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Enhanced Recovery - Patient Diary

Getting better sooner

“I found filling the diary in each day beneficial. I was able to chart my progress and see a difference e.g. eating more each day and being able to shower myself. I found it an encouragement”

Margaret (patient)

Contact Information for Colorectal Unit, Western General Hospital

- Pre-Admission Clinic / DOSA 0131 537 2379
- Ward 23 0131 537 1564
- Ward 24 0131 537 1560
- Ward 58 (Surgical HDU) 0131 537 3558
- Enhanced Recovery Nurse 0131 537 5205

Name (Optional):

Date of Surgery:

This diary has been adapted from the original document produced by Salford Royal NHS Foundation Trust. NHS Lothian would like to thank them for their permission to use this document.

What is enhanced recovery?

The aim of the Enhanced Recovery Programme is to get you back to full health as quickly as possible after your operation. Research has shown that the earlier you are out of bed and eating and drinking the better. This will speed your recovery and make complications less likely to develop.

What to expect....

During your recovery, you can expect to feel some pain and perhaps a bit sick at times. The nursing staff will give you medication to manage this. You will also feel very tired and this can take several weeks to return to normal. Your appetite may be reduced and your bowels will be erratic for a while after your op.

Day of your operation

You will hopefully be admitted on the day of your operation so try and keep your activities as normal as possible before you come into hospital. You may be given some special Carbohydrate drinks that are designed to prepare you for your operation. Once you have had your operation, we will aim to sit you up in bed or out in the chair if you are able to. You will be able to drink as you wish and you may be offered a supplement drink or light snack

Day One

It is important to get you up and about as much as possible so today you should expect to be sitting out of bed and taking short walks with the nursing staff. If possible, we will remove your catheter, drip and any other lines that will allow you to get around easier. You will hopefully be allowed to eat a light diet and we would expect you to continue drinking free fluids as you feel able.

Day Two

You should now be able to move around easier and you should be eating and drinking. We will encourage you to be as independent as possible and encourage you to get dressed if you feel able to.

Day Three

Ideally, you should be thinking about getting home in the next day or so. If you have a stoma, the nurses will work with you to learn how to look after this yourself and the stoma team will support you as required.

Enhanced recovery patient diary

This diary will help chart your progress and will give you the opportunity to comment on how you are feeling during your stay in hospital. We would be grateful if you would take some time to complete this diary every day, as it will help you to reflect on how you are doing. It also gives us important feedback to improve your experience and enhance your recovery. We will be looking specifically at things such as: Moving around / pain and nausea / eating and drinking / How are you feeling?

Confidentiality

All the information you provide will be treated in the strictest of confidence. The diary is completely anonymous, so you don't need to write your name anywhere in it. However, if you would like to receive feedback on your comments there is space to add your name at the front of the diary.

What will it involve me doing?

Completing the diary is voluntary and your care will not be affected in any way if you chose not to write in it. You can write down your thoughts and feelings as soon as you are given the diary. Please circle the answers that best show how you are feeling and whether you feel you are able to achieve our shared plan. Please discuss your diary entries with the nurse caring for you.

Will the staff know I am keeping a diary?

All staff will be aware that you are writing a daily diary and fully support and respect your feelings and thoughts. Staff may ask you questions about your diary entries during the day e.g.

- How are you feeling?
- Are you comfortable?
- How much sleep and rest have you had?
- What are you proud of achieving?

What will happen to the diary once I have completed it?

Please return your diary on discharge and hand to a member of staff on the ward. We will look at the diary to see if we can learn about your experience to improve our service. We will then look at your comments and share them with the ward team, to provide them with feedback.

“How you are feeling” feedback

There are a series of words on the back page that describe how you might be feeling throughout your hospital journey. We would appreciate it if you could take a few moments to highlight the key words that best describe how you are feeling at each stage of your recovery and other hospital experiences. These include “Talking to staff” and “First contact with the service” etc.

Day of Discharge

- Advice: You should be ready for discharge when you are eating and drinking, managing pain control with tablets and mobilising around the ward on your own. Remember that you will be more tired than usual and it is important to rest regularly, continue with gentle exercise and gradually build on this as your body allows. You should avoid heavy lifting, gardening or heavy housework for a few weeks after your operation.
- Action: If you meet certain goals you will be allowed home:
 - Not needing pain control through a drip or injection
 - Taking enough solid food and drink
 - Independently mobile or same level as prior to admission
 - Medical and nursing team happy with your discharge
 - You and your family are happy with your discharge
- Progress: Your consultant and nursing team should give you an idea of how long you will be in hospital after your operation. This may be 2 – 3 days or 7 days depending on your operation and your recovery. The aim of the Enhanced Recovery Programme is to help you recover from your operation better so that you can go home sooner and continue your recovery at home.

Are you feeling comfortable (pain well controlled)	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Are you able to mobilise around the ward independently	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Are you able to eat solid food and drink adequately	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Do you feel ready to go home	Yes <input type="checkbox"/>	No <input type="checkbox"/>

First contact with the service	My Recovery	Talking to Staff	My Hospital Experience	Going Home
Circle the words that best describe how you felt				
Happy Relaxed Supported Included Comfortable Safe Anxious Out of control Awkward Sad Angry Worried Other:	Happy Relaxed Supported Included Comfortable Safe Anxious Out of control Awkward Sad Angry Worried Other:	Happy Relaxed Supported Included Comfortable Safe Anxious Out of control Awkward Sad Angry Worried Other:	Happy Relaxed Supported Included Comfortable Safe Anxious Out of control Awkward Sad Angry Worried Other:	Happy Relaxed Supported Included Comfortable Safe Anxious Out of control Awkward Sad Angry Worried Other:
Help us understand why you felt this way				

Adapted from www.institute.nhs.uk/ebd ©NHS Lothian & Edinburgh Napier University 2012

Evening of Surgery

Fluids (includes supplements e.g. Resource / Fortisip)

• Advice: Try to drink as much as you feel able to. This should include at least one supplement drink

• Action: Write down what you have drunk
- Glass of water, juice
- Tea / coffee
- Supplement drinks

• Progress: If you have not had a drink was it because (tick the answer below)
☐ Did not wish to have a drink ☐ Not offered
☐ I felt sick ☐ Other
☐ Surgeon did not allow you to have one at this time

Bowels (It is normal for your bowel function to be a bit erratic following your operation)

• I have passed wind Yes ☐ No ☐
• I have had a bowel movement Yes ☐ No ☐

Getting out of bed

• Advice: Getting out of bed helps with your breathing and circulation after surgery
Even though you may have a catheter, drips and tubes it is ok to get out of bed and walk

• Action: Have you got out of bed and sat in the chair for 2 hours? Yes ☐ No ☐

• Progress: If no was it due to? (tick the answer below)
☐ Not feeling well ☐ Not asked by nursing staff
☐ Not feeling comfortable ☐ Other
☐ Not wanting to

Deep breathing

• Advice: Deep breathing and coughing is essential to help keep your chest clear

• Action: Have you practiced your deep breathing exercises? Yes ☐ No ☐
☐ If No, was it due to? (tick the answer below)
☐ Not feeling well ☐ Other
☐ Not feeling comfortable

Pain and nausea

• Are you feeling comfortable (pain well controlled) Yes ☐ No ☐
• Are you feeling nauseous Yes ☐ No ☐
• Have you vomited Yes ☐ No ☐

Any further thoughts or feelings

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Day One

Fluids (includes supplements e.g. Resource / Fortisip)

- Advice: Try to drink as much as you feel able to.
This should include at least three supplement drinks.
- Action: Write down what you have managed to drink.
 - Glass of water, juice
 - Tea / coffee
 - Supplement drinks
- Progress: If No, was it due to? (tick the answer below)
 - ☐ Not feeling well
 - ☐ Did not like the taste of supplement drinks
 - ☐ Feeling sick
 - ☐ Other

Food

- Advice: Eating is not dangerous after bowel surgery.
Even small amounts of food speed up your recovery by giving you an appetite and making the muscles and nerves in your bowel work again.
- Action: Please circle how much of your food you have managed to eat today

Breakfast:	1/4	1/2	3/4	All	Any snacks?
Lunch:	1/4	1/2	3/4	All	Please list a few that you've enjoyed
Tea:	1/4	1/2	3/4	All
Supper:	1/4	1/2	3/4	All
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Bowels (It is normal for your bowel function to be a bit erratic following your operation)

- I have passed wind Yes ☐ No ☐
- I have had a bowel movement Yes ☐ No ☐

Patients with a stoma please refer to stoma diary.

Day Seven

Getting out of bed & walking

- Advice: It is important to get you up and about as much as possible. This should include short walks.
- Action: I have been out of bed for at least 6 hours today Yes ☐ No ☐

How many times have you walked today? (please circle)

1 2 3 4

I have been able to use the Enhanced Recovery walkway today and I was able to walk 30 metres

☐ Once ☐ Twice ☐ More than twice

- Progress: If you have not been able to get out of bed / walk was it because you were:
 - ☐ Not feeling well
 - ☐ Not feeling comfortable
 - ☐ Not asked by nursing staff
 - ☐ Not wanting to
 - ☐ Other
 - ☐ Not able to / too weak






Deep breathing

- Advice: You should be able to do your breathing exercises comfortably every hour.
If you cannot, especially because of pain, please let us know.
- Action: Have you practiced your deep breathing exercises? Yes ☐ No ☐
Have you been seen by the physiotherapist today? Yes ☐ No ☐

Pain and nausea

- Are you feeling comfortable (pain well controlled)? Yes ☐ No ☐
- Are you feeling nauseous? Yes ☐ No ☐
- Have you vomited? Yes ☐ No ☐

Any further thoughts or feelings

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Day Seven

Fluids (includes supplements e.g. Resource / Fortisip)

- Advice: Try to drink as much as you feel able to.
This should include at least three supplement drinks
- Action: Write down what you have managed to drink
 - Glass of water, juice
 - Tea / coffee
 - Supplement drinks
- Progress: If No, was it due to? (tick the answer below)
 - ☐ Not feeling well
 - ☐ Feeling sick
 - ☐ Did not like the taste of supplement drinks

Food

- Advice: Eating is not dangerous after bowel surgery.
Even small amounts of food speed up your recovery by giving you an appetite and making the muscles and nerves in your bowel work again.
- Action: Please circle how much of your food you have managed to eat today

Breakfast:	1/4	1/2	3/4	All	Any snacks?
Lunch:	1/4	1/2	3/4	All	Please list a few that you've enjoyed
Tea:	1/4	1/2	3/4	All	
Supper:	1/4	1/2	3/4	All
				
				

Bowels (It is normal for your bowel function to be a bit erratic following your operation)

I have passed wind Yes ☐ No ☐
I have had a bowel movement Yes ☐ No ☐

Patients with a stoma. Please refer to stoma diary

Day One

Getting out of bed & walking

- Advice: It is important to get you up and about as much as possible. This should include short walks.
- Action: I have been out of bed for at least 6 hours today Yes ☐ No ☐
Not able to / too weak ☐

How many times have you walked today? (please circle)


1 2 3 4


I have been able to use the Enhanced Recovery walkway today and I was able to walk 30 metres
☐ Once ☐ Twice ☐ More than twice
- Progress: If you have not been able to get out of bed / walk was it because you were:
 - ☐ Not feeling well ☐ Not asked by nursing staff
 - ☐ Not feeling comfortable ☐ Other reason


Deep breathing


- Advice: You should be able to do your breathing exercises comfortably every hour.
If you cannot, especially because of pain, please let us know.
- Action: Have you practiced your deep breathing exercises? Yes ☐ No ☐
Have you been seen by the physiotherapist today? Yes ☐ No ☐


Pain and nausea

- Are you feeling comfortable (pain well controlled)? Yes ☐ No ☐
 - Are you feeling nauseous? Yes ☐ No ☐
 - Have you vomited? Yes ☐ No ☐
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Day Two

Fluids (includes supplements e.g. Resource / Fortisip)

- Advice: Try to drink as much as you feel able to.
This should include at least two supplement drinks.
- Action: Write down what you have managed to drink.
 - Glass of water, juice
 - Tea / coffee
 - Supplement drinks
- Progress: If No, was it due to? (tick the answer below)
 - ☐ Not feeling well
 - ☐ Feeling sick
 - ☐ Did not like the taste of supplement drinks
 - ☐ Not offered
 - ☐ Other

Food

- Advice: Eating is not dangerous after bowel surgery.
Even small amounts of food speed up your recovery by giving you an appetite and making the muscles and nerves in your bowel work again.
- Action: Please circle how much of your food you have managed to eat today.

Breakfast:	1/4	1/2	3/4	All	Any snacks?
Lunch:	1/4	1/2	3/4	All	Please list a few that you've enjoyed
Tea:	1/4	1/2	3/4	All	
Supper:	1/4	1/2	3/4	All	

Bowels (It is normal for your bowel function to be a bit erratic following your operation)

- I have passed wind Yes ☐ No ☐
- I have had a bowel movement Yes ☐ No ☐

Patients with a stoma please refer to stoma diary.

Day Six

Getting out of bed & walking

- Action: I have been out of bed for at least 6 hours today. Yes ☐ No ☐

How many times have you walked today? (please circle)

1234

I have been able to use the Enhanced Recovery walkway today and I was able to walk 30 metres

☐ Once☐ Twice☐ More than twice
- Progress: If you have not been able to get out of bed / walk was it because you were:
 - ☐ Not feeling well
 - ☐ Not feeling comfortable
 - ☐ Not asked by nursing staff
 - ☐ Not wanting to
 - ☐ Other
 - ☐ Not able to / too weak

Deep breathing

- Advice: You should be able to do your breathing exercises comfortably every hour.
If you cannot, especially because of pain, please let us know.
- Action: Have you practiced your deep breathing exercises? Yes ☐ No ☐
Have you been seen by the physiotherapist today? Yes ☐ No ☐

Pain and nausea

- Are you feeling comfortable (pain well controlled)? Yes ☐ No ☐
- Are you feeling nauseous? Yes ☐ No ☐
- Have you vomited? Yes ☐ No ☐

Any further thoughts or feelings

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Day Six

Fluids (includes supplements e.g. Resource / Fortisip)

- Advice: Try to drink as much as you feel able to.
This should include at least three supplement drinks.
- Action: Write down what you have managed to drink.
Glass of water, juice
Tea / coffee
Supplement drinks
- Progress: If No, was it due to? (tick the answer below)
☐ Not feeling well
☐ Feeling sick
☐ Did not like the taste of supplement drinks

Food

- Advice: Eating is not dangerous after bowel surgery.
Even small amounts of food speed up your recovery by giving you an appetite and making the muscles and nerves in your bowel work again.
- Action: Please circle how much of your food you have managed to eat today.

Breakfast:	1/4	1/2	3/4	All	Any snacks?
Lunch:	1/4	1/2	3/4	All	Please list a few that you've enjoyed
Tea:	1/4	1/2	3/4	All
Supper:	1/4	1/2	3/4	All

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Bowels (It is normal for your bowel function to be a bit erratic following your operation)

- I have passed wind Yes ☐ No ☐
- I have had a bowel movement Yes ☐ No ☐

Patients with a stoma please refer to stoma diary.

Day Two

Getting out of bed & walking

- Advice: It is important to get you up and about as much as possible. This should include short walks.
- Action: I have been out of bed for at least 6 hours today Yes ☐ No ☐

How many times have you walked today? (please circle)

1 2 3 4

I have been able to use the Enhanced Recovery walkway today and I was able to walk 30 metres
☐ Once ☐ Twice ☐ More than twice

- Progress: If you have not been able to get out of bed / walk was it because you were:
☐ Not feeling well ☐ Not wanting to
☐ Not feeling comfortable ☐ Other
☐ Not asked by nursing staff ☐ Not able to / too weak


Deep breathing


- Advice: You should be able to do your breathing exercises comfortably every hour.
If you cannot, especially because of pain, please let us know.
- Action: Have you practiced your deep breathing exercises? Yes ☐ No ☐
Have you been seen by the physiotherapist today? Yes ☐ No ☐


Pain and nausea


- Are you feeling comfortable (pain well controlled)? Yes ☐ No ☐
- Are you feeling nauseous? Yes ☐ No ☐
- Have you vomited? Yes ☐ No ☐


Any further thoughts or feelings


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Day Three

Fluids (includes supplements e.g. Resource / Fortisip)

- Advice: Try to drink as much as you feel able to.
This should include at least three supplement drinks.
- Action: Write down what you have managed to drink.
 - Glass of water, juice
 - Tea / coffee
 - Supplement drinks
- Progress: If No, was it due to? (tick the answer below)
 - ☐ Not feeling well
 - ☐ Feeling sick
 - ☐ Did not like the taste of supplement drinks

Food

- Advice: Eating is not dangerous after bowel surgery.
Even small amounts of food speed up your recovery by giving you an appetite and making the muscles and nerves in your bowel work again.
- Action: Please circle how much of your food you have managed to eat today.

Breakfast:	1/4	1/2	3/4	All	Any snacks?
Lunch:	1/4	1/2	3/4	All	Please list a few that you've enjoyed
Tea:	1/4	1/2	3/4	All	
Supper:	1/4	1/2	3/4	All	

Bowels (It is normal for your bowel function to be a bit erratic following your operation)

- I have passed wind Yes ☐ No ☐
- I have had a bowel movement Yes ☐ No ☐

Patients with a stoma please refer to stoma diary.

Day Five

Getting out of bed & walking

- Action: I have been out of bed for at least 6 hours today. Yes ☐ No ☐

How many times have you walked today? (please circle)

1 2 3 4

I have been able to use the Enhanced Recovery walkway today and I was able to walk 30 metres

☐ Once ☐ Twice ☐ More than twice
- Progress: If you have not been able to get out of bed / walk was it because you were:
 - ☐ Not feeling well ☐ Not wanting to
 - ☐ Not feeling comfortable ☐ Other
 - ☐ Not asked by nursing staff ☐ Not able to / too weak

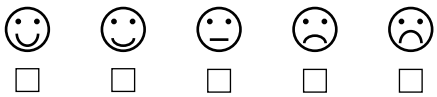
Deep breathing

- Advice: You should be able to do your breathing exercises comfortably every hour.
If you cannot, especially because of pain, please let us know.
- Action: Have you practiced your deep breathing exercises? Yes ☐ No ☐
Have you been seen by the physiotherapist today? Yes ☐ No ☐

Pain and nausea

- Are you feeling comfortable (pain well controlled)? Yes ☐ No ☐
- Are you feeling nauseous? Yes ☐ No ☐
- Have you vomited? Yes ☐ No ☐

Any further thoughts or feelings



Day Five

Fluids (includes supplements e.g. Resource / Fortisip)

- Advice: Try to drink as much as you feel able to.
This should include at least three supplement drinks.
- Action: Write down what you have managed to drink.
Glass of water, juice
Tea / coffee
Supplement drinks
- Progress: If No, was it due to? (tick the answer below)
☐ Not feeling well
☐ Feeling sick
☐ Did not like the taste of supplement drinks

Food

- Advice: Eating is not dangerous after bowel surgery.
Even small amounts of food speed up your recovery by giving you an appetite and making the muscles and nerves in your bowel work again.
- Action: Please circle how much of your food you have managed to eat today.

Breakfast:	1/4	1/2	3/4	All	Any snacks?
Lunch:	1/4	1/2	3/4	All	Please list a few that you've enjoyed
Tea:	1/4	1/2	3/4	All	
Supper:	1/4	1/2	3/4	All	

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Bowels (It is normal for your bowel function to be a bit erratic following your operation)

- I have passed wind Yes ☐ No ☐
- I have had a bowel movement Yes ☐ No ☐

Patients with a stoma please refer to stoma diary.

Day Three

Getting out of bed & walking

- Action: I have been out of bed for at least 6 hours today Yes ☐ No ☐
I have completed my stair practice Yes ☐ No ☐

How many times have you walked today? (please circle)

1 2 3 4

I have been able to use the Enhanced Recovery walkway today and I was able to walk 30 metres
☐ Once ☐ Twice ☐ More than twice
- Progress: If you have not been able to get out of bed / walk was it because you were:
☐ Not feeling well ☐ Not wanting to
☐ Not feeling comfortable ☐ Other
☐ Not asked by nursing staff ☐ Not able to / too weak

Deep breathing

- Advice: You should be able to do your breathing exercises comfortably every hour.
If you cannot, especially because of pain, please let us know.
- Action: Have you practiced your deep breathing exercises? Yes ☐ No ☐
Have you been seen by the physiotherapist today? Yes ☐ No ☐

Pain and nausea

- Are you feeling comfortable (pain well controlled)? Yes ☐ No ☐
- Are you feeling nauseous? Yes ☐ No ☐
- Have you vomited? Yes ☐ No ☐

Any further thoughts or feelings


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Day Four

Fluids (includes supplements e.g. Resource / Fortisip)

- Advice: Try to drink as much as you feel able to.
This should include at least three supplement drinks.
- Action: Write down what you have managed to drink.
 - Glass of water, juice
 - Tea / coffee
 - Supplement drinks
- Progress: If No, was it due to? (tick the answer below)
 - ☐ Not feeling well
 - ☐ Feeling sick
 - ☐ Did not like the taste of supplement drinks

Food

- Advice: Eating is not dangerous after bowel surgery.
Even small amounts of food speed up your recovery by giving you an appetite and making the muscles and nerves in your bowel work again.
- Action: Please circle how much of your food you have managed to eat today.

Breakfast:	1/4	1/2	3/4	All	Any snacks?
Lunch:	1/4	1/2	3/4	All	Please list a few that you've enjoyed
Tea:	1/4	1/2	3/4	All	
Supper:	1/4	1/2	3/4	All
				
				

Bowels (It is normal for your bowel function to be a bit erratic following your operation)

- I have passed wind Yes ☐ No ☐
- I have had a bowel movement Yes ☐ No ☐

Patients with a stoma please refer to stoma diary.

Day Four

Getting out of bed & walking

- Action: I have been out of bed for at least 6 hours today. Yes ☐ No ☐

How many times have you walked today? (please circle)

1 2 3 4

I have been able to use the Enhanced Recovery walkway today and I was able to walk 30 metres
☐ Once ☐ Twice ☐ More than twice
- Progress: If you have not been able to get out of bed / walk was it because you were:
 - ☐ Not feeling well ☐ Not wanting to
 - ☐ Not feeling comfortable ☐ Other
 - ☐ Not asked by nursing staff ☐ Not able to / too weak


Deep breathing


- Advice: You should be able to do your breathing exercises comfortably every hour.
If you cannot, especially because of pain, please let us know.
- Action: Have you practiced your deep breathing exercises? Yes ☐ No ☐
Have you been seen by the physiotherapist today? Yes ☐ No ☐


Pain and nausea


- Are you feeling comfortable (pain well controlled)? Yes ☐ No ☐
- Are you feeling nauseous? Yes ☐ No ☐
- Have you vomited? Yes ☐ No ☐


Any further thoughts or feelings


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