

# Colorectal Surgery

## Enhanced Recovery Programme



## Patient Diary

### For patients with a stoma

#### Useful information

Name: .....

Consultant: .....

Date of Surgery: .....

Operation: .....

Date of discharge: .....



# Introduction

## What is enhanced recovery?

The aim of the enhanced recovery programme is to speed up your recovery after major surgery by trying to get you back to doing your normal activities (like eating and walking) as soon as possible after your operation. This can help prevent some of the problems that can arise after surgery such as infections and blood clots, as well as get you home more quickly.

## How to use this diary

This diary sets out the key steps for each day that will help to speed up your recovery after surgery. There are also some short charts which we encourage you to fill in to mark your progress. Filling in this information should only take a short time each day and will help to encourage you to achieve what is needed. It can also help us to monitor your progress and make any adjustments in your medication that may be required. At the end of your stay we will collect this diary and the information will be used to evaluate how well our recovery programme is working.

## What if I do not achieve the targets?

Do not get disappointed if you do not achieve each of the targets set out for the day. The targets are only a guide. Everyone recovers at a different rate and it may take some people longer to achieve some of the targets. Some patients do experience problems after surgery, such as infections and this can also slow down recovery.

## Going home

There is no set time at which we aim to send patients home. Before you can go home you need to be eating well, moving about comfortably and be able to look after yourself at home. Your surgeon also needs to be satisfied that you have recovered enough. This may be achieved after only two days for some patients but may take quite a bit longer in others.



### **1. Monitoring your progress**

When you return to the ward following surgery you will have your blood pressure and pulse monitored regularly. You will normally have a bag of fluid running through a drip into your arm to stop you getting dehydrated. Most patients also have a catheter (a tube into the bladder) to monitor their urine output.

### **2. Moving out of bed**

If your operation is in the morning then you would normally be able to sit out in the chair for a couple of hours in the afternoon.

### **3. Drinking and eating**

You can drink any fluids (except fizzy drinks) that you feel comfortable drinking as soon as you are awake enough after the operation. If you feel up to eating you can take a little bite to eat on the evening of surgery, but do not force yourself to eat as this may result in you being sick.

### **4. Preventing chest infections**

In order to prevent chest infections you should sit up in bed or in a chair as much as possible. Take a deep breath and hold it for the count of three. You should do this six times every half hour or so whilst you are awake. If you need to cough, hold a rolled up towel firmly over your wound with both hands.

### **5. Preventing blood clots**

You should point your toes and move your feet up and down ten times every hour to help prevent blood clots developing in your calves. You will also be given an injection every evening to help prevent blood clots. If you have been given special stockings to wear then keep these on throughout your hospital stay.

## **Day 1** Targets to be achieved today

### **1. Walking and moving**

You need to sit out of bed as much as possible today. You should also aim to take a short walk at least three times a day. The ward is marked with signs every 10 metres. Please record your progress on the chart opposite. Aim for at least 60 metres each time.

### **2. Drinking and eating**

You should aim to drink at least six cups of fluid today (water, squash, tea or coffee). We will also give you energy drinks to sip three times today, try and eat a little bit. Use the chart opposite to record your progress. Sometimes your bowel is not ready to start working straight away. If your tummy feels very bloated and you feel sick then you should stick to just sipping fluid until you start to feel a bit better.

### **3. Breathing and leg exercises**

Every half hour you should take six deep breaths in and out holding each one for a few seconds, then point each toe in turn and bend your foot up and down ten times.

### **4. Pain control**

It is important that you are not in too much pain so you can walk and do your breathing exercises. We will give you regular pain killing tablets, but you must tell us if you are in pain so that we can give you additional medicine if needed.

### **5. Removal of pipes and tubes**

If you are drinking well then your fluid drip will be taken down and your catheter (the pipe into the bladder) may be taken out.

### **6. Managing your stoma care**

Having a stoma takes some getting used to. You should try to have a look at the stoma and get involved in taking care of it as soon as possible. If you are worried or frightened about this please let us know. Complete the questions opposite about your stoma.



# What have I done today?

## Walking

Time of day	Please record how far you have walked in metres	If you have not walked today please tell us why below?
Morning	..... metres	
Afternoon	..... metres	
Evening	..... metres	

## Drinking and eating

Time of day	Number of cups drunk	Energy drinks drunk	Please record what you have eaten today	If you have not eaten please tell us why?
Morning			(Including breakfast)	
Afternoon			(Including lunch)	
Evening			(Including tea)	

## Stoma

(Circle Yes, No or Not Applicable as appropriate)

Have you looked at the stoma today?	Yes	No	N/A
Have you passed wind, fluid or poo into the bag?	Yes	No	N/A
Have you practiced emptying or changing the stoma bag?	Yes	No	N/A
Has anyone asked you how you felt about the stoma today?	Yes	No	N/A



## Day 2 Targets to be achieved today

### 1. Walking and moving

You need to sit out of bed as much as possible again. You should also go for your three walks. Try to see if you can walk further than yesterday. Record your progress on the chart opposite.

### 2. Drinking and eating

You should aim to drink at least six cups of fluid today (water, squash, tea or coffee). We will also give you three energy drinks and you should eat what you feel comfortable eating. Record your progress opposite.

### 3. Breathing and leg exercises

You should continue with these exercises every half hour.

### 4. Pain control

Remember to ask for pain killers if you need them.

### 5. Removal of pipes and tubes

If your catheter (the pipe into your bladder) or your fluid drip was not taken away yesterday we will aim to do so today. If you have an epidural for pain relief this may also be removed today.

### 6. Managing your stoma care

It usually takes at least a couple of days after your operation before your bowels and stoma start to work. Usually you will start to pass wind into your bag first. Sometimes you can get a bit of crampy pain in the lower tummy before your stoma works properly, but this will improve with time. Please answer the following questions.

## What have I done today?

### Walking

Time of day	Please record how far you have walked in metres	If you have not walked today please tell us why below?
Morning	..... metres	
Afternoon	..... metres	
Evening	..... metres	



## Drinking and eating

Time of day	Number of cups drunk	Energy drinks drunk	Please record what you have eaten today	If you have not eaten please tell us why?
Morning			(Including breakfast)	
Afternoon			(Including lunch)	
Evening			(Including tea)	

## Stoma

(Circle Yes, No or Not Applicable as appropriate)

Have you passed wind, fluid or poo into the bag?	Yes	No	N/A
Have you practiced emptying the stoma bag?	Yes	No	N/A
Have you practiced changing the stoma bag?	Yes	No	N/A
Has anyone asked you how you felt about the stoma today?	Yes	No	N/A
Can you empty the stoma bag on your own?	Yes	No	N/A
Can you change the stoma bag on your own?	Yes	No	N/A
Did you feel able to talk to someone about how you feel?	Yes	No	N/A

## Day 3 Targets to be achieved today

### 1. Walking and moving

You need to sit out of bed for most of the day. You should also go for your three walks. Try to see if you can walk further than yesterday. Record your progress on the chart opposite.

### 2. Drinking and eating

You should aim to drink at least six cups of fluid today (water, squash, tea or coffee). We will also give you three energy drinks if you are not eating full meals. You should eat what you feel comfortable eating. Record your progress opposite.

### 3. Breathing and leg exercises

You should continue with these exercises every half hour.

### 4. Pain control

Remember to ask for pain killers if you need them.

### 5. Removal of pipes and tubes

Any remaining pipes and tubes should be removed today.

### 6. Managing your stoma care

You should be aiming to empty the stoma and change the stoma bag with assistance if needed. Please record your progress opposite.

### 7. Going home

You may be able to go home today if you are eating well, walking about comfortably and able to look after yourself and your stoma.

## What have I done today?

### Walking

Time of day	Please record how far you have walked in metres	If you have not walked today please tell us why below?
Morning	..... metres	
Afternoon	..... metres	
Evening	..... metres	





## Drinking and eating

Time of day	Number of cups drunk	Energy drinks drunk	Please record what you have eaten today	If you have not eaten please tell us why?
Morning			(Including breakfast)	
Afternoon			(Including lunch)	
Evening			(Including tea)	

## Stoma

(Circle Yes, No or Not Applicable as appropriate)

Have you passed wind, fluid or poo into the bag?	Yes	No	N/A
Have you practiced emptying the stoma bag?	Yes	No	N/A
Have you practiced changing the stoma bag?	Yes	No	N/A
Has anyone asked you how you felt about the stoma today?	Yes	No	N/A
Can you empty the stoma bag on your own?	Yes	No	N/A
Can you change the stoma bag on your own?	Yes	No	N/A
Did you feel able to talk to someone about how you feel?	Yes	No	N/A

## Day 4 Targets to be achieved today

### 1. Walking and moving

You need to sit out of bed for most of the day. You should also go for your three walks. Try to see if you can walk further than yesterday. Record your progress on the chart opposite.

### 2. Drinking and eating

You should aim to drink at least six cups of fluid today (water, squash, tea or coffee). We will also give you three energy drinks if you are not eating full meals. You should eat what you feel comfortable eating. Record your progress opposite.

### 3. Breathing and leg exercises

You should continue with these exercises every half hour.

### 4. Pain control

Remember to ask for pain killers if you need them.

### 5. Removal of pipes and tubes

Any remaining pipes and tubes should be removed today.

### 6. Managing your stoma care

You should be aiming to empty the stoma and change the stoma bag with assistance if needed. Please record your progress opposite.

### 7. Going home

You may be able to go home today if you are eating well, walking about comfortably and able to look after yourself and your stoma.

## What have I done today?

### Walking

Time of day	Please record how far you have walked in metres	If you have not walked today please tell us why below?
Morning	..... metres	
Afternoon	..... metres	
Evening	..... metres	



## Drinking and eating

Time of day	Number of cups drunk	Energy drinks drunk	Please record what you have eaten today	If you have not eaten please tell us why?
Morning			(Including breakfast)	
Afternoon			(Including lunch)	
Evening			(Including tea)	

## Stoma

(Circle Yes, No or Not Applicable as appropriate)

Have you passed wind, fluid or poo into the bag?	Yes	No	N/A
Have you practiced emptying the stoma bag?	Yes	No	N/A
Have you practiced changing the stoma bag?	Yes	No	N/A
Has anyone asked you how you felt about the stoma today?	Yes	No	N/A
Can you empty the stoma bag on your own?	Yes	No	N/A
Can you change the stoma bag on your own?	Yes	No	N/A
Did you feel able to talk to someone about how you feel?	Yes	No	N/A



## Day 5 Targets to be achieved today

### 1. Walking and moving

You need to sit out of bed for most of the day. You should also go for your three walks. Try to see if you can walk further than yesterday. Record your progress on the chart opposite.

### 2. Drinking and eating

You should aim to drink at least six cups of fluid today (water, squash, tea or coffee). We will also give you three energy drinks if you are not eating full meals. You should eat what you feel comfortable eating. Record your progress opposite.

### 3. Breathing and leg exercises

You should continue with these exercises every half hour.

### 4. Pain control

Remember to ask for pain killers if you need them.

### 5. Removal of pipes and tubes

Any remaining pipes and tubes should be removed today.

### 6. Managing your stoma care

You should be aiming to empty the stoma and change the stoma bag with assistance if needed. Please record your progress opposite.

### 7. Going home

You may be able to go home today if you are eating well, walking about comfortably and able to look after yourself and your stoma.

## What have I done today?

### Walking

Time of day	Please record how far you have walked in metres	If you have not walked today please tell us why below?
Morning	..... metres	
Afternoon	..... metres	
Evening	..... metres	



## Drinking and eating

Time of day	Number of cups drunk	Energy drinks drunk	Please record what you have eaten today	If you have not eaten please tell us why?
Morning			(Including breakfast)	
Afternoon			(Including lunch)	
Evening			(Including tea)	

## Stoma

(Circle Yes, No or Not Applicable as appropriate)

Have you passed wind, fluid or poo into the bag?	Yes	No	N/A
Have you practiced emptying the stoma bag?	Yes	No	N/A
Have you practiced changing the stoma bag?	Yes	No	N/A
Has anyone asked you how you felt about the stoma today?	Yes	No	N/A
Can you empty the stoma bag on your own?	Yes	No	N/A
Can you change the stoma bag on your own?	Yes	No	N/A
Did you feel able to talk to someone about how you feel?	Yes	No	N/A



# Going Home

Before you go home we will give you further information about your continued recovery and details of who to contact should you have any concerns or questions. We will also make sure that you have all the correct equipment you need to manage at home. The colorectal nurses will fill in the following check list with you to make sure that everything has been covered.

Disposal bin ordered	Yes	No	N/A
Exemption form completed	Yes	No	N/A
District nurse letter	Yes	No	N/A
Discharge information given and explained	Yes	No	N/A
Contact numbers given	Yes	No	N/A
Home visit / Stoma clinic appointment	Yes	No	N/A
Stoma equipment given	Yes	No	N/A

Comments



## Going Home

Before you go home we will give you further information about your continued recovery and details of who to contact should you have any concerns or questions.

Please could you answer the following questions before handing your diary to a member of staff. This diary will be kept in your hospital notes, but some anonymous information will be used to monitor how well our recovery programme is working.

Please circle one response for each question.

### 1. Did you feel involved in decisions about your care?

Not at all

A little bit

Very much

### 2. Were you given enough information about your care?

Not at all

A little bit

Very much

### 3. Did you feel involved in decisions about when you go home?

Not at all

A little bit

Very much

### 4. Were you given details of who to contact with any problems after you go home?

Not at all

A little bit

Very much

**Thank you for your time**





### **Please ask!**

If you have any questions about your treatment, medicines or the care you are receiving, please ask! Please use the space below to write down any questions you may have for your doctor, nurse or therapist...

### **Patient Advice & Liaison Service (PALS)**

PALS staff are available to offer advice or information on healthcare matters. The office is in the Main Foyer (Gate 4) of Doncaster Royal Infirmary. Contact can be made either in person, by telephone or email. PALS staff can also visit inpatients on all Trust sites.

The contact details are:

**Telephone:** 01302 553140 or 0800 028 8059

**Email:** [pals.dbh@dbh.nhs.uk](mailto:pals.dbh@dbh.nhs.uk)