HEALTHY STEPS TO IMPROVE MY RECOVERY WHEN I LEAVE HOSPITAL

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 RELATIONS?
- 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?

THE THERE IS ALWAYS SOMEONE TO CONTACT AND FURTHER INFORMATION AVAILABLE

Add your useful contacts and information here

FOR FURTHER 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

MY ROLE AND MY RESPONSIBILITIES
IN HELPING TO IMPROVE MY RECOVERY
Steps to a successful recovery start before my operation

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

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

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

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 relations?

What else do you need to know?

Healthy steps to improve my recovery when I leave hospital

There is always someone to contact and further information available

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My role and my responsibilities in helping to improve my recovery
Steps to a successful recovery start before my operation

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 relations?
- 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?
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

GETTING BETTER SOONER

MY ROLE IN MY ENHANCED RECOVERY…

“I didn’t know I had a role” says Nick (patient)

“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 TO DO LIST

• Set up your plans for going home before you come into hospital. The time you will be in hospital is not long.

I KNOW MY DATE FOR GOING HOME

• I HAVE TOLD THE RIGHT PEOPLE WHERE I WILL BE

I HAVE ARRANGED SAFETY TRANSPORT FOR GETTING HOME AND BACK

• I HAVE PACKED A SMALL BAG WITH THE RIGHT STUFF (e.g. CLOTHES, READING MATERIAL)

WHAT ELSE DO I NEED TO DO?

• DON’T BE AFRAID, IF NOT SURE, ASK!

EXAMPLE OF GOALS YOU MIGHT SET

DAY ONE
• SIT OUT

DAY TWO
• WALK

DAY THREE
• WALK

DON’T BE AFRAID TO ASK QUESTIONS AND FOR INFORMATION TO BE REPEATED. IF YOU ARE NOT SURE... SAY SO

MY GOALS

D O N ’ T W O R RY IF Y O U D O N ’ T R E ACH Y O U R G O A L E V ERY D AY ... A FE W S T E P S A LSO M A KE A D IFFEREN CE

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.

EAT well, your body needs fuel to repair.

FOOD & DRINK

SLEEP, REST & PLAY

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THE INFORMATION GIVEN ABOVE MAY BE USEFUL TO TALK THROUGH WITH A FRIEND, CARER OR FAMILY MEMBER TO ENSURE THAT YOU HAVE THE PRACTICAL SUPPORT TO SUPPORT YOUR RECOVERY.

GETTING BETTER SOONER

PRACTICAL STEPS TO SUPPORT MY RECOVERY

Set up your plans for going home before you come into hospital. The time you will be in hospital is not long.

I NEED 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)

• Go easy, this is exercise to help with my recovery not to add more fatigue. I need to keep practicing moving my arms, legs, working hard both before and after my operation

• Set myself a daily goal... a few steps go a long way

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

DO NOT BE AFRAID TO ASK QUESTIONS AND FOR INFORMATION TO BE REPEATED IF YOU ARE NOT SURE... SAY SO

STOP SMOKING & REDUCE ALCOHOL

To improve my recovery before my operation

• 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.

METABOLIC & SLEEP SUPPORT

GETTING BETTER SOONER

• This information may also be useful to talk through with a friend, carer or family member to ensure that you have the practical support to support your recovery.

• 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.”

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GETTING BETTER SOONER

HEALTHY STEPS TO IMPROVE MY RECOVERY WHILST STILL IN HOSPITAL

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HEALTHY STEPS TO SUPPORT MY RECOVERY
Set up your plans for going home before you come into hospital. The time you will be in hospital is not long.

PRACTICAL STEPS TO IMPROVE MY RECOVERY BEFORE MY OPERATION

FIND OUT MORE

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

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DO N’T WORRY IF YOU DON’T REACH YOUR GOAL EVERY DAY, WE ALL HAVE DAYS WHERE OUR STEPS ALSO MAKE A DIFFERENCE

GETTING BETTER SOONER

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 STUFF (e.g. CLOTHES, READING MATERIAL)

I HAVE REMEMBERED TO TAKE MY MEDICATION WITH ME

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• LEAVE HOSPITAL, SOONER
• MAKE YOU FEEL BETTER, SOONER
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GETTING BETTER SOONER

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

“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.”

GETTING BETTER SOONER

HEALTHY STEPS TO IMPROVE MY RECOVERY BEFORE MY OPERATION

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.

HEALTHY STEPS TO SUPPORT MY RECOVERY

PRACTICAL STEPS TO SUPPORT MY RECOVERY

Set up your plans for going home before you come into hospital. The time you will be in hospital is not long.

MY TO DO LIST

IF YOU HAD TO DO I

• 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 PREPARED MY STUFF FOR THE NIGHT BEFORE (e.g. CLOTHES, READING MATERIAL)
• I HAVE PICKED A SMALL BAG WITH THE RIGHT STUFF IN IT (e.g. CLOTHES, READING MATERIAL)
• 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?

DON’T BE AFRAID, IF NOT SURE, ASK!

EXAMPLE OF GOALS YOU MIGHT SET

SET MYSELF A DAILY GOAL...

little steps go a long way

BUT REMEMBER, WE ARE ALL INDIVIDUALS, DON’T WORRY IF YOU DON’T REACH YOUR GOAL EVERY DAY... A FEW STEPS ALSO MAKE A DIFFERENCE.

DON’T BE AFRAID TO ASK QUESTIONS AND FOR INFORMATION TO BE REPEATED. IF YOU ARE NOT SURE... SAY SO.

GETTING BETTER SOONER

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GETTING BETTER SOONER

MY GOALS

DAY ONE

• DRESS
• WALK
• DRINK
• EAT

DAY TWO

• DRESS
• WALK
• DRINK
• EAT

DAY THREE

• DRESS
• WALK
• DRINK
• EAT

MY GOALS

DAY ONE

• DRESS
• WALK
• DRINK
• EAT

DAY TWO

• DRESS
• WALK
• DRINK
• EAT

DAY THREE

• DRESS
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GETTING BETTER SOONER

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GETTING BETTER SOONER

HEALTHY STEPS TO IMPROVE MY RECOVERY
WHilst in STILL in HOSPITAL

I NEED TO...
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I KNOW MY DATE FOR GOING HOME

I HAVE TOLD THE RIGHT PEOPLE WHERE I WILL BE

I HAVE ARANGED MY TRANSPORT FOR GETTING THE BACK AND END

I HAVE PACKED A SMALL BAG WITH THE RIGHT STUFF (i.e. CLOTHES, READING MATERIAL)

I HAVE REMEMBERED TO TAKE MY MEDICATION WITH ME

I HAVE CHECKED I HAVE THE RIGHT EQUIPMENT AND SUPPORT AT HOME

I DON’T NEED TO...

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EXAM PLE OF GOALS YOU MIGHT SET

MY GOALS

DAY ONE
• SIT OUT
• DRESS
• SHOWER
• WALK
• DRINK
• EAT

DAY TWO
• SIT OUT
• WALK
• DRINK
• EAT

DAY THREE
• SIT OUT
• WALK
• DRINK
• EAT

DAY FOUR
• SIT OUT
• WALK
• DRINK
• EAT

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• SHOWER
• WALK
• DRINK
• EAT

DAY TWO
• SIT OUT
• WALK
• DRINK
• EAT

DAY THREE
• SIT OUT
• WALK
• DRINK
• EAT

DAY FOUR
• SIT OUT
• WALK
• DRINK
• EAT

BUT REMEMBER, WE ARE ALL INDIVIDUALS, DO NOT WORRY IF YOU DON’T REACH YOUR GOALS EVERY DAY...THAT SOUNDS LIKE THE TOTAL OPPOSITE OF WHAT YOU WANT TO HEAR BUT DIFFERENT STEPS ALSO MAKE A DIFFERENCE

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.

HEALTHY STEPS TO IMPROVE MY RECOVERY BEFORE MY OPERATION

MY TO DO LIST

I HAVE TOLD THE RIGHT PEOPLE WHERE I WILL BE

I HAVE ARRANGED MY TRANSPORT FOR GETTING THE BACK AND END

I HAVE PACKED A SMALL BAG WITH THE RIGHT STUFF (i.e. CLOTHES, READING MATERIAL)

I HAVE REMEMBERED TO TAKE MY MEDICATION WITH ME

I HAVE CHECKED I HAVE THE RIGHT EQUIPMENT AND SUPPORT AT HOME

I DON’T NEED TO...

DON’T BE AFRAID, IF NOT SURE, ASK!

EXAMPLE OF GOALS YOU MIGHT SET

MY GOALS

DAY ONE
• SIT OUT
• DRESS
• SHOWER
• WALK
• DRINK
• EAT

DAY TWO
• SIT OUT
• WALK
• DRINK
• EAT

DAY THREE
• SIT OUT
• WALK
• DRINK
• EAT

DAY FOUR
• SIT OUT
• WALK
• DRINK
• EAT

BUT REMEMBER, WE ARE ALL INDIVIDUALS, DO NOT WORRY IF YOU DON’T REACH YOUR GOALS EVERY DAY...THAT SOUNDS LIKE THE TOTAL OPPOSITE OF WHAT YOU WANT TO HEAR BUT DIFFERENT STEPS ALSO MAKE A DIFFERENCE
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

GETTING BETTER SOONER

MY ROLE IN MY ENHANCED RECOVERY...

“I didn’t know I had a role” says Nick (patient)

“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.”

GETTING BETTER SOONER

HEALTHY STEPS TO IMPROVE MY RECOVERY BEFORE MY OPERATION

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SLEEP, REST & PLAY

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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.

SET UP YOUR PLANS FOR GOING HOME BEFORE YOU COME INTO HOSPITAL. THE TIME YOU WILL BE IN HOSPITAL IS NOT LONG.

• GETTING BETTER SOONER

PRACTICAL STEPS TO SUPPORT MY RECOVERY

Set up your plans for going home before you come into hospital. The time you will be in hospital is not long.

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

GETTING BETTER SOONER

MY GOALS

DAY ONE - SIT OUT • DRINK • EAT
DAY TWO - WALK • SHAVE • DRESS
DAY THREE - WALK • WASH • CLINIC

EXAMPLE OF GOALS YOU MIGHT SET

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.

GETTING BETTER SOONER

HEALTHY STEPS TO IMPROVE MY RECOVERY WHilst STILL IN HOSPITAL

I NEED 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)

GETTING BETTER SOONER

EXAMPLE OF GOALS YOU MIGHT SET

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DON’T BE AFRAID TO ASK QUESTIONS AND FOR INFORMATION TO BE REPEATED. IF YOU ARE NOT SURE... SAY SO.

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

HEALTHY STEPS TO IMPROVE MY RECOVERY
WHEN I LEAVE HOSPITAL

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 AM I PROUD OF ACHIEVING?

HEALTHY STEPS TO IMPROVE MY RECOVERY

ADD YOUR USEFUL CONTACTS AND INFORMATION HERE

THERE IS ALWAYS SOMEONE TO CONTACT
AND FURTHER INFORMATION AVAILABLE

FOR FURTHER INFORMATION
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GETTING BETTER SOONER

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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

HOW MUCH SLEEP AND REST HAVE I HAD?

ADD YOUR USEFUL CONTACTS AND INFORMATION HERE

GETTING BETTER SOONER

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**MY ROLE AND MY RESPONSIBILITIES**

Steps to a successful recovery start before my operation.

**IN HELPING TO IMPROVE MY RECOVERY**

**GETTING BETTER SOONER**

**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 relations?
- 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?**

**Healthy Steps to Improve My Recovery**

When I leave hospital

Recovery does not stop because I leave hospital.

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**There is always someone to contact and further information available**

Add your useful contacts and information here.

**FOR FURTHER INFORMATION**

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THE ENHANCED RECOVERY PARTNERSHIP

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THE QUESTIONS YOU MAY WANT TO ASK?

- HOW AM I FEELING?
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- HOW MUCH AM I EATING AND DRINKING?
- HOW ACTIVE HAVE I BEEN?
- HOW MUCH SLEEP AND REST HAVE I HAD?
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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.

GETTING BETTER SOONER

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ADD YOUR USEFUL CONTACTS AND INFORMATION HERE

GETTING BETTER SOONER

Getting Better Sooner

Healthy steps to improve my recovery when I leave hospital.

Questions you may want to ask:

- When can I have a shower or bath?
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MY ROLE AND MY RESPONSIBILITIES IN HELPING TO IMPROVE MY RECOVERY
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GOT IT?

Healthy steps to improve my recovery

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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

Healthy steps to improve my recovery

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