain)

Nausea

(no pain) 0 |----|----|----|----|----|----|----|----| 10 (intolerable pain)

Today's goals achieved

Yes

No

If no, why not _____

DAY TWO POST SURGERY

FLUID BALANCE

Your aim is to drink 2 litres of fluid today.

How much have you managed to drink? _____

CHEST

Deep Breathing Exercises

Yes

No

Cough Exercises

Yes

No

MOBILITY

You are expected to sit out for a period of 8 hours (4 hours x2)

Morning Yes No Why not _____

Afternoon Yes No Why not _____

You must try to walk up to 60 metres four times during the day.

1

2

3

4

NUTRITION

Drink one bottle of Fortisip four times a day

1

2

3

4

What have you eaten today?

Portion	¼	½	Full	If you did not eat, why not?
Breakfast				
Lunch				
Dinner				

PAIN AND NAUSEA (place X on lines)

Pain score

(no pain) 0 |----|----|----|----|----|----|----|----| 10 (intolerable pain)

Nausea

(no pain) 0 |----|----|----|----|----|----|----|----| 10 (intolerable pain)

Today's goals achieved

Yes

No

If no, why not _____

DAY THREE POST SURGERY

- Please try to wear your own clothes on the ward.
- You should now be walking independently on the ward.
- Aim to walk 60 metres, four times a day.
- Your discharge plans should be in place as you may go home today.

Are you happy with your pain control?

Yes No

If no, please comment:

Are you now walking independently on the ward?

Yes No

If no, please comment:

Are you eating and drinking normally now?

Yes No

If no, please comment:

Are you going home today?

Yes No

If yes, please complete discharge form on page 10.

If no, please comment:

Are your discharge home arrangements in place?

Yes No

If no, please discuss with the nurse in charge.

DISCHARGE DAY

Do you feel you have been involved in decisions about your discharge?

Yes No

If no, please comment:

Have you been told a time you can go home?

Yes No

If no, please comment:

Are your arrangements in place?

Yes No

If no, please comment:

Have your discharge from hospital arrangements been clearly explained to you?

Yes No

If no, please comment:

Have you been given information on taking your pain medication?

Yes No

If no, please comment:

Did hospital staff tell you who to contact if you were worried about your condition or treatment after you left hospital?

Yes No

If not, the ward contact number is:

Compton Ward – 01483 464941

Contact details

Compton Ward

Telephone: 01483 464941

PALS and Advocacy contact details

Contact details of independent advocacy services can be provided by our Patient Advice and Liaison Service (PALS) who are located on the right hand side as you enter the main reception area. PALS are also your first point of contact for health related issues, questions or concerns surrounding RSCH patient services.

Telephone: 01483 402757

Email: rsc-tr.pals@nhs.net

Opening hours: 9.00am–3.00pm, Monday to Friday

If you would like information documents in large print, on tape or in another language or form please contact PALS.

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