



**NHS**

**University Hospitals  
Birmingham**  
NHS Foundation Trust

# Enhanced Recovery After Surgery (ERAS) for kidney transplant recipients

Patient shared care plan

**Name (or patient sticker to be affixed)**

**Date of transplant:**

**Following my kidney transplant, I will be following:**

- ERAS Pathway A
- ERAS Pathway B
- ERAS Pathway C

# Induction to our Enhanced Recovery After Surgery (ERAS) programme

ERAS is a programme designed to help you to recover more quickly from your transplant. We hope that this leaflet will help you understand what to expect and feel more involved in what happens during your transplant journey.

**To optimise your recovery after your transplant, it is important that you take an active role in your own care.** Reaching certain targets can reduce the likelihood of complications. For example, becoming mobile sooner after surgery can help reduce the risk of chest infections, blood clots, and muscle weakness. Being better informed and taking an active role can help improve your overall experience as you recover.

This journal is yours to keep and use to record your progress. Relatives, friends and the transplant team can help you to complete it if you find this difficult. By completing this journal each day, it will help the team to support you and ensure that your recovery is as smooth as possible.

Don't worry if you do not meet all your targets. Every patient is different, and the team will support you to achieve your targets at a pace that's right for you. The team will adapt the programme where needed, and **we will not discharge you from hospital until both you and the transplant team feel that you are ready.**

Before surgery, you will need to fast. The team will guide you with timings. After the operation, you will be encouraged to eat and drink as soon as you feel able. We will try to stop your drip as soon as possible and will give you a fluid target to aim for.



You will be given a mobility plan to help you recover from the operation. Try to meet your targets and continue your progress when you leave hospital. If you have a step counter, you may wish to record your daily steps.



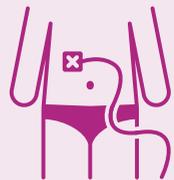
It is important to weigh yourself each morning to help us monitor your fluid balance. The team will help you with this as needed. We hope you will become more independent with this as you recover.



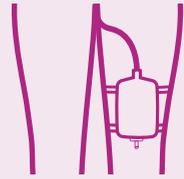
The team will help to keep you comfortable after your surgery. We will try to minimise the use of certain types of pain relief to avoid unwanted side effects. If you are struggling with pain, or feeling sick, tell the nurses. We have many ways we can help.



Where possible the surgeon will try to avoid drains. If a drain is needed, we will aim to remove this as soon as it is safe to do so. The nurses will monitor the output and if the drain needs to stay in longer, they will help you to care for it.



We will aim to remove your urinary catheter as soon as possible in the days after the operation (usually on day 4).



As soon as you feel able, the team will give you information about your new medications. It is important that you understand them when you leave hospital to keep you and your kidney safe.



Think about when you leave hospital. Talk to your family, friends and the nurses about help that you may need or anything that is worrying you.



## Mobility aims post-operation

The transplant team will provide you with a recovery programme that's right for you. If you have existing mobility problems, don't worry. The team will guide you in how you can adapt the programme to meet your needs.

The team will explain your targets to you and support you to achieve them. We are always around to help you with this. It is important you try to play an active role and help your own recovery.

## How will this be assessed?

A short exercise assessment will determine how many meters you should be walking on days one to five after your operation.

**Dependent on your score, you will follow pathway A, B or C,** and will be guided by either the physiotherapy team or the nursing staff on the ward.

## Will I get physiotherapy?

You will have a therapy assessment conducted either before, or shortly after your operation. This will determine if you receive physiotherapy to complete your mobility programme or if the nursing staff will lead on your post-operative mobilisation. The physiotherapist will advise you on this after your surgery.

You will be given advice about exercise to perform on the ward, as well as breathing exercises to optimise your chest function.

# Progress Day 1

## ERAS Pathway A

### Day 1 goals:

- To walk 40 meters with or without assistance (complete x2– 4)
- To sit out for all three meals
- Complete breathing exercises



## ERAS Pathway B

### Day 1 goals:

- To walk 20 meters with or without assistance (complete x2)
- To sit out for all three meals
- Complete breathing exercises



## ERAS Pathway C

### Day 1 goals:

- Individual exercise plan with mobility aims
- To sit out for all three meals
- Complete breathing exercises



# Progress Day 1

## In the morning:

The nurses will help you to start recording your drinks and your urine output in the box below.

Please record your weight this morning.....kg

Please record today's fluid target.....ml

## In the day:

**Please record today's fluid measurements**

Drinks (mLs)	Urine Output (mLs)
<b>Total:</b>	<b>Total:</b>

## In the evening:

Did you manage to weigh yourself this morning?

Did you reach your fluid target?

Did you manage to do your breathing exercises?.....

How many times did you sit out today?.....

How many walks did you do today?.....

If you have difficulties, concerns or questions for the transplant team, you might find it useful to write them down in this space:

.....  
.....

## Progress Day 2

### ERAS Pathway A

#### Day 2 goals:

- To walk 90 meters with or without assistance (complete x4)
- To sit out for 3 – 4 hours
- Complete breathing exercises



**2 to 4 Walks**



**Sitting out**

**3–4 hrs per day**



**Breathing exercises**

### ERAS Pathway B

#### Day 2 goals:

- To walk 40 meters with or without assistance (complete x4)
- To sit out for 3 hours
- Complete breathing exercises



**2 to 4 Walks**



**Sitting out**

**3–4 hrs per day**



**Breathing exercises**

### ERAS Pathway C

#### Day 2 goals:

- Individual exercise plan with mobility aims
- To sit out for all three meals
- Complete breathing exercises



**Sitting out**



**Breathing exercises**

## Progress Day 2

### In the morning:

The nurses will help you to start recording your drinks and your urine output in the box below.

Please record your weight this morning.....kg

Please record today's fluid target.....ml

### In the day:

#### Please record today's fluid measurements

Drinks (mLs)	Urine Output (mLs)
<b>Total:</b>	<b>Total:</b>

### In the evening:

○ Did you manage to weigh yourself this morning?

○ Did you reach your fluid target?

○ Did you manage to do your breathing exercises?.....

○ How many times did you sit out today?.....

○ How many walks did you do today?.....

If you have difficulties, concerns or questions for the transplant team, you might find it useful to write them down in this space:

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## Progress Day 3

### ERAS Pathway A

#### Day 3 goals:

- To walk for 180 meters with or without assistance (complete x4 – 6)
- To sit out for 4 – 6 hours



4 to 6 Walks



Sitting out

4–6 hrs per day

### ERAS Pathway B

#### Day 3 goals:

- To walk 90 meters with or without assistance (complete x4)
- To sit out for 4 hours



4 to 6 Walks



Sitting out

4–6 hrs per day

### ERAS Pathway C

#### Day 3 goals:

- Individual exercise plan with mobility aims
- To sit out for 4 – 6 hours



Sitting out

4–6 hrs per day

# Progress Day 3

## In the morning:

The nurses will help you to start recording your drinks and your urine output in the box below.

Please record your weight this morning.....kg

Please record today's fluid target.....ml

## In the day:

### Please record today's fluid measurements

Drinks (mLs)	Urine Output (mLs)
<b>Total:</b>	<b>Total:</b>

## In the evening:

○ Did you manage to weigh yourself this morning?

○ Did you reach your fluid target?

○ Did you manage to do your breathing exercises?.....

○ How many times did you sit out today?.....

○ How many walks did you do today?.....

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# Progress Day 4

## ERAS Pathway A

### Day 4 goals:

- To walk for 180 meters with or without assistance (complete x6)
- To sit out for 6 – 8 hours
- Complete stairs if appropriate



180m – 240m  
distance

4 to 6 Walks



Sitting out

⌚ 6–8 hrs per day

## ERAS Pathway B

### Day 4 goals:

- To walk 90 meters with or without assistance (complete x4)
- To sit out for 4 – 6 hours
- Complete stairs if appropriate



90m  
distance

4 to 6 Walks



Sitting out

⌚ 4–6 hrs per day

## ERAS Pathway C

### Day 4 goals:

- Individual exercise plan with mobility aims
- To sit out for 6 – 8 hours



Sitting out

⌚ 6–8 hrs per day

# Progress Day 4

## In the morning:

The nurses will help you to start recording your drinks and your urine output in the box below.

Please record your weight this morning.....kg

Please record today's fluid target.....ml

## In the day:

### Please record today's fluid measurements

Drinks (mLs)	Urine Output (mLs)
<b>Total:</b>	<b>Total:</b>

## In the evening:

○ Did you manage to weigh yourself this morning?

○ Did you reach your fluid target?

○ Did you manage to do your breathing exercises?.....

○ How many times did you sit out today?.....

○ How many walks did you do today?.....

If you have difficulties, concerns or questions for the transplant team, you might find it useful to write them down in this space:

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## Progress Day 5

### ERAS Pathway A

#### Day 5 goals:

- Post operative individualised exercise plan to be provided by physiotherapist

### ERAS Pathway B

#### Day 5 goals:

- Post operative individualised exercise plan to be provided by physiotherapist

### ERAS Pathway C

#### Day 5 goals:

- Post operative individualised exercise plan to be provided by physiotherapist
- Complete stairs if appropriate

# Progress Day 5

## In the morning:

The nurses will help you to start recording your drinks and your urine output in the box below.

Please record your weight this morning.....kg

Please record today's fluid target.....ml

## In the day:

### Please record today's fluid measurements

Drinks (mLs)	Urine Output (mLs)
<b>Total:</b>	<b>Total:</b>

## In the evening:

○ Did you manage to weigh yourself this morning?

○ Did you reach your fluid target?

○ Did you manage to do your breathing exercises?.....

○ How many times did you sit out today?.....

○ How many walks did you do today?.....

If you have difficulties, concerns or questions for the transplant team, you might find it useful to write them down in this space:

.....  
.....

# Preparing for discharge from hospital

## Before you go home

- Do you have everything you need at home?
- Has transport been arranged to take you home?
- Have you arranged your transport to and from clinic?
- Do you feel able to manage your medications?
- Do you know who to call with questions or concerns after leaving hospital?

Your next follow up appointment is on .....

at .....



A series of 18 horizontal dotted lines spanning the width of the page, providing a guide for handwriting practice.

## How did we do? 😊 😐 😞

If you have recently used our services we'd love to hear about your experience. Please scan the QR code or follow the link to share your feedback to help us improve our services. **Thank you. [www.uhb.nhs.uk/fft](http://www.uhb.nhs.uk/fft)**



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