**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 relations?
- What else do you need to know?

Stay in touch - Support is there for you at every step. But do you know who to contact?

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**Getting Better Sooner**

Healthy steps to improve my recovery when I leave hospital.

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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

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.”

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.

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

• I KNOW MY DATE FOR GOING HOME
• I HAVE TOLD THE RIGHT PEOPLE WHERE I WILL BE
• I HAVE ARRANGED MY TRANSPORT FOR GETTING THE BACK TO HOME
• I HAVE PACKED A SMALL BAG WITH THE RIGHT STUFF (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!

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)

EXAMPLE OF GOALS YOU MIGHT SET

• SIT OUT
• DRINK
• EAT

MY GOALS

DAY ONE—DAY TWO—DAY THREE—DAY FOUR

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

BUT REMEMBER, WE ARE ALL INDIVIDUALS, DON’T WORRY IF YOU DON’T REACH YOUR GOALS EVERY DAY... EACH STEP ALSO MAKES A DIFFERENCE
WHAT THIS MEANS FOR ME
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GETTING BETTER SOONER

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GETTING BETTER SOONER

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GETTING BETTER SOONER

MY TO DO LIST

I KNOW MY DATE FOR GOING HOME
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MY GOALS

GETTING BETTER SOONER

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• Set myself a daily goal...

GETTING BETTER SOONER

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

But remember we are all individuals, don’t worry if you don’t reach your goals every day. Your team will support you and help you make a difference.
Planning and actively participating in the steps to success before and after your operation can help you to:

• LEAVE HOSPITAL, SOONER
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• RETURN TO NORMAL LIVING, SOONER

“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.”

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

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.

Food & Drink
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.

SMOKING & ALCOHOL

Example of goals you might set

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

DO NOT BE AFRAID, IF NOT SURE, ASK!

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 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

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

WHAT ELSE DO I NEED TO?

Example of goals you might set

MY GOALS

Day One

Day Two

Day Three

Dress

Shower

Walk

Sit Out

Drink

Eat

Sit Out

Drink

Eat

DAY OF SURGERY

DAY ONE

DAY TWO

DAY THREE

But remember, we are all individuals, don’t worry if you don’t reach your goals every day, it’s great that you are trying.

Little steps go a long way

But, remember, we are all individuals, don’t worry if you don’t reach your goals every day, it’s great that you are trying.

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

“Getting better sooner…”

FOOD & DRINK

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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.

Eating well after your operation will help you get better, faster. Try to relax. Try not to worry and get together with family and friends.

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MY ROLE IN MY ENHANCED RECOVERY...

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

STAYING PHYSICALLY ACTIVE

• Set up your plans for going home before you come into hospital. The time you will be in hospital is not long.
• Go easy, this is exercise to help with my recovery not to add more fatigue.
• I need to keep practicing moving my arms, legs, walking, before and after my operation
• Set myself a daily goal...
• Little steps go a long way

“Had I known I had a 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 GOALS

DAY 1
• WASH
• WALK
• DRESS

DAY 2
• WASH
• WALK
• DRESS

DAY 3
• WASH
• WALK
• DRESS

DAY 4
• WASH
• WALK
• DRESS

DAY 5
• WASH
• WALK
• DRESS

DAY 6
• WASH
• WALK
• DRESS

DAY 7
• WASH
• WALK
• DRESS

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

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

Eat well, your body needs fuel to repair.

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PRACTICAL STEPS TO IMPROVE MY RECOVERY

WHilst still in hospital

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- I HAVE CHANGED TO ASK QUESTIONS AND FOR INFORMATION TO BE REPEATED. IF YOU ARE NOT SURE... SAY SO

GETTING BETTER SOONER

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Steps to a successful recovery start before I leave hospital.

IN HELPING TO IMPROVE MY RECOVERY

Get to know your local services and healthy living.

www.nhs.uk

The Enhanced Recovery Partnership

www.improvement.nhs.uk/enhancedrecovery

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.

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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?

There is always someone to contact and further information available.

Healthy steps to improve my recovery when I leave hospital.

Recovery does not stop because I leave hospital.

Get better sooner.

Please visit www.nhs.uk for further information.

Enhanced Recovery Partnership.

Non medical help and advice for recovering from an operation.

Getting better sooner.

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?

Add your useful contacts and information here.

Stay in touch. Support is there for you at every single step. But do you know who to contact?

Please contact your care team.

Healthy steps to improve my recovery when I leave hospital.

How much sleep and rest have I had?

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.
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- 😊
- 😐
- 😞

What are my goals?

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My role and my responsibilities

In helping to improve my recovery

Steps to a successful recovery start before my operation.

Getting better sooner.
HEALTHY STEPS TO IMPROVE MY RECOVERY WHEN I LEAVE HOSPITAL

RECOVERY DOES NOT STOP BECAUSE I LEAVE HOSPITAL

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GETTING BETTER SOONER

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HEALTHY STEPS TO IMPROVE MY RECOVERY

WEEL TO RECOVERY START BEFORE MY OPERATION

IN HELPING TO IMPROVE MY RECOVERY

Steps to a successful recovery start before my operation

GETTING BETTER SOONER