

Enhanced Recovery Diary for Live Renal Donors

Information for donors



Abdominal Medicine
and Surgery

Patient details sticker

This diary is to help you record your daily goals after your surgery. It can be helpful for you to see how you are able to do a little more each day, when you are recovering in hospital and when you get home.

Please bring this diary with you on admission and remember to refer to it during your inpatient stay and at home when discharged.

Each day the amount you are able to do will increase and you will see this in your diary pages. It will also tell you what to expect each day.

If you need any help filling in your diary pages please ask one of the nurses or your co-ordinator.

- Exercises to help with breathing and your blood circulation
- Heparin injections

My Calendar

The page opposite shows *'My Calendar'* which gives you day-by-day objectives to follow.

You will be asked about how you are coping with:

- Washing and dressing
- Moving around
- Eating and drinking
- Pain control








Enhanced Recovery After Surgery (ERAS) in renal donor surgery

My Calendar

Get Better Safely - Get Better Quickly

Follow these steps before and after your surgery

	Night before surgery	Morning of surgery	6 hours after surgery	Day ONE after surgery	After discharge
Pain control 	N/A	N/A	Intravenous painkiller and oral painkillers	Oral painkillers	Oral painkillers as per discharge instruction
Food intake 	Stop eating at midnight	No food	Start on soft food Chew gum 4 times a day	Solid food as tolerated Continue chewing gum regularly	Resume normal eating pattern (Balanced healthy diet)
Fluid 	Drink 5-6 glasses of fluid	Drink only clear water until 06:00 am then fast	Drink 5-6 glasses of water as tolerated	Drink 5-6 glasses of water or any liquids	Drink plenty of liquids
Skin care 	Shower as normal	Shower as normal Be ready for 07:30 am	Follow ward staff instructions	Shower as normal Keep dressings covered	Shower as normal Keep dressings covered as per discharge instruction
Activity 	No smoking or alcohol	Do relaxation exercises such as deep breathing exercises	Sit upright Do regular leg exercises Eat evening meal in chair	Walk around the ward Eat meals in chair Prepare for discharge	Continue exercise as per discharge instruction

The afternoon following your surgery

You will return to the ward you were admitted to after your surgery. You will have a drip for fluids and a drip for your painkiller and oxygen tubing. These are temporary and will be removed the day after surgery.

Moving around

Six hours following surgery you will be encouraged to sit out in a chair for two hours. The nurses and ward staff will help you do this. Please do not attempt this on your own.

Eating and drinking

Two hours after your operation you will be able to eat and drink as you feel able, unless instructed otherwise by your surgeon.

Pain Control

Regular pain relief tablets will be started in addition to your Patient Controlled Analgesia (PCA) pump.

Your checklist to complete at the end of each day

How many drinks (cups) have you had? 1-3 4-7 8+

What have you had to eat?

Pain Score: 0 no pain 1 mild pain 2 moderate pain 3 severe pain

What is your pain score? When resting When moving

How many tries have you done for the following?

Breathing exercises 1-3 4-7 8-10

Leg exercises 1-3 4-7 8-10

If you have had any difficulty reaching your goals for today, why? eg: too tired, pain etc.

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My recovery is progressing as I had planned before my operation

Strongly agree Agree Neutral Disagree Strongly Disagree

Day 1 - Day after surgery

Hygiene

You will be encouraged to be independent with showering, but please ask a nurse or ward staff if you need assistance.

Moving around

Today, aim to sit in the chair for a total of 8 hours, with short rest periods on the bed. You will be encouraged to walk around throughout the day.

Eating and drinking

Build up your diet as tolerated and chew gum regularly. It is important to drink 2 litres (5-6 cups) throughout the day.

Pain Control

Your intravenous analgesia will be discontinued and you will continue with regular pain relief tablets.

Your checklist to complete at the end of each day

How many times have you walked today: 1 2 3 4 5+

How many drinks (cups) have you had? 1-3 4-7 8+

What have you had to eat?

Breakfast:..... Lunch:.....

Dinner:..... Snacks:.....

Pain Score: 0 no pain 1 mild pain 2 moderate pain 3 severe pain

What is your pain score? When resting When moving

How many times have you done for the following?

Breathing exercises 1-3 4-7 8-10

Leg exercises 1-3 4-7 8-10

Have you started self-administering your blood thinning injection Yes No

If you have had any difficulty reaching your goals for today, why? eg: too tired, pain etc.

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My recovery is progressing as I had planned before my operation

Strongly agree Agree Neutral Disagree Strongly Disagree

Day 2 after surgery (complete either in hospital or at home)

Hygiene

You will be encouraged to be independent with showering, but please ask a nurse or ward staff if you need assistance.

Moving around

Aim to sit in the chair for a total of 8 hours, with short rest periods on the bed. You will be encouraged to walk around throughout the day.

Eating and drinking

Build up your diet as tolerated and chew gum regularly. It is important to drink 2 litres (5-6 cups) throughout the day.

Pain Control

You will continue with regular pain relief tablets.

Your checklist to complete at the end of each day

How many times have you walked today: 1 2 3 4 5 6+
(aim for 30 meters each walk today)

How many drinks (cups) have you had? 1-3 4-7 8+

What have you had to eat?

Breakfast:..... Lunch:.....

Dinner:..... Snacks:.....

Pain Score: 0 no pain 1 mild pain 2 moderate pain 3 severe pain

What is your pain score? When resting When moving

How many tries have you done for the following?

Breathing exercises 1-3 4-7 8-10

Leg exercises 1-3 4-7 8-10

Are you self-administering your blood thinning injection? Yes No

If you have had any difficulty reaching your goals for today, why? eg: too tired, pain etc.

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My recovery is progressing as I had planned before my operation

Strongly agree Agree Neutral Disagree Strongly Disagree

Day 3 after surgery (complete either in hospital or at home)

Hygiene

You will be encouraged to be independent with showering, but please ask a nurse or ward staff if you need assistance.

Moving around

Aim to sit in the chair for a total of 8 hours, with short rest periods on the bed. You will be encouraged to walk around throughout the day.

Eating and drinking

Build up your diet as tolerated and chew gum regularly. It is important to drink 2 litres (5-6 cups) throughout the day.

Pain Control

You will continue with regular pain relief tablets.

Your checklist to complete at the end of each day

How many times have you walked today: 1 2 3 4 5 6+
(aim for 30 meters each walk today)

How many drinks (cups) have you had? 1-3 4-7 8+

What have you had to eat?

Breakfast:..... Lunch:.....

Dinner:..... Snacks:.....

Pain Score: **0** no pain **1** mild pain **2** moderate pain **3** severe pain

What is your pain score? When resting When moving

How many tries have you done for the following?

Breathing exercises 1-3 4-7 8-10

Leg exercises 1-3 4-7 8-10

Have you started self-administering your blood thinning injection Yes No

If you have had any difficulty reaching your goals for today, why? eg: too tired, pain etc.

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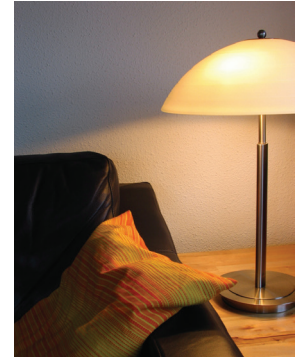
My recovery is progressing as I had planned before my operation

Strongly agree Agree Neutral Disagree Strongly Disagree

How we decide you can go home

You will be seen by the surgical team on a daily basis and they will allow you to go home if:

- You feel confident about going home
- You are eating and drinking enough
- You are walking round the ward fairly comfortably
- You are passing wind
- You do not have a temperature or any signs of wound infection
- You are passing urine without difficulty
- Your blood results are satisfactory
- You are able to self-medicate



Going home

Moving around

Continue to move around regularly when you get home as this helps your gut movement.

Eating and drinking

Continue to eat regularly and drink at least 1-2 litres of fluid during the day.

Pain control

Continue to take your pain relief medication regularly as prescribed by the doctors on discharge.

Medication

You will be discharged home with pain killers and laxatives to take regularly. Continue to take these as instructed until your bowels have returned to a normal pattern.

Your wound

Most live donors have dissolvable stitches. You will be advised to shower daily to help the stitches dissolve.

If you have stitches or staples your practice nurse or district nurse will need to remove them. We will arrange for them to come to your home or for an appointment at your GP to have them removed. You will be advised on when this will be when you are discharged



Leeds Kidney Unit - Live donor patient feedback

Please could you spare some time to complete a short survey on your experience with the live donor team by visiting this link below:

<http://ratenhs.uk/bgTiRO>



We greatly appreciate your feedback as this really helps us to identify how we can continually improve our service.

Questions / Notes

A series of horizontal dotted lines for writing.





What did you think of your care?

Scan the QR code or visit bit.ly/nhsleedsfft

Your views matter

