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

Ward A1- 0161 291 6197

Editorial Board Number: 1172/15 Review date: Feb 17 University Hospital of South Manchester **NHS**

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

Discharge

Do you have your medication to take home?	Yes 🗆 No 🗆
Have you received information on the use of all your medication?	Yes 🗆 No 🗆
Have you been given copies of your GP and district nurse letter?	Yes 🗆 No 🗆
Do you need a sick note?	Yes 🗆 No 🗆

Notes

Nutrition

Good nutrition is always important but is even more important before and after surgery. Your body needs the right foods in order to repair itself and fight any illness. If you are overweight it is recommended you try and lose some weight prior to your surgery. This is because carrying extra weight can put you at a higher risk of complications. If you are underweight we can offer you advice on ways to improve appetite and increase your weight. If needed, we can ask our dieticians to help. You will be given 6 pre op drinks to have before your operation. The nurses will explain how to take them to you.

Activity

It is important to be and to stay as active as you can before and after your surgery. The fitter you are before an operation the sooner you will recover. You must continue to do all your normal activities such as walking, housework and gardening. Taking a walk at least twice a day as well as any structured exercise plan is a good way of getting and staying active. Choose exercises that suit your level of ability and fitness. The doctors and nurses can give you advice on this if you are unsure.

Smoking

It is vital that you stop smoking before your operation completely, to ensure you reduce the risks of any complications following your surgery. It is not enough to just to cut down. You can get help and advice from your GP, ward staff or the hospital stop smoking nurse.

Alcohol

The government recommended daily allowance is no more than 2-3 units a day for a woman and 3-4 units a day for a man. If you are concerned that you drink more than this please discuss this with your medical team.

Reducing blood clots

Blood clots are more common when you are immobile. Therefore, following an operation you may be at an increased risk. You will be given a leaflet explaining this further. If your doctors feel that you are at an increased risk they may also send you home with a short course of anti-clotting medication. The nurses will give you more information if this is relevant for you.

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 \Box
I felt sick	I was not offered any \square

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? Did you open your bowels today? Overall, how are you feeling today ?

Yes 🗆 No 🗆 Yes 🗆 No 🗆



The fifth day after your operation (day 5)

Mobility Do you have your compression stockings on today? Have you sat out of bed for at least 6 - 8 hours today? Have you walked 60 metres 4 times today?	Yes □ No □ Yes □ No □ Yes □ No □		
If no, was it due to? Not feeling well Not asked by the nursing staff Not asked by the nursing staff	pain □		
Deep breathing Have you practised your deep breathing exercises today? Have you seen the physio today?	Yes □ No□ Yes □ No□		
NutritionHave you been able to drink today?Have you had any sickness or nausea today?Have you eaten any food today?Breakfast □ Lunch	Yes □ No □ Yes □ No □ □ □ Dinner □		
If you have not had any food or drink was it because; I did not wish to have any I felt sick I was not offered any I was not offered any I			
Pain Is your pain well controlled today? Would you score your pain as 0 (None) □ 1(Mild) □ 2(Moderate) □	Yes □ No □ 3 (Severe) □		
Urine and bowels Are you having any difficulties passing urine today? Did you open your bowels today?	Yes □ No □ 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? Have you sat out of bed for at least 6 - 8 hours today? Have you walked on the ward 60 metres 4 times today?	Yes □ No □ Yes □ No □ Yes □ No □
If no, was it due to? Not feeling well	ain □
Deep breathing- Have you practised your deep breathing exercises today? Have you seen the physio today?	Yes □ No□ Yes □ No□
Nutrition Have you been able to drink today? Have you had any sickness or nausea today? Have you eaten any food today? Breakfast □ Lur	Yes □ No □ Yes □ No □ nch □ Dinner □
If you have not had any food or drink was it because; I did not wish to have any I felt sick I did not allow me I felt sick I was not	to have any □ offered any □
Pain Is your pain well controlled today? Would you score your pain as 0 (None) □ 1(Mild) □ 2(Moderate) □	Yes □ No □ □ 3 (Severe) □
Urine and bowels Did you have any difficulties passing urine today? Did you open your bowels today?	Yes □ No □ 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 pair	ם ו
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 I felt sick I was not offered any I

Pain

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

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.

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 \square
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

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

k today?	Yes 🗆 No 🗆
s or nausea today?	Yes 🗆 No 🗆
oday?	Breakfast Lunch Dinner

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

The third day after your operation (day 3)

Mobility

Do you have your compression stockings on today? Have you sat out of bed for at least 6 - 8 hours today? Have you walked on the ward 60 metres 4 times today?	Yes □ No □ Yes □ No □ Yes □ No □			
If no, was it due to? Not feeling well	n pain □ □			
Deep breathing Have you practised your deep breathing exercises today? Have you been seen by the physio today?	Yes □ No□ Yes □ No□			
NutritionHave you been able to drink today?Have you had any sickness or nausea today?Have you eaten any food today?Breakfast □ Lunct	Yes □ No □ Yes □ No □ h □ 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? Would you score your pain as 0 (None) □ 1(Mild) □ 2(Moderate) □	Yes □ No □ 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?



00