How can I help reduce healthcare associated infections?

Infection control is important to the well-being of our patients and for that reason we have infection control procedures in place. Keeping your hands clean is an effective way of preventing the spread of infections. We ask that you, and anyone visiting you, use the hand sanitiser available at the main entrance of the hospital and at the entrance to every clinical area before coming in to and after leaving the clinical area or hospital. In some situations hands may need to be washed at the sink using soap and water rather than using the hand sanitiser. Staff will let you know if this is the case.

www.buckshealthcare.nhs.uk
Follow us on Twitter @buckshealthcare
Your Diary

The Enhanced Recovery Programme is about improving patient outcomes and speeding up a patient’s recovery after surgery. It results in benefits to both patients and staff.

The programme focuses on:
• ensuring patients are active participants in their own recovery process
• aims to ensure patients always receive evidence-based care at the right time,
• maximising the benefit of a speedy recovery and return to normal day-to-day activities.

Each step of the programme is planned so everyone knows what to expect and when to expect it. If everyone knows what's going on, it's easier to stay on track. The programme also encourages patients (relatives/carers) to be fully involved in their treatment, care and recovery. We would like you to be involved in completing the pages of this diary along with the health professionals looking after you.

This diary takes you through the care pathway from admission to discharge. Not all parts of the programme may be suitable for everyone. If this is the case for you, the team looking after you can make changes, making sure that the care you receive is not only of the highest quality, but is also designed around your specific needs. If there is anything you do not understand, please speak to your nurse, doctor or physiotherapist who will be happy to explain. We would love to hear your feedback on every day of your journey, so we can improve and understand all aspects of care for future patients. Thank you for helping us!

Operation

Admission date

Expected discharge date

If you want to stop smoking do not do this within 3 weeks of your surgery date, but discuss stopping smoking with your GP (to get patches/gum) and start this once admitted and upon discharge from hospital. Smoking is not permitted on NHS Property.

Contact Details

Please remember that following your discharge home from hospital we are still available to support you. If at any point you have any questions or concerns please contact us

Wycombe Hospital – Ward 12a nurse in charge
Tel: 01494 426401

Stoma and Colorectal Nurse Specialist
(Monday- Friday 08.00-17.00)
Aylesbury 01296 315121
Wycombe 01494 426235
Physiotherapy exercises to practice

Lying on your back or sitting.
Bend and straighten your ankles briskly. If you keep your knees straight during the exercise you will stretch your calf muscles.
Repeat ____ times.

Sitting or lying.
Rotate your ankle. Change directions.
Repeat ____ times.

Sitting on a chair.
Lift your leg up off the seat keeping the knee bent. Return to starting position.
Repeat ____ times.

Sit on a chair.
Pull your toes up, tighten your thigh muscle and straighten your knee. Hold approx. 5 secs. and slowly relax your leg.
Repeat ____ times.

Day before Operation
• 2 carbohydrate drinks (given to you when you attend your pre-operative assessment appointment).
• No food after midnight.
• Your home is prepared for your return from hospital.

7.30 am
Clear fluids until 6am
NO MILK
Smoking or chewing gum

Day of operation
• 1 carbohydrate drink before 6am.
• arrive at Surgical Admission Unit 7.00-7.30 am – morning list
11.00-11.30am – afternoon list

11.30am
Light breakfast
Before 7am.
Clear fluids until 11.00am
NO MILK
Smoking or chewing gum

After your operation – on ward
• you can drink immediately.
• You may eat 6 hours post op.
• You can mobilise 6 hours post op.
• You could have a catheter.
• You may have a Patient Controlled Analgesia (PCA) or Epidural for pain relief

Day 1
• Aim to drink at least 2 litres of fluid.
• Try to sit out of bed, do all exercises and mobilise with physiotherapist.
• If you have a catheter, PCA or Epidural they may be removed today.

Day 2 – Day 5
• maintain to drink plenty and eat well.
• continue to increase the length of time you are out of bed.
• increase the distance you walk.
• continue to plan your discharge.

Discharge
• Pain controlled with oral medication.
• Eating and drinking.
• Mobilising to your normal ability.
• Passing flatus (wind).
• Family or friend to collect and support you on discharge.
Eating & Drinking
It is important to drink after your operation, please tick how many cups you drank? 1 □ 2 □ 3 □ 4 □ 5 □ 6 □
You can eat 6 hours after your operation if you choose to
• did you manage to eat anything? Yes □ No □
You should try to have two high protein drinks to help you to recover None □ 1 □ 2 □

Breathing
• you may be getting oxygen through a mask or through small tubes in your nostrils.
It is important that you do deep breathing exercises as prevention against chest infection. Take a deep breath in through your nose and sigh out through your mouth. Repeat 2 or 3 times then rest. Try to do this 3 or 4 times an hour during the day.
• Have you done your deep breathing exercises? Yes □ No □
Do cough when you need to – try holding your abdomen to help reduce the pain (use a pillow or rolled towel)

Mobility
You can start to move around 6 hours after your operation
• have you sat out of bed? Yes □ No □
• did you manage to sit out for 2 hours? Yes □ No □
• have you done any leg exercises? Yes □ No □
The above will depend on what time you went to the ward after your surgery.
• are you wearing anti-embolism stockings to help prevent blood clots? Yes □ No □
Have you observed the nurse giving your dalteparin injection today? (dalteparin is a medication that helps to prevent blood clots) Yes □ No □
Pain & Nausea: please circle
No pain moderate pain intolerable pain

0 1 2 3 4 5 6 7 8 9 10

None feeling nauseous vomiting

- if you were in pain did you have medication? Yes □ No □
  if yes, did it help/stop the pain? Yes □ No □
- Have you been feeling sick? Yes □ No □
  if yes, did you have any medication to help/stop the nausea? Yes □ No □

Do you have a Patient Controlled Analgesia (PCA)? Yes □ No □
Epidural Yes □ No □

Good pain control improves your recovery it helps you to mobilise, breathe deeply, eat and drink, feel relaxed and sleep better.
Your temperature, pulse and blood pressure will be checked regularly.
Your wound will be frequently assessed.

Stoma therapy (if stoma present) the nurse will check the colour of the opening, see if there is any drainage from the stoma and ensure it is secure.
Have you looked at your stoma bag? Yes □ No □

Today's goals achieved Yes □ No □
Main aims for today: recover from the anaesthetic, have something to drink, pain is controlled, deep breathing exercise
Any comments about your first afternoon/evening following surgery?
Checklist for Day 1 after surgery

Eating & Drinking
You can eat and drink today it is sensible to take it slowly with small, frequent, light meals
Did you have anything to eat at Breakfast/Lunch/Dinner/Snacks? (please circle)
Aim to drink at least 2 litres today (8-10 cups) you can drink a variety of still drinks and high protein drinks.
Please tick how many drinks you have had today?
1 □ 2 □ 3 □ 4 □ 5 □ 6 □ 7 □ 8 □
You should aim to drink three high protein drinks today
Carton 1 □ carton 2 □ carton 3 □
Have you chewed gum today? Yes □ No □

Breathing
Did you see the physiotherapist today? Yes □ No □
Have you done your deep breathing exercises? Yes □ No □
It is important to do your deep breathing 3 or 4 times an hour during the day.

Toilet
Have you passed wind (flatus) Yes □ No □
Have you had your catheter removed Yes □ No □
Have you passed urine? Yes □ No □

Mobility
It is important to sit out of bed, breathe deeply and mobilise
Did you get out of bed for 6 hours with intermittent rest on the bed as needed, or walks? Yes □ No □
Did you walk with some assistance? Yes □ No □
Did you do your leg exercises? Yes □ No □

At Home - Mobilising:
Start by going for a short walk daily and increase the distance by a small amount each day.
Within the first few weeks of surgery you should avoid lifting, bending or stretching.

At Home - Diet:
Gradually increase your food portions as you feel comfortable. You can steadily resume eating your usual foods, unless you have been given other instructions. It is important you continue to eat well to help your recovery.
You may find it helpful to keep a food diary, making notes of the foods that agree with you, and those you may want to avoid.
At Home:

**Pain & Nausea:** please circle

<table>
<thead>
<tr>
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<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
<th>7</th>
<th>8</th>
<th>9</th>
<th>10</th>
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</thead>
<tbody>
<tr>
<td>No pain</td>
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<td>moderate pain</td>
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<td>intolerable pain</td>
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<td>7</td>
<td>8</td>
<td>9</td>
<td>10</td>
<td></td>
</tr>
<tr>
<td>None</td>
<td>feeling nauseous</td>
<td>vomiting</td>
<td>please circle</td>
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</table>

**Medication at home**

You will probably still have some pain when you go home, so it is important that you take your pain relieving medication regularly for the first two weeks after your operation to enable you to regain full mobility and be comfortable to resume normal activities. Your nurse will explain when you should be taking your painkillers on discharge.

To enable you to tolerate food and fluid, and to mobilise it is important that you are not feeling nauseous, if you have any concerns, or you are vomiting, please contact the ward for advice.

<table>
<thead>
<tr>
<th>Pain &amp; Nausea: please circle</th>
</tr>
</thead>
<tbody>
<tr>
<td>No pain moderate pain intolerable pain</td>
</tr>
<tr>
<td>0 1 2 3 4 5 6 7 8 9 10</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th>0</th>
<th>1</th>
<th>2</th>
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<th>4</th>
<th>5</th>
<th>6</th>
<th>7</th>
<th>8</th>
<th>9</th>
<th>10</th>
</tr>
</thead>
<tbody>
<tr>
<td>None</td>
<td>feeling nauseous</td>
<td>vomiting</td>
<td>please circle</td>
<td></td>
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</table>

Your PCA or epidural may be removed today. If so please let the nurses know if your oral medication by mouth is NOT working.

**Stoma therapy (if stoma present)**

Did the stoma/colorectal nurse see you today?
Yes □ No □

Was the surrounding skin cleaned and dried?
Yes □ No □

Has a new bag been fitted today? Yes □ No □

Were you shown how to change your bag? Yes □ No □

**Today's goals achieved**
Yes □ No □

**Main aims for today:**
Sit out of bed, walk with assistance, eat and drink, pain controlled.

Any comments about day 1 after surgery?
## Checklist day 2

### Eating & Drinking
- **Aim** to drink approx 8-10 cups/glasses of fluid
- 1 □ 2 □ 3 □ 4 □ 5 □ 6 □ 7 □ 8 □
- You should aim to drink three high protein drinks today
- Carton 1 □ carton 2 □ carton 3 □

What did you eat today?
- Breakfast
- Lunch
- Dinner
- Snacks

### Breathing
- Did you see the physiotherapist today?  Yes □ No □
- Have you done your deep breathing exercises? Yes □ No □

### Toilet
- Have you passed wind (flatus)? Yes □ No □
- Have you had your catheter removed? Yes □ No □
- Have you passed urine? Yes □ No □

### Mobility
- It is important to sit out of bed, and walk you should aim to walk 4 times around the ward throughout the day.
- Did you get out of bed for 6 hours with intermittent rest on the bed as needed, or walks? Yes □ No □
- Did you walk with some assistance? Yes □ No □
- Did you do your leg exercises? Yes □ No □

If you answered No to any of these help us to learn why?

## Am I ready to go home (Discharge criteria)?

<table>
<thead>
<tr>
<th>Discharge Criteria</th>
<th>Tick when achieved</th>
</tr>
</thead>
<tbody>
<tr>
<td>Effective pain control with oral medication</td>
<td></td>
</tr>
<tr>
<td>Eating and drinking with no nausea or vomiting</td>
<td></td>
</tr>
<tr>
<td>Able to mobilise as I was prior to my operation</td>
<td></td>
</tr>
<tr>
<td>Passing flatus (wind)</td>
<td></td>
</tr>
</tbody>
</table>

Once the above criteria are met, your discharge can be confirmed

Actual date of discharge...................................................................................................

Was this your expected date of discharge Yes □ No □

Any questions?
# Checklist day 4 onwards

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

We realise that every patient is different and everyone will achieve the goals at their own pace, so please make a note of the day you reached the goal for your own reference.

<table>
<thead>
<tr>
<th>Goal/Target</th>
<th>Post-operative day achieved</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sat out of bed for meals</td>
<td>Day</td>
</tr>
<tr>
<td>Walked the length of the ward and back</td>
<td>Day</td>
</tr>
<tr>
<td>Got dressed into my own clothes (unaided)</td>
<td>Day</td>
</tr>
<tr>
<td>Cared for my stoma under supervision (if applicable)</td>
<td>Day</td>
</tr>
<tr>
<td>Cared for my stoma independently without supervision (if applicable)</td>
<td>Day</td>
</tr>
<tr>
<td>Were assessed as competent to safely administer my dalteparin injections (or have an alternative option in place if unable to self administer)</td>
<td>Day</td>
</tr>
</tbody>
</table>

**Pain & Nausea:**

<table>
<thead>
<tr>
<th>No pain</th>
<th>moderate pain</th>
<th>intolerable pain</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
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<td>9</td>
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</tbody>
</table>

Please circle:

- None
- feeling nauseous
- vomiting

Your PCA or epidural should be removed today. Please let the nurses know if your oral medication is NOT working.

**Stoma therapy (if stoma present)**

Have you taken part in the care of your stoma?

Yes ☐ No ☐

**Today’s goals achieved**

Yes ☐ No ☐

**Main aims for today are:**

- sit out of bed, go for a walk (ask for help if you need it)
- Eat and Drink, pain controlled

**Any comments about day 2 after surgery?**

Do you think you are fit for discharge today or will be fit for discharge on day 3 (tomorrow) or day 4? Please refer to the checklist on page 12 to help you decide.
Checklist day 3

Eating & Drinking
Make sure you drink well today, how many glasses/cups did you manage?  1 □ 2 □ 3 □ 4 □ 5 □ 6 □ 7 □ 8 □
You should aim to drink three high protein drinks today
Carton 1 □ carton 2 □ carton 3 □
What did you eat today?
Breakfast -----------------------------------------------
Lunch -----------------------------------------------
Dinner -----------------------------------------------
Snacks -----------------------------------------------

Breathing
Did you see the physiotherapist today?       Yes □ No □
Have you done your deep breathing exercises? Yes □ No □

Toilet
Have you passed flatus (wind)?               Yes □ No □
Were you able to walk to the toilet on your own? Yes □ No □

Mobility
It is important to sit out of bed, and continue to try to walk 4 times around the ward throughout the day.
Did you get out of bed for 6-8 hours with intermittent rest on the bed as needed, or walks? Yes □ No □
Were you able to go for at least 4 walks? Yes □ No □
Did you manage to have a wash in the bathroom Yes □ No □
Did you do your leg exercises? Yes □ No □
If you answered No to any of these, please explain why?

Pain & Nausea:  please circle
No pain moderate pain intolerable pain
0 1 2 3 4 5 6 7 8 9 10

Stoma therapy (if stoma present)
Did you empty your stoma (assisted) today? Yes □ No □
Did you fit a new bag (assisted/supervised)? Yes □ No □

Today’s goals achieved Yes □ No □
Main aims for today are: sit out of bed, go for a walk (independently), get dressed, food and fluid, pain and nausea controlled. Do you think you are fit for discharge today? (see checklist on page 12). Will you be tomorrow?

Any comments about day 3 after surgery?