ENHANCED RECOVERY PROGRAMME

Colorectal Surgery Patient Diary

Helping patients get better sooner after surgery

Please Note: This document is to be handed in to nursing staff at discharge to be kept with your patient notes

Building healthier lives

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To see all of our current patient information leaflets please visit www.uhb.nhs.uk/patient-information-leaflets.htm
What is the Enhanced Recovery Programme?

The enhanced recovery programme aims to improve outcomes and speed up the recovery period after your surgery. Enhanced recovery also aims to reduce complications after your surgery.

Patients on enhanced recovery pathways (ERP) recover quicker following surgery, and can leave hospital and return to normal activities sooner.

With the support of the nursing and medical teams you will be encouraged to work towards daily goals. These goals focus on early feeding and getting you moving again as quickly as possible after your operation. Your own involvement in the process is essential to the success of your recovery.

This is your own personal diary which sets out daily goals specific to you.

To monitor your experience and ensure your expectations are met, we would like you to complete this diary. In order for us to improve care we are continuously looking at how we can make changes. Therefore, we would appreciate you leave this diary with a member of staff before you go home so we can audit the care you have had. All information will remain confidential. If you have any questions then please contact us on the numbers below;

Colorectal Clinical Nurse Specialists
Tel: 0121 371 4501

Ward 728
Tel: 0121 371 7297/7299/7301
Before you have your operation

At your preoperative assessment clinic appointment (POAC) you will have undergone a number of tests and investigations to determine your fitness for surgery and an anaesthetic. You will have also attended a enhanced recovery workshop where you will have watched a DVD about your recovery and given some drinks to take before your surgery. These are called ‘pre op’ drinks which will help you to recover sooner.

At your preoperative assessment clinic appointment you will have been given instructions about preparing and cleaning your bowels ready for your operation. Please tick the boxes below if you have had the following bowel preparations;

1. Senna and a low residue diet 5 days before your surgery
2. Sachets of powder that you mixed with water

Planning your return home

We will discuss your plans for a safe return home after your surgery and the arrangements you will need to have in place. Points to consider for going home are:

1. Transport

You will need to make arrangements to be picked up from hospital by a friend or relative. The qualifying criteria for hospital transport is restricted to those with specific mobility needs. You may be asked to wait in the hospital discharge lounge.
2. Help at home

Ensure you have a family member or carer to support you when you return home to help with shopping, cooking and cleaning whilst you recover, although you will be able to perform some of these tasks yourself.

You may need to visit your GP practice nurse to have your wound checked. If you are unable to visit your practice nurse we can arrange for a district nurse to visit you at home.

The morning after your operation

You will be admitted to the hospital on the morning of your surgery, to the surgical admission suite. This is a lounge area where you will be prepared for surgery. You will be given a gown to put on and some support stockings to prevent blood clots in your legs.

You will be seen by an anaesthetist and a senior member of the surgical team to sign your consent form. You will have the opportunity to discuss any concerns or issues that you may have.

The nurses will check that plans for going home are in place and that you understand your planned length of stay. Please do not bring valuables with you to the hospital.

If you need a stoma (a surgically created opening) as part of your operation your colorectal nurse will put a mark on your tummy before you go to theatre.

You will have the opportunity to walk to the operating theatre with one of the nursing or theatre staff.

You can continue to drink clear fluids up to 2 hours before your surgery. Clear fluids include water and tea and coffee, without milk. It also includes the nutritional ‘pre op’ drinks that you have been provided with.
Did you take your pre load drinks the night before your surgery, 2 x 200ml cartons?
Yes ☐ No ☐

Did you have your pre load drinks this morning (before 06:00), 2 x 200ml cartons? Yes ☐ No ☐

The afternoon/evening of your surgery

- From theatre, a nurse will take you to the ward where you will be nursed in a post operative bay (a hospital bed).
- You will have a cannula (small plastic tube) in your arm or hand so that you can receive fluids and pain relief
- You will have a tube in your bladder called a catheter
- You may have a drain going into your tummy to remove fluid from the area of surgery
- You may have a stoma if this was planned as part of your operation
- You may have an epidural (a small piece of plastic that sits in your spine to give you pain relief)
- You may have a PCA (patient controlled analgesia). This is a button that you need to press so that you receive pain relief
- You should be able to sit up in bed or get out of bed if you feel well enough
- You will be able to have something to drink. You will also be offered drinks called Fortisips which will give you extra calories and protein
- You will receive oxygen through small tubes in your nose or through a mask
- You will have your temperature, blood pressure and pulse checked throughout the afternoon and evening
Drinking

Please record what you have had to drink this afternoon:


Eating and nutrition

Please tick how many Fortisip drinks you have had:
Fortisip carton 1 □  Fortisip carton 2 □

Activity and mobilisation

Did you sit up in bed? Yes □  No □
Did you get out of bed and sit in the chair? Yes □  No □

If you are not being assisted to sit up in bed and get out of bed please ask the a member of the nursing team to help you.

Pain and nausea

Have you been in pain? Yes □  No □
If yes, have you had any medication to help this? Yes □  No □
If you had any medication, did it help/stop the pain? Yes □  No □
Have you been feeling sick? Yes □  No □
If yes, have you had any medication to help this? Yes □  No □
If you had any medication, did it help/stop the nausea? Yes □  No □
**Discharge planning**

Have you been given an estimated time of when you will return home?

Yes ☐ No ☐

Have you made plans for getting home? Yes ☐ No ☐

Do you think you may have problems when you get home?

Yes ☐ No ☐

Please add any further comments about your first afternoon/evening following surgery;

Have all your needs been met?

Have we asked how you are coping/feeling emotionally?
The day after your operation

- You should eat and drink as you feel able to. You should follow a light diet (small amounts of food that are easy for you to digest) Please ask the nursing staff if you are unsure what to choose from your menu
- You should have a wash or shower with assistance in the bathroom
- You should try to spend your time sat out of bed in your own clothes or night clothes
- You should try to take at least two walks with assistance
- The drip in your arm will be removed today as long as you are drinking enough
- The nurses will continue to check your temperature, pulse and blood pressure throughout the day
- The acute pain nurses will visit you to check that your epidural/PCA is working
- If you have a stoma you will see the colorectal nurse and you will commence stoma teaching

Eating and drinking

Please record below what you have had to drink today;

<p>| | | |</p>
<table>
<thead>
<tr>
<th></th>
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</thead>
<tbody>
<tr>
<td></td>
<td>Fortisip 1</td>
<td>Fortisip 2</td>
</tr>
</tbody>
</table>
Please record below what you have had to eat today;

**Breakfast:**

**Lunch:**

**Evening Meal:**

**Snacks:**

**Activity and mobilisation**

Today, we would like you to sit out of bed for a minimum of 4 hours. This will be broken down into 2 smaller periods.

I have sat out of bed this morning for 2 hours  Yes [ ]  No [ ]

I have sat out of bed this afternoon for 2 hours  Yes [ ]  No [ ]

Today, we will encourage you to walk with assistance 2-3 times.

Number of walks today  1 [ ]  2 [ ]  3 [ ]
**Pain and nausea**

Have you been in pain? Yes ☐ No ☐

If yes, have you had any medication to help this? Yes ☐ No ☐

If you had any medication, did it help/stop the pain? Yes ☐ No ☐

Have you been feeling sick? Yes ☐ No ☐

If yes, have you had any medication to help this? Yes ☐ No ☐

If you had any medication, did it help/stop the nausea? Yes ☐ No ☐

**Bowels and urine**

You have a catheter to drain your urine

Has this been removed? Yes ☐ No ☐

Please let the nurses know if you pass wind or have had your bowels open (passed stools) as we need to monitor this following surgery

I have passed wind Yes ☐ No ☐

I have had my bowels open Yes ☐ No ☐

**Stoma care**

If you have had a stoma as part of your operation the nurse specialist will visit you today and start teaching you how to look after your bag

Did you see a stoma nurse? Yes ☐ No ☐

Have you started stoma teaching? Yes ☐ No ☐

Has your stoma started to work? Yes ☐ No ☐
**Discharge planning**

Have you been given an estimated time of when you will return home? Yes ☐  No ☐

Have you made plans for getting home? Yes ☐  No ☐

Do you think you may have problems when you get home? Yes ☐  No ☐

Please add any further comments about your first day following surgery;

Have all your needs been met?

Have we asked how you are coping/feeling emotionally?
Two days after you operation

- If your surgery was keyhole (surgery without having to make large incisions) your epidural or PCA will be removed today
- You should eat and drink as you feel able to. You should continue with a light diet
- You should have a wash or shower with assistance in the bathroom or on your own if you are able
- You should try to spend your time sat out of bed in your own clothes or night clothes
- You should try to take at least two walks with assistance or on your own if able
- The nurses will continue to check your temperature, pulse and blood pressure throughout the day
- The acute pain nurses will visit you to check that your epidural/PCA is working
- If you have a stoma you will see the colorectal nurse and you will continue stoma teaching

Eating and drinking

Please record below what you have had to drink today;

<table>
<thead>
<tr>
<th>Fortisip 1</th>
<th>Fortisip 2</th>
<th>Fortisip 3</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Please record below what you have had to eat today;

**Breakfast:**

**Lunch:**

**Evening Meal:**

**Snacks:**

**Activity and mobilisation**

Today, we would like you to sit out of bed for a minimum of 4 hours. This will be broken down into 2 smaller periods.

I have sat out of bed this morning for 2 hours  Yes ☐  No ☐

I have sat out of bed this afternoon for 2 hours  Yes ☐  No ☐

Today, we will encourage you to walk with assistance 2-3 times

Number of walks today  1 ☐  2 ☐  3 ☐
**Pain and nausea**

Have you been in pain? Yes ☐  No ☐

If yes, have you had any medication to help this? Yes ☐  No ☐

If you had any medication, did it help/stop the pain? Yes ☐  No ☐

Have you been feeling sick? Yes ☐  No ☐

If yes, have you had any medication to help this? Yes ☐  No ☐

If you had any medication, did it help/stop the nausea? Yes ☐  No ☐

**Bowels and urine**

Your catheter to drain your urine may be removed

Have you passed urine since it was removed? Yes ☐  No ☐

Please let the nurses know if you pass wind or have had your bowels open as we need to monitor this following surgery;

I have passed wind Yes ☐  No ☐

I have had my bowels open Yes ☐  No ☐

**Stoma care**

If you have had a stoma as part of your operation the nurse specialist will visit you again today and continue teaching you how to look after your bag

Did you see a stoma nurse? Yes ☐  No ☐

Have you started stoma teaching? Yes ☐  No ☐

Has your stoma started to work? Yes ☐  No ☐
Discharge planning

Have you been given an estimated time of when you will return home? Yes □  No □

Have you made plans for getting home? Yes □  No □

Do you think you may have problems when you get home? Yes □  No □

Please add any further comments about your day;

Have all your needs been met?

Have we asked how you are coping/feeling emotionally?
Three days after your operation

- If you still have your epidural or PCA it will be removed today
- You should continue to eat and drink as you feel able to. You should continue with a light diet
- You should have a wash or shower with assistance in the bathroom or on your own if you are able
- You should try to spend your time sat out of bed in your own clothes or night clothes
- You should try to take at least three walks with assistance or on your own if able
- If you have a stoma you will see the colorectal nurse and you will continue stoma teaching

Eating and drinking

Please record below what you have had to drink today;

<p>| | | |</p>
<table>
<thead>
<tr>
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<tbody>
<tr>
<td>Fortisip 1</td>
<td>Fortisip 2</td>
<td>Fortisip 3</td>
</tr>
</tbody>
</table>
Please record below what you have had to eat today;

**Breakfast:**

**Lunch:**

**Evening Meal:**

**Snacks:**

**Activity and mobilisation**

Today, we would like you to sit out of bed for a minimum of 8 hours. This will be broken down into 2 smaller periods.

I have sat out of bed this morning for 4 hours Yes □  No □

I have sat out of bed this afternoon for 4 hours Yes □  No □

Today, we will encourage you to walk with assistance 2-3 times.

Number of walks today 1□  2 □  3 □
**Pain and nausea**

Have you been in pain? Yes ☐ No ☐

If yes, have you had any medication to help this? Yes ☐ No ☐

If you had any medication, did it help/stop the pain? Yes ☐ No ☐

Have you been feeling sick? Yes ☐ No ☐

If yes, have you had any medication to help this? Yes ☐ No ☐

If you had any medication, did it help/stop the nausea? Yes ☐ No ☐

**Bowels and urine**

Your urine catheter will be removed today if still in place

Have you passed urine since it was removed? Yes ☐ No ☐

Please let the nurses know if you pass wind or have had your bowels open as we need to monitor this following surgery

I have passed wind Yes ☐ No ☐

I have had my bowels open Yes ☐ No ☐

**Stoma care**

If you have had a stoma as part of your operation the nurse specialist will visit you today and continue with your teaching bag

Did you see a stoma nurse? Yes ☐ No ☐

Have you started stoma teaching? Yes ☐ No ☐

Has your stoma started to work? Yes ☐ No ☐
**Discharge Planning**

Have you been given an estimated time of when you will return home? Yes ☐ No ☐

Have you made plans for getting home? Yes ☐ No ☐

Do you think you may have problems when you get home? Yes ☐ No ☐

Please add any further comments about your day;

Have all your needs been met?

Have we asked how you are coping/feeling emotionally?
**Four days after your operation**

- You should continue to eat and drink a light diet as you feel able
- You should have a wash or shower independently in the bathroom
- You should try to spend your time sat out of bed in your own clothes or night clothes
- You should try to take at least three walks independently
- You should be able to carry out your stoma care independently
- You should have arrangements in place for discharge home. If any issues have arisen regarding your discharge please speak to a member of staff

**Eating and drinking**

Please record below what you have had to drink today:

<p>| | | |</p>
<table>
<thead>
<tr>
<th></th>
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<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Fortisip 1</td>
<td>Fortisip 2</td>
<td>Fortisip 3</td>
</tr>
</tbody>
</table>
Please record below what you have had to eat today;

Breakfast:

Lunch:

Evening Meal:

Snacks:

**Activity and mobilisation**

Today, we would like you to sit out of bed for a minimum of 10 hours. This will be broken down into 2 smaller periods.

I have sat out of bed this morning for 4 hours Yes □ No □

I have sat out of bed this afternoon for 4 hours Yes □ No □

Today, we will encourage you to walk with assistance twice

Number of walks today 1 □ 2 □ 3 □
**Pain and nausea**

Have you been in pain? Yes □  No □
If yes, have you had any medication to help this? Yes □  No □
If you had any medication, did it help/stop the pain? Yes □  No □
Have you been feeling sick? Yes □  No □
If yes, have you had any medication to help this? Yes □  No □
If you had any medication, did it help/stop the nausea? Yes □  No □

**Bowels and urine**

Your urine catheter will be removed today if still in place
Have you passed urine since it was removed? Yes □  No □
Please let the nurses know if you pass wind or have had your bowels open as we need to monitor this following surgery
I have passed wind Yes □  No □
I have had my bowels open Yes □  No □

**Stoma care**

If you have had a stoma as part of your operation the nurse specialist will visit you today and continue with your teaching bag
Did you see a stoma nurse? Yes □  No □
Have you started stoma teaching? Yes □  No □
Has your stoma started to work? Yes □  No □
Discharge planning

Have you been given an estimated time of when you will return home? Yes □  No □

Have you made plans for getting home? Yes □  No □

Do you think you may have problems when you get home? Yes □  No □

Please add any further comments about your day;

Have all your needs been met?

Have we asked how you are coping/feeling emotionally?
Five days after your operation

- You should continue to eat and drink a light diet as you feel able
- You should have a wash or shower independently in the bathroom
- You should try to spend your time sat out of bed in your own clothes or night clothes
- You should try to take at least three walks independently. This can be on the ward, or you could walk downstairs if you feel up to it
- You should be able to carry out your stoma care independently
- You should be discharged home today if the medical and nursing teams think you are fit for discharge

Eating and drinking

Please record below what you have had to drink today:

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
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</tr>
</thead>
<tbody>
<tr>
<td>Fortisip 1</td>
<td>Fortisip 2</td>
</tr>
</tbody>
</table>
Please record below what you have had to eat today;

**Breakfast:**

**Lunch:**

**Evening Meal:**

**Snacks:**

**Activity and mobilisation**

Today, we would like you to sit out of bed for a minimum of 10 hours. This will be broken down into 2 smaller periods.

I have sat out of bed this morning for 5 hours Yes ☐ No ☐

I have sat out of bed this afternoon for 5 hours Yes ☐ No ☐

Today, we will encourage you to walk independently on the ward and hospital corridor.

Number of walks today 1 ☐ 2 ☐ 3 ☐
**Pain and nausea**

Have you been in pain? Yes □  No □

If yes, have you had any medication to help this? Yes □  No □

If you had any medication, did it help/stop the pain?  
Yes □  No □

Have you been feeling sick? Yes □  No □

If yes, have you had any medication to help this? Yes □  No □

If you had any medication, did it help/stop the nausea?  
Yes □  No □

**Bowels and urine**

Have you passed urine? Yes □  No □

Please let the nurses know if you pass wind or have had your bowels open as we need to monitor this following surgery

I have passed wind Yes □  No □

I have had my bowels open Yes □  No □

**Stoma care**

If you have had a stoma as part of your operation the nurse specialist will visit you today and continue with your teaching bag

Did you see a stoma nurse? Yes □  No □

Have you started stoma teaching? Yes □  No □

Has your stoma started to work? Yes □  No □

Has your stoma nurse given you your discharge information and contact numbers? Yes □  No □
### Discharge checklist

You will be discharged home today if you meet the following criteria:

<table>
<thead>
<tr>
<th>Criteria</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>NUTRITION</strong></td>
<td>Are you tolerating food and drink?</td>
</tr>
<tr>
<td><strong>BOWELS</strong></td>
<td>Are you passing flatus (wind)?</td>
</tr>
<tr>
<td><strong>STOMA</strong></td>
<td>Are you independent with stoma care?</td>
</tr>
<tr>
<td></td>
<td>Have you had a supply of appliances?</td>
</tr>
<tr>
<td></td>
<td>Has stoma follow up been arranged?</td>
</tr>
<tr>
<td><strong>MOBILITY</strong></td>
<td>Are you independently mobile?</td>
</tr>
<tr>
<td><strong>PERSONAL HYGIENE</strong></td>
<td>Are you washing and dressing independently?</td>
</tr>
<tr>
<td><strong>DRUGS</strong></td>
<td>Have you been given your tablets to take home?</td>
</tr>
<tr>
<td><strong>SOCIAL</strong></td>
<td>If needed, has your package of care been arranged?</td>
</tr>
<tr>
<td><strong>FOLLOW UP</strong></td>
<td>Do you have award contact number?</td>
</tr>
<tr>
<td></td>
<td>Do you have a contact number for your colorectal nurse?</td>
</tr>
<tr>
<td></td>
<td>Has a district/practice nurse been arranged if needed??</td>
</tr>
<tr>
<td><strong>TRANSPORT</strong></td>
<td>Has hospital transport been arranged if necessary?</td>
</tr>
</tbody>
</table>
Please answer the following questions before you go home and return your diary to the nursing staff

Your views are very important to us as they help us to improve our services

Thank You.

1) Were you involved in making decisions about your treatment and care
   a) Yes       b) No       c) To some extent

2) How much information were you given about your condition and the treatment you received?
   a) The right amount       b) Too much       c) Not enough

3) Did you feel you were involved in the decision to discharge you?
   a) Yes       b) No       c) To some extent

4) Have you been told who to contact when you leave hospital?
   a) Yes       b) No
Please use the space below to write down any questions you may have and bring this with you to your next appointment.
The Trust provides free monthly health talks on a variety of medical conditions and treatments. For more information visit www.uhb.nhs.uk/health-talks.htm or call 0121 371 4323.