

Patient Diary for Gynaecological Laparoscopic Surgery on the Enhanced Recovery Programme

Name:	
Date of admission:	

Were you involved as much as you wanted to be in decisions about your care and treatment?		
Yes definitely	Yes to some extent	No

About your diary

You will have been offered an information leaflet which will help you to understand the Enhanced Recovery Programme and how you can play an active part in your recovery.

At The Royal Devon & Exeter we are committed to providing a high quality service. To enable us to monitor the care we provide and to assess your experience of your stay in hospital, your recovery and progress on discharge home we would like to invite you to complete this diary.

Your diary will allow us to look at how you view your experience from the patient's perspective. The diary is designed to be completed daily recording your patient journey.

We would like to thank you for taking the time to complete this diary and welcome your comments about your stay, our service and any issues you would wish to bring to our attention.

If you require any help completing this diary please ask a member of the Nursing Team.
Please give your diary to a member of the nursing team when you are discharged.

Before you come into hospital

Date:	
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How much information about your condition or treatment was given to you?		
Not enough	The right amount	Too much

Day of surgery and what to expect

Date:	
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You will be welcomed to Wynard Ward and taken to where your bed will be on the ward. Your admitting nurse will complete any further documentation that is required and record your observations.

You will be advised about when you need to stop eating and drinking prior to surgery. If your operation is in the morning you will have been asked to have no solid food after midnight. You will be able to drink clear still fluids up to two hours before your operation. You may drink sips of water up until you go to theatre. If your operation is in the afternoon you will be asked to have no solid food after 7am. You will be able to drink clear still fluids up to two hours before your operation. You may drink sips of water up until you go to theatre.

You will be given two nutritional supplement drinks to consume at 6.30am if your surgery is in

the morning or at 11.30am if your surgery is in the afternoon. These should be consumed over 20 minutes.

Have you been able to finish your nutritional drinks prior to surgery?	Yes	No
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You will be provided with some anti-embolism stockings to reduce the risks of developing a blood clot in your legs called a Deep Vein Thrombosis (DVT). If you are diabetic you may be issued with an alternative device.

You will be given an injection to thin your blood and help to prevent clots.

You will be seen by an Anaesthetist before your operation and methods of pain control discussed with you.

A nurse will prepare you for theatre and complete a theatre checklist.

You will have the opportunity to ask any questions you may have.

Do you feel you've had enough time to ask any questions you may have prior to surgery?	Yes	No
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Comments:

Day of surgery after your operation

Your nursing team will monitor and review your progress after your operation.

Intravenous fluids will be given via a cannula (plastic tube) in your arm to keep you hydrated. The intravenous fluids will be discontinued on your return to the ward once the bag of fluid has been completed.

Good pain control improves your recovery as this enables you to walk about easily, breathe deeply and sleep well.

You will have pain control. Controlling pain and ensuring you are comfortable is very important to ensure a speedy recovery.

Please tell us how you rate your level of pain using a score of 0-10: 0 = No pain & 10 = Intolerable pain										
Time:	Pain Score									
	1	2	3	4	5	6	7	8	9	10

You will be given oxygen via a nasal cannula.

Activity

You will be encouraged to sit out of bed and begin mobilizing.

If your operation is in the morning, you will be encouraged to walk to the dining room for your meals.

Fluids and drinks

You should aim to drink plenty of fluid.

Diet

You should aim to eat a light diet at each mealtime and walk to the dining room.

Medication will be provided if you feel sick.

Your progress will be reviewed by your doctors and nurses.

You will be drinking plenty of fluids daily and tolerating a normal diet.

You will be independently mobile.

Your pain will be well controlled on oral pain medication.

You will have been given any medications you require to take home with you.

You will be advised about your follow up appointment, this may be given to you prior to discharge or your appointment will be sent.

You will be given a letter for your records and telephone details of who to contact if you have any problems or concerns.

Date of discharge:	
Time of discharge:	

Have you found this diary easy to complete?	Yes	No
Have you found the diary helpful?	Yes	No
Please feel free to make any additional comments about your stay in Hospital		

We advise you to contact Wynard Ward on 01392 406512 if you experience any post-operative complications within the first seven days following discharge from hospital.

Did you feel you were involved in decisions about your discharge from hospital?			
Yes definitely	Yes to some extent	No	I did not need to be involved

Did hospital staff tell you who to contact if you were worried about your condition and treatment after you left hospital?		
Yes	No	Don't know/ can't remember

Please contact a member of the nursing team on Wynard on 01392 406512 if you require further information or support.

Thank you

Your views

Thank you for taking the time to complete this diary.

Please could you return this diary to a member of the nursing team before your discharge. Your opinions on the care you received and being a part of the enhanced recovery programme will enable us to effectively evaluate our service and how you viewed your recent stay in Hospital.

The Trust cannot accept any responsibility for the accuracy of the information given if the leaflet is not used by RD&E staff undertaking procedures at the RD&E hospitals.

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