

Colorectal Surgery

Enhanced Recovery Programme



Patient Diary

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 to 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

On each double page, this diary sets out the key steps for each day that will help to speed up your recovery after surgery. On the opposite pages are 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. The information from all the diaries we collect will be used to evaluate how well our recovery programme is working over all.

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 their 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 (with any care that you might need). Your surgeon also needs to be satisfied that you have recovered enough. This may be achieved after only 2 days for some patients but may take quite a bit longer in others.



1. Monitoring your progress

When you return to the ward 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 bit 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 6 times every half an 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 you calves. You will also be given an injection every evening to also help prevent blood clots. If you have been give special stockings to wear to prevent blood clots then you should 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 6 cups of fluid today (water, squash, tea or coffee). We will also give you energy drinks to sip three times today. You should also 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 feel a bit better. We will give you some anti-sickness medication.

3. Breathing and leg exercises

Every half hour you should take 6 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. Remember these exercises will help to prevent chest infections and blood clots in the leg.

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 to relieve it if needed. Use the chart opposite to record your pain.

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) will be taken out if you have one. (After surgery to remove the rectum the catheter is usually left in until day 2.)



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)	

Pain Circle one number to show how much pain you have had.

Morning 0 1 2 3 4 5 6 7 8 9 10
Afternoon 0 1 2 3 4 5 6 7 8 9 10
Evening 0 1 2 3 4 5 6 7 8 9 10

No pain ←————→ **Worst pain**



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 6 cups of fluid today (water, squash, tea or coffee). We will also give you 3 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 bowels

It usually takes at least a couple of days after your operation before your bowels start to work. Usually you will start to pass wind from your bottom first. Sometimes you can get a bit of crampy pain in the lower tummy before your bowels open properly. When this happens the stool can be a bit loose or runny, but this will improve with time. Use the chart opposite to record any wind or opening of your bowels.

7. Going Home

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



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)	

Bowels

(Circle or fill in as appropriate)

Have you passed any wind from your bottom?	Yes	No	N/A
Have your bowels worked today?	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 6 cups of fluid today (water, squash, tea or coffee). We will also give you 3 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. Moving your bowels

Use the chart below to record any wind or opening of your bowels.

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.

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)	

Bowels (Circle Yes, No or Not Applicable as appropriate)

Have you passed any wind from your bottom?	Yes	No	N/A
Have your bowels worked today?	Yes	No	N/A

(Circle or fill in as appropriate)

<u>If your bowels have worked....</u>	
How many times did they work? N/A
What was the motion like?	Formed Loose Watery N/A
Did you have control of your bowels?	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 6 cups of fluid today (water, squash, tea or coffee). We will also give you 3 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. Moving your bowels

Use the chart below to record any wind or opening of your bowels.

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.

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)	

Bowels (Circle Yes, No or Not Applicable as appropriate)

Have you passed any wind from your bottom?	Yes	No	N/A
Have your bowels worked today?	Yes	No	N/A

(Circle or fill in as appropriate)

<u>If your bowels have worked....</u>	
How many times did they work? N/A
What was the motion like?	Formed Loose Watery N/A
Did you have control of your bowels?	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 6 cups of fluid today (water, squash, tea or coffee). We will also give you 3 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 bowels

Use the chart below to record any wind or opening of your bowels.

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.

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)	

Bowels (Circle Yes, No or Not Applicable as appropriate)

Have you passed any wind from your bottom?	Yes	No	N/A
Have your bowels worked today?	Yes	No	N/A

(Circle or fill in as appropriate)

<u>If your bowels have worked....</u>	
How many times did they work? N/A
What was the motion like?	Formed Loose Watery N/A
Did you have control of your bowels?	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 you should have any concerns or questions. The nurses will fill in the following check list with you to make sure that everything has been covered

Discharge information given and explained	Yes	No	N/A
Contact numbers 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 you should have any concerns or questions.

Please could you answer the following questions before handing your diary in 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

Minicom (Text talk): 01302 553140 Email: pals.dbh@dbh.nhs.uk