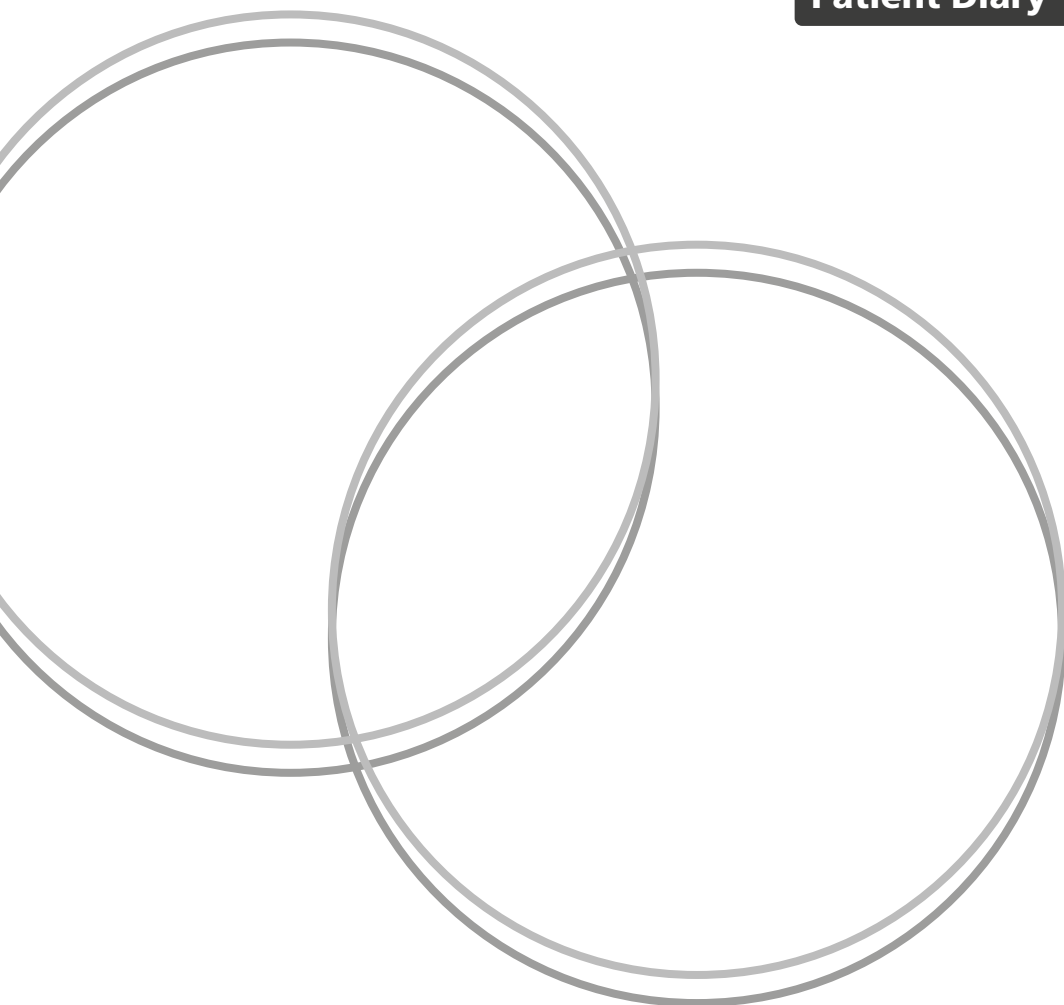


# Enhanced Recovery After Surgery (ERAS)

## Open Liver Resection

**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 aims 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 surgery
- 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 with your recovery 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 physiotherapists) 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 any required 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.

# Day of Surgery

Date/Day

**Plan:** Recover from anaesthesia. Pain is effectively controlled with analgesia. Sat up in bed. Have something to drink.

**Mobility:** *(tick if achieved)*

I was able to sit up in bed

☐

**Nutrition:** *(tick if achieved)*

I was able to have something to drink

Water ☐ Squash ☐ Tea/Coffee ☐

**How I feel today:**

# Post-Operative Day One

Date/Day

**Plan:** Sit out in the chair. Go for 2 walks with assistance.  
Able to have something to eat and drink.

**Mobility:** *(tick if achieved)*

I was able to sit in the chair for **1-2** hours (am and pm)

☐ ☐

I was able to go for **2** walks with assistance

☐ ☐

Distance walked ..... (aim for 1-2 lengths of the ward  
- 60 meters each walk)

**Nutrition:** *(tick if achieved)*

I was able to have something to drink

Water ☐ Squash ☐ Tea/Coffee ☐

I was able to have something light to eat

☐

**How I feel today:**

## Post-Operative Day Two

Date/Day

**Plan:** Sit out in the chair. Able to shower and go for 2 walks (ask for assistance if required). Have something to eat and drink.

**Mobility:** *(tick if achieved)*

I was able to sit in the chair for **2-3** hours (am and pm)

☐☐

I was able to go for **2** walks

☐☐

Distance walked ..... (aim for 2-3 lengths of the ward  
- 100 meters each walk)

**Nutrition:** *(tick if achieved)*

I was able to have something to eat and drink

☐

**How I feel today:**

# Post-Operative Day Three

Date/Day

**Plan:** Sit out in the chair. Able to eat and drink normal diet and go for 3 walks (with or without assistance).

**Mobility:** *(tick if achieved)*

I was able to sit in the chair for **2-3** hours (am and pm) ☐ ☐

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

Distance walked ..... (aim for 2-3 lengths of the ward  
- 150 meters each walk)

**Nutrition:** *(tick if achieved)*

I was able to have something to eat and drink ☐

**How I feel today:**

## Recovery Goals and Targets

The first few days of your recovery involve the removal of the various drips and tubes that were put in during your surgery. You will now start to feel more free and able to walk around, without fear of pulling something out. It is from this time onwards your recovery really makes a turning point and the team looking after you will work with you, your family and 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.

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 and back to your level of independence	
Get dressed in your own clothes (ask for assistance if required)	
Able to eat and drink (without any nausea or vomiting)	
Passing wind or bowels opened / stoma is active	
Feel confident 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 analgesics (painkillers)	
Managing to eat and drink with no nausea or vomiting	
Back to your usual level of independence; able to get self out of bed and on/off toilet	
Passing wind or bowels opened / stoma is active	
Confident with dalteparin self-administration (if applicable), or have an alternative option in place	
Received Fit note (sick note) <i>if required</i>	



## **Enhanced Recovery Team**

My Consultant is .....

My Specialist Nurse is .....

My Physiotherapist/Therapy Assistant is .....

My Enhanced Recovery Nurse is .....

**Notes:**

## Notes:

**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.

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[www.ouh.nhs.uk/information](http://www.ouh.nhs.uk/information)



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# ERAS Patient Experience Questions

We would like to understand how you felt about your recent stay in hospital and would be grateful if you could answer the following questions. Your answers will be treated confidentially. We value your input in helping us look at ways of improving our service.

**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

**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.

*Open Liver Resection*