

## Contact numbers

If you need any support or advice before or after surgery please do not hesitate to call us.

- Claire Ward Enhanced Recovery Nurse  
(Monday Friday 8-4) 07816448518
- Ward 12B 01494426398

### 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 entrance to every ward before coming in to or after leaving the ward. 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.

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# Enhanced Recovery After Surgery (ERAS)

## Total Hip Replacement

# Patient Diary

Helping patients get better sooner after surgery

Please bring this booklet into hospital with you

### Patient information leaflet

If you require a translation or an alternative format of this leaflet please call PALS on 01296 316042

Safe & compassionate care,

every time

### What is a patient diary?

This diary is intended for your use while you are in hospital to give you the opportunity to take an active role in your care and assist you to follow the Enhanced Recovery Pathway. It should be used alongside your patient guide which will have more in-depth information about your recovery and what to expect day-to-day. Please bare in mind, we realise that every person is different and will achieve the goals at their own pace.

### What is Enhanced Recovery After Surgery?

Enhanced Recovery After Surgery (ERAS) is a patient-centred approach optimising surgical outcome by improving both patient experience and clinical outcome. Research has shown that the earlier you are out of bed and eating and drinking the better. This will speed your recovery and lessen the likelihood of complications developing.

### What if I do not complete my diary?

You do not have to complete your diary. It is yours to use in any way you feel may benefit you and aid you with your recovery. It is yours to keep.

### What to expect

During your recovery, you can expect to feel some pain and perhaps nauseous at times. Please communicate

### Discharge checklist

Have arrangements been made to get you home? Who is collecting you?	
Have you organised your care ? (if applicable)	
Do you have your medication, has it been explained to you?	
Do you have your G.P's discharge letter?	
Have you made your Practice Nurse appointment for removal of your staples? Has a spare dressing been provided?	
Do you have a community sharps bin? (If applicable)	
Has your O.T equipment been collected?	

## Total Hip Replacement recovery goals

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 every person is different and will achieve their goals at their own pace. Please make a note of the day you reached the goal for your own reference and to let you see your progress.

Goal	Post-operative date achieved
Get out of bed independently	Day
Progressively increase walking distance with the use of crutches or Zimmer frame	Day
Get to the bathroom with little or no help	Day
Climb and ascend the stair if necessary	Day
Bathe and dress yourself with little or no help	Day
Pain controlled with pills	Day
Confirm arrangements to go home	Day

this to the nursing staff as they can give you medication to manage this. You may also find changes in your appetite and bowel habits and you may feel tired. This can take several weeks to return to normal. It is important to keep hydrated and eat well, as energy is required for wound healing and recovery.

## Day of your operation

You will be admitted on the day of your operation. Try and keep yourself well hydrated and have a high carbohydrate meal the night before and drink a big glass of water at either 6am or 11am in the morning, depending on your surgery time (please refer to fasting instructions). Try and keep your activities as normal as possible before you come into hospital. After your operation, we will aim to begin mobilisation as soon as possible and you will be able to eat and drink as you wish.

## Checklist before your operation

Have you signed the consent form?	
Do you have anti-embolic stockings?	
Has your operation site been marked?	
Do you understand the type of anaesthetic you will have?	

## Day 0- after your surgery

### Eating and drinking

You can drink as soon as you wish following your surgery. Please tick how many cups you have drunk.

1  2  3  4  5  6  7  8  9  10

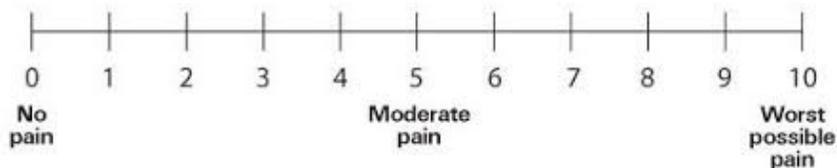
Have you managed to eat anything? Yes  No

### Pain and nausea

Some pain is to be expected after surgery, however please let the nursing staff know if you are becoming uncomfortable. You have been prescribed various pain relief some which you can have regularly in the acute phase. Pain is much easier to treat when it is mild/moderate than when it is severe, so please let the nursing staff know so they can treat you quickly.

Are you comfortable? Yes  No

Please circle your pain score



### Fragmin

	Yes	No
Have you been assessed as competent for administering Fragmin injection or given an alternative?		
If you are going home with Fragmin do you understand how to use the sharps box?		

### Goals

You will be encouraged to be increasingly independent . You will continue with your Physiotherapy. Your pain/nausea will be controlled and your wound dressing will be dry. Please discuss with the nurses if your bowel has not opened yet as so they can advise.

Do you think you are fit for discharge today?

Yes  No

Goals achieved? Yes  No

Any Comments

Are you feeling nauseous? Yes  No

Have you vomited? Yes  No

### Mobility-getting moving

Physiotherapy goals	Yes	No
Have you showered independently?		
Are you mobilising independently with aid?		
Have you practised the stairs?		
Have you practised transfers with the Occupational Therapist?		
Have you been doing your exercises?		
Sat out for more than 6 hours?		
<b>When discharged:</b> Physiotherapy follow-up appointment arranged?		

Are you feeling nauseous? Yes  No

Have you vomited? Yes  No

Please let the nursing staff know if you are experiencing any of these symptoms so they can give you medication to manage it.

### Breathing

After surgery you tend to breathe more shallowly and not expand your lungs at the bottom. Deep breathing exercises will help oxygenate your body and speed up your recovery. Adopt a comfortable position in bed, with your back supported.

- Take a slow deep breath through your nose, expanding your lower rib cage, and letting your abdomen move forward.
- Hold for a count of 3.
- Breathe out slowly and completely through pursed lips. Rest and repeat 4 times every hour.

Have you done your deep breathing exercises?

Yes  No

## Mobility-getting moving

Getting moving is very important for your recovery. Do remember to regularly reposition whilst in bed. Moving helps prevent complications, such as chest infections, pneumonia and developing blood clots.

Physiotherapy goals	Yes	No
Have you practised your bed exercises given by the Physiotherapist?		
Have you sat up in bed?		
Have you stood/mobilised with your physiotherapist?		
Are you wearing your anti-embolism stockings to help prevent blood clots?		
Are you wearing your flowtron boots whilst in bed?		
If applicable, have hip precautions been explained? (please avoid extremes of movement)		

## Day 3 Expected day of discharge

### Eating and drinking

Aim to drink at least 2 litres today, (8-10 cups). How much did you drink today?

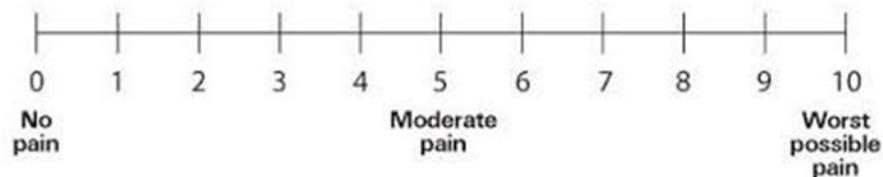
1  2  3  4  5  6  7  8  9  10

Please write here what you have managed to eat:

Breakfast	
Lunch	
Dinner	
Snacks	

### Pain and nausea

Are you feeling comfortable? Please circle your pain score.



	Yes	No
Have you managed to sit out for 6 hours?		
Have you had an x-ray?		
Have you practiced giving yourself Fragmin with the Nurses support?		

### Toilet

Are you passing urine? **Yes**  **No**

Have you opened your bowels? **Yes**  **No**

### Goals for the day

To be independent mobilising with your walking aid and being as independent as able. Keep well hydrated and eat regularly. Report to the nurses if you are struggling to open your bowels so they can give you laxatives. Remember to practice your Physiotherapy exercises. Maintain control of pain and nausea.

Goals achieved? **Yes**  **No**

**Any comments**

### Fragmin

With any kind of surgery there is a risk of getting a blood clot, either in the legs, deep vein thrombosis (DVT) or in the lungs, pulmonary embolism (PE). To help prevent this you will have injections (Fragmin) for the first three days and continue on them at home or you will be changed to a tablet form (Pradaxa) for 28 days following surgery. The nurses will help you learn how to manage the injections at home if you are discharged on them.

Have you watched the Fragmin injection being given today?

**Yes**  **No**

### Goals for the day

Recover from your anaesthetic, sit up in bed, start to eat and drink, start deep breathing exercises, control any pain/ nausea and start your physiotherapy.

Goals achieved? **Yes**  **No**

**Any comments**

## Day 1- after your surgery

### Eating and drinking

Aim to drink at least 2 litres today (8-10 cups)  
Please tick how many cups you have drunk.

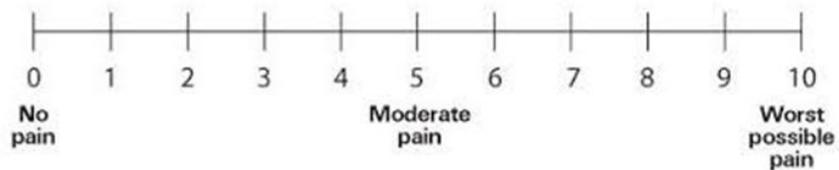
1  2  3  4  5  6  7  8  9  10

Please write down what you have managed to eat:

Breakfast	
Lunch	
Dinner	
Snacks	

### Pain and nausea

Are you comfortable? Please circle your pain score



Are you feeling nauseous?

Yes  No

Have you vomited?

Yes  No

### Mobility-getting moving

Physiotherapy goals	Yes	No
Have you had a shower/ wash independently?		
Are you mobilising independently to the toilet?		
Progressed to crutches/ sticks?		
Have you practised the stairs?		
Have you practised your exercise independently?		

Please tick number of practice sessions completed

1  2  3  4

## Day 2- Potential day of discharge

### Eating and drinking

Aim to drink at least 2 litres today (8-10 cups). Please tick how many cups you have drunk?

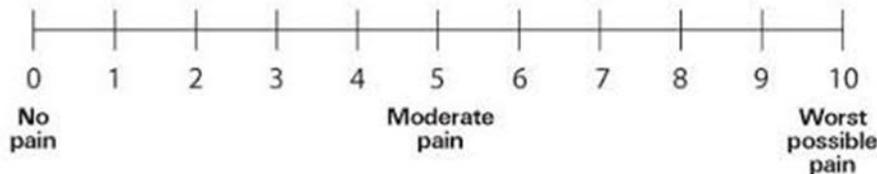
1  2  3  4  5  6  7  8  9  10

Please write down what you have managed to eat:

Breakfast	
Lunch	
Dinner	
Snacks	

### Pain and nausea

Are you comfortable? Please circle your pain score.



Are you feeling nauseous?

Yes  No

Have you vomited?

Yes  No

### Mobility-getting moving

	Yes	No
Physiotherapy goals		
Are you wearing your own clothes?		
Have you been assisted out of bed?		
Mobilised to the toilet with frame? (With supervision)		
Have you started muscle strengthening and range of movement exercises with the physiotherapists?		
Have you practiced your exercises independently?		

Please tick how many practice sessions completed

1  2  3  4

## Toilet

	Yes	No
Have you had your urinary catheter removed?		
If yes, have you passed urine?		
Have you opened your bowels?		

It is important that the catheter is removed as soon as possible as it can be a source of infection.

Once the catheter is removed you will have what is called a TWOC (trial without catheter). Please keep yourself well hydrated and be mindful of whether you are passing urine. If you are feeling uncomfortable and/or struggling to pass urine then please inform the nursing staff.

You may find that your bowels are slow in the first few days following surgery, this can be caused by lack of movement and as a side effect of the pain relief you are taking. To help prevent constipation please eat plenty of fibre, fruit and vegetables. You will have been prescribed laxatives so please inform the nursing staff if you are experiencing constipation.

## Fragmin

	Yes	No
Have you watched the Fragmin injection being given today?		
Has the Nurse explained how to give the injection?		
I have asked the questions I had about giving Fragmin?		

## Goals for the day

To be free of drips and drains if possible, you will be assisted to wash and dress into your comfortable day clothes.

Remember to keep hydrated and eat as much as you feel able. Maintain control of pain/nausea Try and sit out on your chair and mobilise short distances as much as you are able. Short nap in the afternoon is fine if you feel tired.

Remember it is important to cooperate with your physiotherapist's instructions.

Goals achieved? **Yes**  **No**

## Any comments