

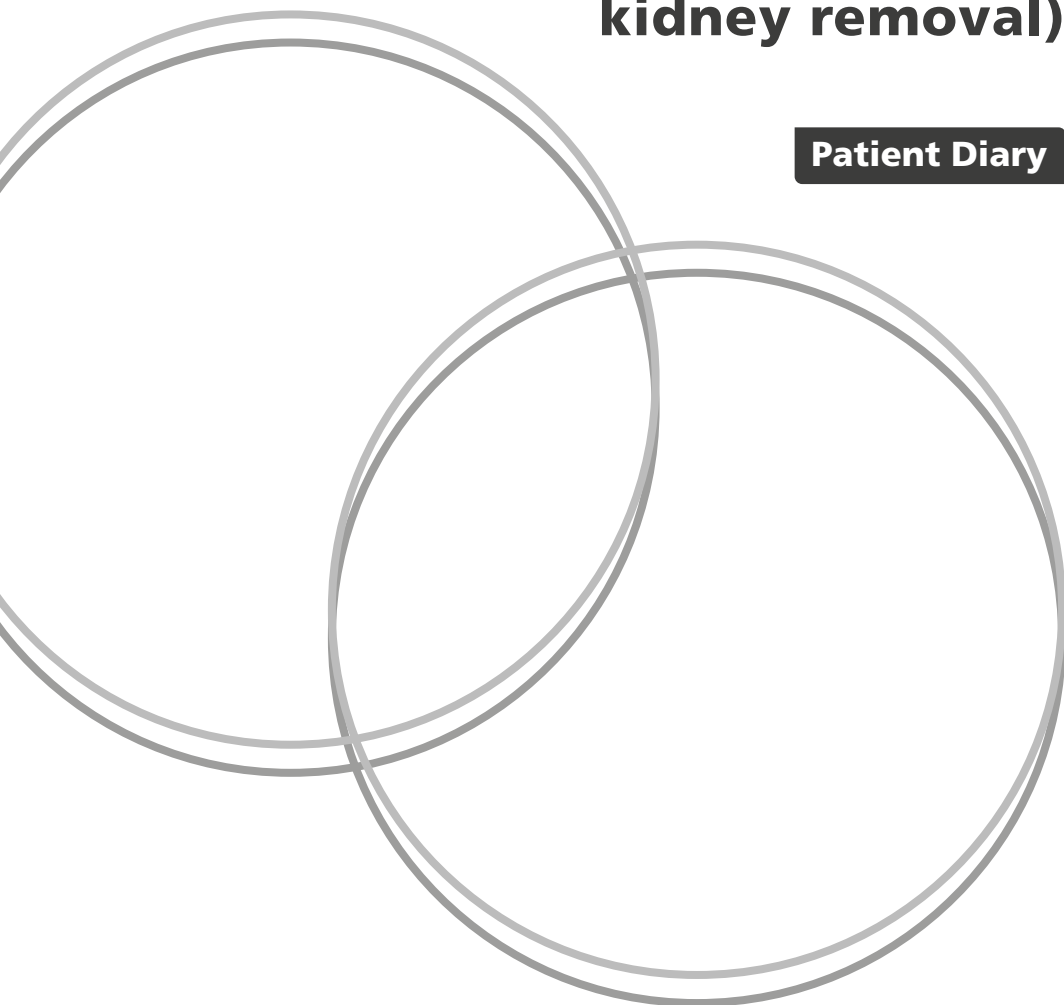


Oxford University Hospitals
NHS Foundation Trust

Enhanced Recovery After Surgery (ERAS)

Open Nephrectomy (complete or partial kidney removal)

Patient Diary



What is Enhanced Recovery?

Enhanced recovery is a way of improving the experience and wellbeing of people who need major surgery. The programme focuses on making sure that you are actively involved in your recovery, recover quicker with the aims of getting you home sooner.

There are four main stages:

- planning and preparation before admission (including improving your nutrition and physical fitness before surgery)
- reducing the physical stress of the surgery
- a structured approach to pre-operative (before surgery), intra-operative (during surgery), and post-operative (after surgery) management, including pain relief and early nutrition
- early mobilisation (getting you moving as soon as possible).

The purpose of this diary is for you to record your thoughts and feelings and to note down your progress during your time in hospital after your operation. We encourage relatives and friends to be involved in your recovery, they can help with your recovery by taking you for walks, provided the nurses agree it is safe to do so.

The diary is designed for you to complete, but your relatives, friends and members of the team looking after you (doctors, nurses, and physiotherapists) can help you to fill it in if you find this difficult. This diary sets out an example of what to expect in the first few days after your surgery. The programme may not be suitable for everyone. If this is the case for you, the team looking after you can make any required changes, making sure that the care you receive is not only of the highest quality, but is also designed around your specific needs.

This document is not legally binding and if your recovery is different to the programme set out, this is nothing to be worried about. We realise that every person is different, and everyone will achieve the goals at their own pace.

Whilst we hope that you will complete this diary, it will not affect your care if you choose not to.

Day of Surgery

Date/Day

Plan: Recover from the anaesthetic. Have something to eat and drink. Effective pain control with painkillers. Sit up in bed or in the chair.

Mobility: *(tick if achieved)*

I was able to sit up in bed

I was able to sit in the chair

Nutrition: *(tick if achieved)*

I was able to have something to drink

Water

Squash

Tea/Coffee

I was able to have something light to eat

(e.g. cornflakes, white bread/toast, eggs, soup, chicken, mashed potato, cheese, puddings)

How I feel today:

Post-Operative Day One

Date/Day

Plan: Sit in the chair. Go for 1 walk with assistance.
Have something to eat and drink.

Mobility: *(tick if achieved)*

I was able to sit in the chair for **1-2** hours (am and pm)
Aim to time this around your mealtimes

I was able to go for **1** walk with assistance
Distance walked (aim for 60 metres)

Nutrition: *(tick if achieved)*

I was able to have something to drink
Water Squash Tea/Coffee

I was able to have something to eat

**If kidney, ureter and bladder surgery
(Nephroureterectomy):**

I was shown how to care for my urinary catheter

How I feel today:

Post-Operative Day Two

Date/Day

Plan: Sit in the chair. Go for 2 walks (ask for help if needed).
Have something to eat and drink.

Mobility: *(tick if achieved)*

I was able to sit in the chair for **2-3** hours (am and pm)
Aim to time this around your mealtimes

I was able to go for **2** walks
Distance walked (aim for 2 walks, each of 60 metres)

Nutrition: *(tick if achieved)*

I was able to have something to drink
Water Squash Tea/Coffee

I was able to have something to eat

**If kidney, ureter and bladder surgery
(Nephroureterectomy):**

I was supported with the care for my urinary catheter

How I feel today:

Recovery Goals and Targets

The first few days of your recovery involve the removal of the various drips and tubes that were put in during your surgery. You will now start to feel more free and able to walk around, without fear of pulling something out. It is from this time onwards your recovery really makes a turning point and the team looking after you will work with you, your family and friends to prepare you for leaving the hospital.

Below is a list of goals and targets that we would like you to achieve to help your recovery and to get ready for leaving hospital.

Every person is different, and everyone will achieve the goals at their own pace. Please make a note of the day you reached your goal for your own reference as this allows you see your recovery progress.

Goal/Target	Post-operative day achieved
Sit in the chair for all meals and for majority of the day, returning to bed for a one to two hours rest in the afternoon	
Walk independently along the ward and back to your level of independence	
Get dressed in your own clothes (unaided)	
Able to eat and drink (without any nausea or vomiting)	
Have passed wind or opened bowels	
Be assessed as 'competent' to safely administer your dalteparin injections (or have an alternative option in place if unable to self-administer)	
If Nephroureterectomy surgery: Been assessed as confident/competent with your urinary catheter care	

Leaving Hospital

The Enhanced Recovery Programme is based on criteria-led discharge and when you have achieved all the criteria, it is time for you to leave hospital.

The criteria are listed below:

(Please tick when achieved – this is for your reference only).

Discharge criteria	Tick when achieved
Assessed as medically fit for discharge	
Effective pain control with oral analgesics (painkillers)	
Managing to eat and drink with no nausea or vomiting	
Independently mobile; able to get self out of bed and on/off toilet; or back to your usual level of independence	
Have passed wind or opened bowels	
Competent with dalteparin self-administration (if applicable), or have an alternative option in place	
Received Fit note (sick note) <i>if required</i>	
If Nephroureterectomy surgery: confident with urinary catheter care and catheter discharge pack given	

Medications for Going Home

After your surgery you will need some new medications to take home. Please ask the Urology Ward team whether you need to continue taking the medications you were on before your surgery.

Please use the following list to check that you have everything you need. If you have any questions, speak to your ward nurse or doctor.

Medication	Tick if supplied	Explanation
Paracetamol tablet		Mild painkiller. To be taken regularly for the first week and then continued as needed, to help you remain active and able to continue to achieve your recovery goals. Gradually stop this pain killer last.
Ibuprofen tablet <i>(if advised suitable by your surgical team based on your blood results)</i>		Mild painkiller. To be taken regularly for three days to help you remain active and able to continue to achieve your recovery goals. Gradually stop this pain killer second.
Codeine or tramadol tablet		Moderate painkiller. To be taken as needed to help you remain active and able to continue to achieve your recovery goals. Gradually stop this pain killer first.

		<p>Managing constipation: Codeine or tramadol may affect your normal bowel pattern and cause constipation. Please use the laxative provided whilst taking codeine or tramadol, to help with constipation. It is important that you do not stop this painkiller too soon after leaving hospital, as this may affect you achieving your recovery goals.</p>
<p>Please note it is safe to take paracetamol, ibuprofen and codeine or tramadol together if required for pain relief.</p>		
<p>Omeprazole capsule <i>(if ibuprofen advised)</i></p>		<p>An antacid to help protect your stomach whilst taking ibuprofen.</p>
<p>Laxido sachet</p>		<p>A laxative to help soften your stools. To be used whilst taking Codeine or tramadol, to help with constipation.</p>
<p>Dalteparin injection</p>		<p>An injection to reduce your risk of blood clots. To be taken for 28 days after surgery. If you already take medication to thin your blood, you will be given this dalteparin injection at a higher dose before resuming your blood thinning medication.</p>

Notes:

Notes:

Notes:

Enhanced Recovery Team

My Consultant is

My Specialist Nurse is

My Enhanced Recovery Nurse is

My ERAS Physiotherapy assistant is

Further information

If you would like an interpreter, please speak to the department where you are being seen.

Please also tell them if you would like this information in another format, such as:

- Easy Read
- large print
- braille
- audio
- electronic
- another language.

We have tried to make the information in this leaflet meet your needs. If it does not meet your individual needs or situation, please speak to your healthcare team. They are happy to help.

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Oxford University Hospitals NHS Foundation Trust
www.ouh.nhs.uk/information



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ERAS Patient Experience Questions

We would like to understand how you felt about your recent stay in hospital and would be grateful if you could answer the following questions. Your answers will be treated confidentially. We value your input in helping us look at ways of improving our service.

Thank you.

Do you feel the Enhanced Recovery After Surgery programme improved your recovery? (please **tick** one answer)

Yes

No

If no, what were the reasons?

Did you feel being on the Enhanced Recovery After Surgery programme allowed you to be involved in your recovery?

(please **tick** one answer)

Yes

No

I did not need to be involved

Don't Know

Were there any parts of the Enhanced Recovery After Surgery programme that you felt were not relevant for you?

(please **tick** one answer)

No

Yes

If yes, what parts did you feel were not relevant?

If you were seen by the ERAS physiotherapy team, do you feel you were seen regularly enough? (please **tick** one answer)

Yes – I was seen enough

Yes – but I would have liked to be seen more

Yes – but I would have liked to be seen less

No – I was not seen

How well do you think your pain was managed after your surgery?

Poorly managed

Adequately managed

Very well managed

1

2

3

4

5

6

7

8

9

10

ERAS Patient Experience Questions

Did you find the Enhanced Recovery After Surgery patient information leaflet useful? Yes No

Did this make you feel – (please **circle** the most appropriate words)

well informed prepared in control confident happy
supported unclear unprepared out of control anxious
stressed unsupported frustrated

Did you find the Enhanced Recovery After Surgery Patient Diary useful? Yes No

Did this make you feel – (please **circle** the most appropriate words)

well informed prepared in control confident happy
supported unclear unprepared out of control anxious
stressed unsupported frustrated

Did your overall care experience make you feel –

(please **circle** the most appropriate words)

well informed prepared in control confident happy
supported unclear unprepared out of control anxious
stressed unsupported frustrated

If you could change one part of the Enhanced Recovery programme, what would it be?

Do you have any other comments?

After completion, tear this page out of the booklet and leave on the hospital ward before you are discharged home.

Thank you.

Open Nephrectomy