MY ROLE AND MY RESPONSIBILITIES
Steps to a successful recovery start before my operation

RECOVERY DOES NOT STOP BECAUSE I LEAVE HOSPITAL

QUESTIONS YOU MAY WANT TO ASK!
• WHEN CAN I HAVE A SHOWER OR BATH?
• WHEN WILL I BE ABLE TO DRIVE AGAIN?
• WHEN SHOULD I GO BACK TO WORK?
• WHEN AM I ABLE TO RESUME INTIMATE RELATIONSHIPS?
• WHAT ELSE DO YOU NEED TO KNOW?

STAY IN TOUCH - SUPPORT IS THERE FOR YOU AT EVERY SINGLE STEP BUT DO YOU KNOW WHO TO CONTACT?

How am I feeling?

What are my goals?

How much am I eating and drinking?

How active have I been?

How much sleep and rest have I had?

What am I proud of achieving?

GETTING BETTER SOONER

It might be useful to keep a diary or log so you can track your daily feelings and goals to help you on the road to recovery

Please visit

NHS Choices – Your health, Your choices
Information from the National Health Service on conditions, treatments, local services and healthy living.
www.nhs.uk

The Enhanced Recovery Partnership
www.improvement.nhs.uk/enhancedrecovery

Add your useful contacts and information here

© NHS Improvement 2012

GETTING BETTER SOONER

www.improvement.nhs.uk/enhancedrecovery

FOREX INFORMATION

PLEASE VISIT

NHS Choices – Your health, Your choices
Information from the National Health Service on conditions, treatments, local services and healthy living.
www.nhs.uk

The Enhanced Recovery Partnership
www.improvement.nhs.uk/enhancedrecovery

GETTING BETTER SOONER

© NHS Improvement 2012

GETTING BETTER SOONER
WHAT THIS MEANS FOR ME
Planning and actively participating in the steps to success before and after your operation can help you to:

• LEAVE HOSPITAL, SOONER
• MAKE YOU FEEL BETTER, SOONER
• RETURN TO NORMAL LIVING, SOONER

I had always thought my role before going into hospital before an operation was to give myself up to other people and to shut off my mind to what is happening to me... if I knew what I know now, I would have taken more of a role in my recovery.

MY ROLE IN MY ENHANCED RECOVERY...
“I didn’t know I had a role” says Nick (patient)

FOOD & DRINK
Eat well; your body needs fuel to repair.

SLEEP & REST & PLAY
Staying physically active before your operation will help you get better, faster. Try to relax. Try not to worry and get together with family and friends.

SMOKING & ALCOHOL
If you do drink or smoke, use this as an opportunity to stop or cut down. This will help your recovery and reduce the risk of complications.

MY TO DO LIST
• KNOW MY DATE FOR GOING HOME
• HAVE TOLD THE RIGHT PEOPLE WHERE I WILL BE
• HAVE ARRANGED MY TRANSPORT FOR GETTING THERE AND BACK
• HAVE PACKED A SMALL BAG WITH THE RIGHT MEDICATION AND READING MATERIALS

I HAVE REMEMBERED TO TAKE MY MEDICATION WITH ME
I HAVE CHECKED I HAVE THE RIGHT EQUIPMENT AND SUPPORT AT HOME
WHAT ELSE DO I NEED TO AVOID?
DON’T BE AFRAID, IF NOT SURE, ASK!

Example of goals you might set

DAY ONE
• SIT OUT
• DRINK
• EAT

DAY TWO
• WALK
• SHOWERS
• DRESS

Example of goals you might set

GETTING BETTER SOONER
GETTING BETTER SOONER
GETTING BETTER SOONER

INA  NEEED TO...
• Take an active part in my recovery – follow the advice and instructions of my clinical team
• Be positive about my recovery
• Start to eat and drink – my body needs fuel to repair (don’t be surprised to find a cup of tea and a snack box available in the recovery room straight after your operation)

I know my date for going home

I have told the right people where I will be

I have arranged my transport for getting there and back

I have packed a small bag with the right medication and reading materials

I have remembered to take my medication with me

I have checked I have the right equipment and support at home

What else do I need to avoid?

Don’t be afraid, if not sure, ask!

Don’t be afraid to ask questions and for information to be repeated. If you are not sure... say so...

Example of goals you might set

Day one
• Sit out
• Drink
• Eat

Day two
• Walk
• Shower
• Dress

But remember, we are all different. Don’t worry if you don’t reach your goal every day... a few steps also make a difference.