

Queen Elizabeth Hospital Birmingham



Part of University Hospitals Birmingham
NHS Foundation Trust



Patient Record of Stay

“It starts with you”

Delivering the **best** in care

UHB is a no smoking Trust

To see all of our current patient information leaflets please visit
www.uhb.nhs.uk/patient-information-leaflets.htm

This is your record of your stay in hospital which sets out your daily goals. These goals can be achieved with support from the nursing staff and the team of people caring for you.

You will be admitted to the hospital on the morning of your surgery to the Surgical Admission Suite. You will walk to the operating theatre with a nurse or one of the theatre staff. Following your operation you will be admitted to the Critical Care (Intensive Care) unit where you stay for 48–72 hours before being transferred to the ward.

Pain

Tell the nursing staff when you are in pain and need medication.

Nutrition

You will receive feed through your feeding jejunostomy tube from the morning after your operation, which will be increased gradually by the dietitian. You will also be advised by your dietitian on what you can eat and drink following your operation. You should be allowed to start sipping water 4 days after your operation and this will build up gradually to a pureed diet by day 6 after surgery. You will go home on a puree diet which will be changed to normal diet over the first few months, as advised by your surgical team.

Sitting up and out of bed

You should sit up in bed and sit out in a chair regularly, as lying down increases your risk of pneumonia. You will have help to do so from the nurse looking after you. If you are not being assisted, ask.

Breathing exercises

From the time of your arrival in Critical Care:

1. Take deep breathes and cough
2. Use your incentive spirometer to complete 10 breaths every 1–2 hours DAILY during your stay

You will be encouraged to do these exercises by the team but ultimately it is your responsibility.

Technique for incentive spirometer use

1. Ensure you are sat upright either in the bed or chair
2. Remember to keep the incentive spirometer level
3. Place the mouth piece in your mouth and make a good seal
4. Breath in slowly for about 4–5 seconds keeping the yellow ball at the 😊 marker
5. Hold your breath for 3 seconds then breath out slowly
6. Repeat 10 times every 1–2 hours

If you have any questions please ask your nurse or physiotherapist.

Use the table to record your incentive spirometer use. Tick the box every time you complete 10 breaths.

		Incentive spirometer record of use									
		1	2	3	4	5	6	7	8	9	10
The day of your operation											
Post-op day 1											
Post-op day 2											
Post-op day 3											
Post-op day 4											
Post-op day 5											
Post-op day 6											
Post-op day 7											
Post-op day 8											
Post-op day 9											
Post-op day 10											

Mobility

The earlier you move about, the faster your recovery. Use the table to record your achievement of your mobility targets. Tick the box every time you complete a target.

MOBILITY TARGETS			
Please tick the box when you have completed your daily goals			
	Seating	Mobility	Activities
The day of your operation	Sat in a chair position in bed for 1 hour		
Post-op day 1	Sat out of bed in a chair for 4 hours in total	Walked 30 metres with the physiotherapist	
Post-op day 2	Sat out of bed in a chair for 4 hours in total	Walked 60 metres with the physiotherapist	
Post-op day 3	Sat out of bed in a chair for 6 hours in total	Walked 120 metres twice with the physiotherapist	Participated in own personal care for example; washing.
Post-op day 4	Sat out of bed in a chair for minimum of 6–8 hours during the day	Walked 120 meters twice with the physiotherapist	Participated in washing and dressing
Post-op day 5	Sat out of bed in a chair for minimum of 8 hours during the day	Walked 2 lengths of the ward with the physiotherapist	Continued to participate in washing and dressing. Dressed in your day wear clothing
Post-op day 6	Sat out of bed in a chair for minimum of 8 hours during the day	Walked 2 lengths of the ward	Becoming independent with washing and dressing. Dressed in your day wear clothing
Post-op day 7	Sat out of bed for the majority of the day	Walked 4 lengths of the ward. Completed stair assessment	Independent with self – care
Post-op day 8	Sat out of bed for the majority of the day	Independently mobile on the ward. Repeat stairs assessment if required	Dressed in your own clothes
Post-op day 9	Sat out of bed for the majority of the day	Independently mobile on the ward	
Post-op day 10	Sat out of bed for the majority of the day	Independently mobile. Completed reassessment and discussed ongoing rehabilitation	

You will be encouraged to mobilise as much as possible with help of the nursing staff if required.

If you have not achieved your daily targets please explain why in the box below;

The day of your operation
Day 1
Day 2
Day 3
Day 4
Day 5
Day 6
Day 7
Day 8
Day 9
Day 10

Your expected date of discharge will be discussed with you 5–7 days after your operation.

Planned date of discharge _____

Discharge expectations

- You will be medically fit for discharge
- You will be able to sit out of bed for long periods (6–8 hours)
- You will be drinking up to 3 nutritional drinks a day
- You will be tolerating night time feed through your feeding jejunostomy tube
- You or a member of your family will have completed pump training
- You will be able to go for a walk to the coffee shop or restaurant
- You will be competent in self administration of enoxaparin or carer trained to do so
- You will have completed this document and hand it to the clinical nurse specialist

Please answer these questions before you go home and return your record of stay to the ward nursing staff

Your views are very important to us as they will help us to improve the quality of our care, 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 treatment?

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

UPPER GI SURGERY

Queen Elizabeth Hospital Birmingham
Mindelsohn Way, Edgbaston, Birmingham B15 2GW

Telephone: 0121 627 2000
