

2-3 days following discharge, someone from the vascular team will contact you at home. If you have any problems please do not hesitate to contact the ward. We are here to help.

Please contact us on the numbers below if:

- you feel that you have a fever or chill
- your wound becomes red or discharges pus
- you are or feel sick all the time, and are unable to eat
- you develop a painful red, swollen and hot leg
- you develop problems with breathing or chest pain

Wythenshawe Hospital - 0161 998 7070

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Vascular Surgery Enhanced Recovery Programme

Patient Diary

Contact Details (optional)

Enhanced Recovery Programme Patient Diary

Enhanced recovery is a programme that helps you recover from your surgery as soon as possible. We want you to be:

- as fit as possible before your surgery
- receive the best care during your surgery
- and receive the best care and support to recover.

This diary is to help you record your daily goals after your surgery. If you need help to fill in the diary please ask the nurses caring for you.

Each day the diary gives you small goals to achieve and is a good way for you and the doctors and nurses caring for you, to monitor your progress.

You will be asked to record how well you are able to move around, if you are eating and drinking and about your progress.

It is normal to feel discomfort following surgery. Pain control is an important part of recovery. Each day we ask you to record how well your pain is controlled. We ask you to score this from 0-3

The diary covers 5 days but many patients are able to go home sooner than this.

Please take some time to complete this diary daily. Your family are welcome to contribute to the diary.

Confidentiality

All the information you provide will be treated in the strictest of confidence. The diary is completely anonymous: it is not necessary to write your name anywhere on the diary. However, if you would like to receive feedback there is a space to add your contact details on the front of the page.

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

Please hand in your completed diary at your clinic appointment. We will look at your comments and share them with the team, in order to maintain high standards of patient care.

How was your hospital stay?

The thing I liked best:

The thing I liked least

The thing I would improve

Any other comments

Day of surgery – Before your operation

Did you manage to drink 2 pre-op drinks before 6am? Yes No
Did you have a shower this morning? Yes No

Day of surgery – After your operation

Mobility

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 march on the spot. You will be seen daily by the physio.

Do you have your compression stockings on today? Yes No
Have you sat out of bed for at least 2 hours today? Yes No
Have you marched on the spot today? Yes No

Deep breathing

You should be able to do your breathing exercises comfortably every hour. If you cannot, because of pain, please let us know.

Have you practised your deep breathing exercises today? Yes No
Have you seen the physio today? Yes No

Nutrition

After your operation it is important that you eat and drink as soon as you can.

Have you been able to drink today? Yes No
Have you had any sickness or nausea today? Yes No
Have you eaten any food today? Yes No

If you have not had any food or drink was it because;
I did not wish to have any the surgeon did not allow me to have any
I felt sick I was not offered any

Pain

Is your pain well controlled today? Yes No
Would you score your pain as 0 (None) 1(Mild) 2(Moderate) 3 (Severe)

Urine and bowels

Did you have any difficulties passing urine today? Yes No
Did you open your bowels today? Yes No
Overall, how are you feeling today ?



The fifth day after your operation (day 5)

Mobility

Do you have your compression stockings on today? Yes No
Have you sat out of bed for at least 6 - 8 hours today? Yes No
Have you walked 60 metres 4 times today? Yes No

If no, was it due to?

Not feeling well not feeling comfortable or in pain
Not asked by the nursing staff other

Deep breathing

Have you practised your deep breathing exercises today? Yes No
Have you seen the physio today? Yes No

Nutrition

Have you been able to drink today? Yes No
Have you had any sickness or nausea today? Yes No
Have you eaten any food today? Breakfast Lunch Dinner

If you have not had any food or drink was it because;
I did not wish to have any the surgeon did not allow me to have any
I felt sick I was not offered any

Pain

Is your pain well controlled today? Yes No
Would you score your pain as 0 (None) 1(Mild) 2(Moderate) 3 (Severe)

Urine and bowels

Are you having any difficulties passing urine today? Yes No
Did you open your bowels today? Yes No

Discharge

Have you arranged transport to take you home? Yes No

Overall, how are you feeling ?



The forth day after your operation (day 4)

Mobility

- Do you have your compression stockings on today? Yes No
Have you sat out of bed for at least 6 - 8 hours today? Yes No
Have you walked on the ward 60 metres 4 times today? Yes No

If no, was it due to?

- Not feeling well not feeling comfortable or in pain
Not asked by the nursing staff other

Deep breathing-

- Have you practised your deep breathing exercises today? Yes No
Have you seen the physio today? Yes No

Nutrition

- Have you been able to drink today? Yes No
Have you had any sickness or nausea today? Yes No
Have you eaten any food today? Breakfast Lunch Dinner

If you have not had any food or drink was it because;

- I did not wish to have any the surgeon did not allow me to have any
I felt sick I was not offered any

Pain

- Is your pain well controlled today? Yes No
Would you score your pain as 0 (None) 1(Mild) 2(Moderate) 3 (Severe)

Urine and bowels

- Did you have any difficulties passing urine today? Yes No
Did you open your bowels today? Yes No

Discharge

Overall, how are you feeling today ?



The day after your operation (day 1)

Mobility

Getting out of bed helps with your breathing and circulation. It is OK to get out of bed and walk. The physio and nursing staff will assist you if you require.

- Do you have your compression stockings on today? Yes No
Have you sat out of bed for at least 6 - 8 hours today? Yes No
Have you walked 60 metres 4 times today? Yes No

If no, was it due to?

- Not feeling well not feeling comfortable or in pain
Not asked by the nursing staff other

Deep breathing

You should be able to do your breathing exercises comfortably every hour. If you cannot, because of pain, please let us know.

- Have you practised your deep breathing exercises today? Yes No
Have you seen the physio today? Yes No

Nutrition

After your operation it is important that you eat and drink as soon as you can.

- Have you been able to drink today? Yes No
Have you had any sickness or nausea today? Yes No
Have you eaten any food today? Breakfast Lunch Dinner

If you have not had any food or drink was it because;

- I did not wish to have any the surgeon did not allow me to have any
I felt sick I was not offered any

Pain

- Is your pain well controlled today? Yes No
Would you score your pain as 0 (None) 1(Mild) 2(Moderate) 3 (Severe)

Urine and bowels

- Did you have any difficulties passing urine today? Yes No
Did you open your bowels today? Yes No

Discharge

Home is not far away now. If you have any worries about home or feel you may need help at home, please discuss them with your nurse or doctor.

Overall, how are you feeling today ?



The second day after your operation (day 2)

Mobility

Getting out of bed helps with your breathing and circulation. It is OK to get out of bed and walk. The physio and nursing staff will assist you if you require.

Do you have your compression stockings on today? Yes No
Have you sat out of bed for at least 6 - 8 hours today? Yes No
Have you walked on ward 60 metres 4 times today? Yes No

If no, was it due to?

Not feeling well not feeling comfortable or in pain
Not asked by the nursing staff other

Deep breathing

You should be able to do your breathing exercises comfortably every hour. If you cannot, especially because of pain, please let us know.

Have you practised your deep breathing exercises today? Yes No
Have you been seen by the physio today? Yes No

Nutrition

After your operation it is important that you eat and drink as soon as you can.

Have you been able to drink today? Yes No
Have you had any sickness or nausea today? Yes No
Have you eaten any food today? Breakfast Lunch Dinner

If you have not had a drink or food was it because;

I did not wish to have any the surgeon did not allow me to have any
I felt sick I was not offered any

Pain

Is your pain well controlled today? Yes No
Would you score your pain as 0 (None) 1(Mild) 2(Moderate) 3 (Severe)

Urine and bowels

Did you have any difficulties passing urine today? Yes No
Did you open your bowels today? Yes No

Discharge

Have the nurses talked to you about plans for home? Yes No
Overall, how are you feeling today?



The third day after your operation (day 3)

Mobility

Do you have your compression stockings on today? Yes No
Have you sat out of bed for at least 6 - 8 hours today? Yes No
Have you walked on the ward 60 metres 4 times today? Yes No

If no, was it due to?

Not feeling well not feeling comfortable or in pain
Not asked by the nursing staff other

Deep breathing

Have you practised your deep breathing exercises today? Yes No
Have you been seen by the physio today? Yes No

Nutrition

Have you been able to drink today? Yes No
Have you had any sickness or nausea today? Yes No
Have you eaten any food today? Breakfast Lunch Dinner

If you have not had a drink or food was it because;

I did not wish to have any the surgeon did not allow me to have any
I felt sick I was not offered any

Pain

Is your pain well controlled today? Yes No
Would you score your pain as 0 (None) 1(Mild) 2(Moderate) 3 (Severe)

Urine and bowels

Did you have any difficulties passing urine today? Yes No
Did you open your bowels today? Yes No

Discharge

Overall, how are you feeling today?

