Enhanced Recovery for Lung Surgery

Patient Information and Diary

Please use this booklet along with our other leaflets:

‘Lung Resection Surgery: Information for patients’

‘Your home exercise and activity diary’

‘Discharge advice after lung resection’

Please note: There is a section at the back of this booklet where you can record any questions you may have whilst reading it. The Enhanced Recovery Nurse or staff on Ward 84 will be happy to answer them for you.

You can call:

Angela Mandelj Enhanced Recovery Nurse: 0113 206 7655 or
Ward 84: 0113 206 9184

This booklet aims to help you understand the Enhanced Recovery Programme and the active role that we would like you to play in your recovery. It is divided into two parts:

• What is an Enhanced Recovery Programme?
• My Diary

Your details

Name: ........................................................................................................................................................................................................

Consultant: ................................................................................................................................................................................................

Date to come into hospital: ............/............/............

Predicted date to go home: .....................................................................................................................................................

Your operation was: ..................................................................................................................................................................

............................................................................................................................................................................................

Date of your operation: ............/............/............

Please bring this diary in on admission and remember to hand in to a ward nurse before you go home
What is an Enhanced Recovery Programme?
The Enhanced Recovery Programme (ERP) aims to help you get into the best possible condition for your operation, anaesthesia and post-operative recovery. The key to success is that you take responsibility for your recovery, actively working with your healthcare team to ensure your smooth recovery. You will recover quicker if you get out of bed, walk, eat and drink as early as possible after your operation.

It is important that you understand the recovery process. Please read this booklet carefully.

How will it benefit me?
Evidence has shown that the benefits to you are:
• You will help to prevent post-operative complications such as chest infection, wound infection and clots in your legs or chest
• Your stay in hospital will be shorter
• You can return home to your normal activities sooner
• Your participation in your recovery will give you confidence and help you to feel more involved
• You will feel less stressed physically and emotionally

Depending on your health and fitness at the start, you may recover at a different rate from other patients around you. Please remember that each person is different. Our healthcare team will help you to use this programme as safely and practicably as possible to the best of your ability and needs.

Before my operation
How can I prepare myself for my operation?
The Enhanced Recovery Programme for Lung surgery begins from your visit to the Outpatients Department, when you are given a date for your operation from your Consultant surgeon.

Whilst you are waiting for your operation, it is important that you try to improve your general health and fitness.

You can do this in the following ways:
• Stop smoking. This will help to prevent delayed wound healing, wound infections and chest infections. If you need assistance to stop smoking, contact your GP or ask your local pharmacist for advice on Nicotine Replacement Therapy.
• Remain physically active and try to gradually increase the amount of exercise you normally take (please see Your home exercise and activity diary).
• Practice deep breathing exercises with the help of the Incentive Spirometer you will be given and taught how to use.
• Eat a good balanced diet with plenty of calories. This will help in your recovery, to heal wounds and prevent infection as the operation will increase your body’s need for energy. Please see your GP if you have lost weight, have a poor appetite or are struggling to eat because of breathlessness. You may benefit from taking nutritional supplement drinks.
• Stop, or at least reduce the amount of alcohol you drink as this can weaken your immune system putting you at risk of developing complications and prolonging your recovery.

• Read the information given to you so that you know what to expect and can actively participate in your recovery.

• Share it with your family and friends and ask for their support.

• Plan your discharge from hospital. Who will collect you? Who can help you at home whilst you get back on your feet? If you have concerns, you should discuss them with your GP as early as possible.

• Finally, try to take some relaxation time.

We understand that you may be feeling vulnerable at this time and be experiencing a variety of emotions. You may also be feeling that waiting for your operation ‘feels like forever’.

You can put the waiting time to good use by actively preparing yourself for your operation. You may find it will help you to feel more involved and that the waiting time passes quicker.

**Pre-Assessment Clinic**

**What will happen?**

You may have attended Pre-Assessment Clinic on the same day as the Out-patient Clinic. Alternatively, you may be returning at a later date. It is advisable to bring along a relative or close friend to this appointment, who can also be involved and support you in your recovery.

**At the pre-assessment clinic you will:**

• Be seen by a nurse and asked about your general health, previous operations and illnesses, allergies and any medication you take.

• Have an ECG heart tracing and blood tests.

• Be screened for MRSA to find out if you have bacteria on your skin. If your screening result is positive, we will arrange for you to have treatment before your admission. You will be given a separate leaflet which will explain this in detail.

• Be seen by a doctor and/or an anaesthetist if necessary.

• Have an opportunity to tell us about your individual needs and circumstances and discuss any concerns that you may have about coping at home after your operation.

• Be given high energy carbohydrate drinks (unless you are diabetic). These will help to provide the extra energy your body needs for your operation and to reduce the risk of infection afterwards. They are to be taken the night before and morning of your operation. You will be given a separate instruction leaflet which will explain this in detail.
On the day of my admission

What will happen?

Please remember to bring with you:

• Your incentive spirometer (Spiro-ball) and record book.
• Your high energy Pre-Op carbohydrate drinks.
• This Enhanced Recovery booklet, which also contains your My Diary
• Your My Calendar
• A warm dressing gown to wear whilst you are waiting for your operation
• Loose fitting comfortable clothes as we would like you to get dressed and ‘feel more normal’ as soon as possible in your recovery

You will be admitted to Ward 84 (the Thoracic Surgery ward) on the day before your operation, and asked to ring the ward at 3pm to make sure there is a bed available for you. We may not know for certain at this time, however please do not worry, we will take your contact number and ring you back. This may take some time. We make every effort to find a bed for you. On occasion, this may be on another surgical ward for the night before your operation. You will then return to Ward 84 after your operation. Alternatively, we may ask you to come to Ward 84 fasting on the morning of your operation.

Whether in hospital or at home on the evening before your operation, you will need to take your 4 bottles of Pre-Op carbohydrate drinks before 12 o’clock midnight. It is best to drink those slowly, so you can start any time after 6pm

You can eat food up until 12 o’clock midnight.

On the day of my operation

What will happen?

You can drink water only from 12 o’clock midnight until two hours before your operation. You will also need to finish the remaining two bottles of Pre-Op drink two hours before your surgery. Your nurse will advise you of timings. You will also need to take your morning medication (unless advised not to), with a sip of water to help you swallow them.

After your bath/shower, you will be asked to wear compression stockings to reduce the risk of blood clots forming (DVT). These stockings are meant to be tight and you may need help to put them on.

You will be given a warming gown to put on. This will help to regulate your temperature before, during and after your operation. The gown will be attached to a small portable machine that will blow warm air into it. The nursing staff will show you how to control the temperature for your comfort.
After my operation

What happens when I wake up?
When you wake up from your surgery:

- You should be comfortable and we will work with you to manage any post-operative pain you experience.
- You should not experience any sickness (nausea). You will be given regular anti-sickness medication to prevent this.
- You may still have the warming gown on if your temperature is low.
- You will have a drain in your chest
- You will have a cannula (a small plastic tube) in your arm through which fluids will be given to ensure you do not become dehydrated.
- You will be nursed upright in bed at a minimum angle of 45 degrees. This will help to both expand your lungs and clear sputum after your operation.
- You will have an oxygen mask over your mouth and nose. You must keep this on unless told otherwise by your nurse.

What should I do after my operation?

Breathing exercises
When you wake up from your anaesthetic, as soon as you feel able, you should start your deep breathing exercises. These are used to help re-expand your lungs after surgery.

Take a deep breath in, hold for 3 seconds and breathe out. You can use your Incentive Spirometer (Spiroball) to help you. Aim to repeat this exercise 5 – 10 times every hour. Take your time so you do not feel dizzy. Take a few normal breaths between the deep breaths. When you have finished the exercise, it is very important to take a deep breath, a huff and a cough (please refer to Your home exercise and activity diary for an explanation).

You should try to cough 2-3 times to help clear any sputum. The physiotherapist will help you to do this on a daily basis if necessary. It may be a little uncomfortable initially so do them little and often. Please tell your nurse if you find them too uncomfortable. When your lung has re-expanded, we will be able to take out your chest drain.

It is important to repeat these exercises every hour after your operation (when you are awake). Also repeat them regularly when you go home, using your Spiro-ball to help you. They will help to prevent you from developing a chest infection.

Eating and drinking
It is important that you eat and drink early after your surgery. This will help to heal your wounds, reduce the risk of infection and help in your overall recovery.

You should try to drink at least 1 litre (ideally 2) a day. We will give you regular anti-sickness medication for the first three days, so you should not feel sick. If you do, please tell your nurse, who will give you an alternative anti-sickness tablet. This should not stop you from attempting to eat and drink. Each cup is about 150 – 200mls so you need to try to drink 5 – 10 cups per day. You can include a variety of non-fizzy drinks. For the first three days after your operation, you will be given three supplement drinks. Please try to take them as they will increase your calorie intake and help your recovery.

Pain Control
You will be asked to describe your pain and record your pain score when resting and when moving using the pain score below:

<table>
<thead>
<tr>
<th>Score</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>No pain</td>
</tr>
<tr>
<td>1</td>
<td>Mild pain</td>
</tr>
<tr>
<td>2</td>
<td>Moderate pain</td>
</tr>
<tr>
<td>3</td>
<td>Severe pain</td>
</tr>
</tbody>
</table>

It is important that you are able to deep breathe, cough, move around in bed, walk around the ward and eat your meals without too much discomfort.
If you are unable to do this, please tell your nurse who will work with your to try to make you more comfortable.

It is important to remember that taking regular pain relief and being less mobile may cause constipation. This can be very uncomfortable. To avoid this, you should take the regular laxatives offered to you until you have moved your bowels.

**Moving around (mobilisation)**

By sitting out of bed in a more upright position and by walking regularly, your breathing is improved. Your lung will re-expand quicker, which will allow us to take your chest drain out as soon as possible. There is also less chance of you developing a chest infection, or clots in your legs. Moving around has been shown to reduce your hospital stay. It helps your bowel movements to recover faster and also gives you a feeling of wellbeing. If you have difficulty, you can ask your nurse to help you out of bed or walk with you until you are able and confident enough to walk independently. The physiotherapist will also work with you to ensure you can safely mobilise and improve your stamina (please refer to [Your home exercise and activity diary](#)). When you are in bed, try not to lay flat as this does not help you to expand your lungs.

Your aim is to get back to your normal mobility level before your operation. This will happen gradually. You should try to increase your distance each time you walk. Your family and friends may want to help you.

Remember, your normal mobility level may be different to that of other patients.

**Heparin Injections**

You will have daily heparin injections to reduce the risk of blood clots forming (DVT) and continue to wear the compression stockings. You should also do exercises to help your circulation. Circle your ankles both ways and then point your toes up towards you and then back down briskly. Doing this exercise ten times every hour whilst in your bed or chair will be beneficial until you are walking regularly.

**Observations**

During each day at different times the nurses will record your:

- Blood pressure
- Pulse
- Respirations
- Oxygen saturation levels
- Temperature
- Chest drain (how much is draining and if there is an airleak)
- Fluid balance (how much you are drinking and how much urine you are passing)
- When you have moved your bowels
- Check your wounds

These are routine checks that everyone has.
Planning to go home

If you have not already done so, you need to think about:
- Who will collect you from hospital?
- Who can help you at home until you are able to look after yourself safely.

Plan this with your family and friends. If you have concerns, please tell the nurses as soon as you come into hospital.

When can I go home?

You will be seen by the Thoracic 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 or opening your bowels
- You do not have a raised temperature or any signs of a wound infection.
- You are passing urine without difficulty.
Do not worry if you cannot achieve the goals exactly as described in the diary – these are only a guide. Remember, each person recovers at a different rate compared to others.

My Diary

Whilst you are in hospital, this diary is to help you record your daily progress during your recovery from your operation.

It can be helpful for you to see how you are able to do a little more each day, and for the nursing staff to check how you are getting on. Each day the amount you will be able to do will increase and you will see this in your diary pages. It will give you your daily goals and you can use it to plan with your nurse how you will achieve them.

Your diary pages

The top part of each diary page tells you what to expect and gives a brief summary of the goals you should try to achieve that day. You should refer to the ‘After my operation’ section earlier in the booklet for a more detailed outline of the goals.

The bottom part is your progress diary.

You will be asked to tick boxes to show how often you have been able to achieve your daily goals. There is also a space to record your action plan for the day, which has been agreed with your doctor and nurse.

Please try to fill it in, it will help you to feel involved in your recovery. We also ask that you complete the Patient Satisfaction Survey at the back of this booklet, giving your honest opinion and suggestions. We value your experience and seek to improve our service through analysing the information you have recorded.

Remember to hand it to a ward nurse before you go home.
The evening after your surgery
You will return to the High Dependency Unit (HDU) on Ward 84 after your operation. You may have several drips and tubes in place. These are temporary and will be removed within 24-72hrs depending on your recovery.

Breathing exercises
You should start your deep breathing exercises as soon as possible after you wake up. Use your incentive spirometer to help you.

Eating and drinking
You can start to drink when you return to the ward. If you feel able, you can choose a light meal. You may have a drip in your arm to give you some fluid to ensure you do not become dehydrated.

Pain control
You will be given regular pain relief tablets in addition to your Patient Controlled Analgesia (PCA) pump and paravertebral catheter.

Moving around
Depending on when you return to HDU and how you feel, you may be able to sit out of bed for 1 hour. Your nurse will help you to do this. Please do not attempt to do this on your own. Whilst in bed, you should practice your ankle exercises every hour and try to change your position as often as you can. Please ask for help if you are unable to do this.

Your checklist to complete
(You may not feel able to fill this in today and may want a relative or friend to help you).

<table>
<thead>
<tr>
<th>Question</th>
<th>Yes □ No □</th>
</tr>
</thead>
<tbody>
<tr>
<td>I have sat out of bed for one hour:</td>
<td></td>
</tr>
<tr>
<td>How many drinks (cups) have I had?</td>
<td>1 □ 2 □ 3 □ 4 □ 5 □</td>
</tr>
<tr>
<td>I have taken one high energy drink:</td>
<td>Yes □ No □</td>
</tr>
</tbody>
</table>

What have I had to eat?
..................................................................................................................................................................................................

What is my pain score?

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

What is my pain score? When resting ................ When moving ............... 

What is my nausea score: 0 No nausea □ + nausea □ ++ vomited □

Breathing, Incentive spirometry and ankle exercises (please tick)

PM 1 □ 2 □ 3 □ 4 □ 5 □ 6 □ 7 □ 8 □ 9 □ 10 □

Have I passed urine? Yes □ No □

Have I passed wind? Yes □ No □

Have I opened my bowels? Yes □ No □

Have you achieved my goals today? Yes □ No □

What have I found difficult to achieve & why?
.................................................................................................................................

My recovery is progressing as I had planned before my operation

Strongly agree □ Agree □ Neutral □ Disagree □ Strongly disagree □
Day 1 after your operation

Hygiene
You will be assisted to have a wash. Try to do as much as you can for yourself.

Breathing exercises
You should practice your exercises every hour when you are awake. Use your incentive spirometer to help you.

Eating and drinking
Continue to eat and drink as much as you are able to. Your drip may be removed today.

My checklist to complete today

My action plan suggested by my doctor or nurse: ..........................................................................................................................................................................................................................

Every hour sat out of bed:  1  2  3  4  5  6
Every target walk I do:  1  2  3  4  5  6
How many drinks (cups) have I had? 1  2  3  4  5  6  7  8
I have taken 3 high energy drinks:  1  2  3

What have I had to eat?
Breakfast: ................................................................. Lunch: .................................................................
Dinner: .............................................................................................. Snacks: .................................................................

What is my pain score? When resting ............ When moving ............

What is my nausea score:  0 No nausea  + nausea  ++ vomited

Breathing, Incentive Spirometry and ankle exercises

AM  8  9  10  11  12  mid day
PM  1  2  3  4  5  6  7  8  9  10
Have I passed wind?    Yes  No
Have I opened my bowels? Yes  No
Have I achieved my goals today? Yes  No

What have I found difficult to achieve & why?

My plans for going home are?

My recovery is progressing as I had planned before my operation

Strongly agree  Agree  Neutral  Disagree  Strongly disagree
Day 2 after your operation

Hygiene
You will be encouraged to wash and dress independently, but please ask for assistance if you need it.

Deep breathing and coughing exercises
Continue with your exercises every hour using your incentive spirometer to help.

Eating and drinking
Continue to eat and drink as much as you are able to.

Pain control
Today your paravertebral catheter will be removed. Continue to take regular pain relief tablets. Tell your nurse if you are in pain.

Moving around
Aim to sit in the chair for eight hours in total, with short periods of rest on the bed. Try to walk along the corridor and back every hour. Ask for assistance if you feel unsure. You should continue to do your ankle exercises every hour.

Going home
Your nurse will start to plan with you when you can go home.

My checklist to complete today

My action plan suggested by my doctor or nurse: ........................................................................................................................................................................................................

Every hour sat out of bed: 1[ ] 2[ ] 3[ ] 4[ ] 5[ ] 6[ ] 7[ ] 8[ ] 9[ ] 10[ ] 11[ ] 12[ ] 13[ ] 14[ ] 15[ ]
Every target walk I do: 1[ ] 2[ ] 3[ ] 4[ ] 5[ ] 6[ ] 7[ ] 8[ ] 9[ ] 10[ ] 11[ ] 12[ ] 13[ ] 14[ ] 15[ ]
How many drinks (cups) have I had? 1[ ] 2[ ] 3[ ] 4[ ] 5[ ] 6[ ] 7[ ] 8[ ]
I have taken 3 high energy drinks: 1[ ] 2[ ] 3[ ]

What have I had to eat?
Breakfast: ........................................................................... Lunch: ...........................................................................
Dinner: ........................................................................... Snacks: ........................................................................

What is my pain score? When resting ............ When moving ............

What is my nausea score: 0 No nausea □ + nausea □ ++ vomited □

Breathing, Incentive Spirometry and ankle exercises

AM 8[ ] 9[ ] 10[ ] 11[ ] 12[ ] mid day
PM 1[ ] 2[ ] 3[ ] 4[ ] 5[ ] 6[ ] 7[ ] 8[ ] 9[ ] 10[ ]

Have I passed wind? Yes □ No □
Have I opened my bowels? Yes □ No □
Have I achieved my goals today? Yes □ No □

What have I found difficult to achieve & why?
........................................................................................................................................................................................................

My plans for going home are?
........................................................................................................................................................................................................

My recovery is progressing as I had planned before my operation

Strongly agree □ Agree □ Neutral □ Disagree □ Strongly disagree □
Day 3 after your operation

Hygiene
You will be encouraged to wash and dress independently, but please ask for assistance if you need it.

Deep breathing and coughing exercises
Continue with your exercises every hour using your incentive spirometer to help.

Eating and drinking
Continue to eat and drink as much as you are able to.

Pain control
Continue to take regular pain relief tablets. Tell your nurse if you are in pain.

Moving around
Today you should aim to sit in the chair for a minimum of ten hours, with short periods of rest on the bed. Try to walk around the ward every hour, increasing the distance each time. Ask for assistance if you feel unsure. You should continue to do your ankle exercises every hour.

Going home
Your nurse will continue to plan with you for going home. Please ask if your medication is ready for when you go home.

My checklist to complete today

My action plan suggested by my doctor or nurse: 

Every hour sat out of bed: 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15
Every target walk I do: 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15
How many drinks (cups) have I had? 1 2 3 4 5 6 7 8
I have taken 3 high energy drinks: 1 2 3
What have I had to eat?
Breakfast: Lunch: Snacks:
What is my pain score? When resting When moving
What is my nausea score: 0 No nausea + nausea ++ vomited

Breathing, Incentive Spirometry and ankle exercises
AM 8 9 10 11 12 mid day
PM 1 2 3 4 5 6 7 8 9 10
Have I passed wind? Yes No
Have I opened my bowels? Yes No
Have I achieved my goals today? Yes No
What have I found difficult to achieve & why?

My plans for going home are?

My recovery is progressing as I had planned before my operation
Strongly agree Agree Neutral Disagree Strongly disagree
Day 4 after your operation - expected day to go home

Hygiene
You should be able to wash and dress independently.

Deep breathing and coughing exercises
Continue with your exercises every hour using your incentive spirometer to help.

Eating and drinking
Continue to eat and drink as much as you are able to.

Pain control
Continue to take regular pain relief tablets. Tell your nurse if you are still in pain.

Moving around
Try to sit in the chair all day, with short periods of rest on your bed. Aim to walk independently around the ward every hour, increasing the distance each time. Continue to do your ankle exercises every hour.

Going home
You may be allowed home today. Your nurse will continue to plan with you for going home. Please ask if your medication is ready for when you go home.

My checklist to complete today

My action plan suggested by my doctor or nurse:
....................................................................................................................................................................................................

Every hour sat out of bed: 1 □ 2 □ 3 □ 4 □ 5 □ 6 □ 7 □ 8 □ 9 □ 10 □ 11 □ 12 □ 13 □ 14 □ 15 □
Every target walk I do: 1 □ 2 □ 3 □ 4 □ 5 □ 6 □ 7 □ 8 □ 9 □ 10 □ 11 □ 12 □ 13 □ 14 □ 15 □
How many drinks (cups) have I had? 1 □ 2 □ 3 □ 4 □ 5 □ 6 □ 7 □ 8 □
What have I had to eat?
Breakfast: .............................................................. Lunch: ..............................................................
Dinner: .............................................................. Snacks: ..............................................................
What is my pain score? When resting ........... When moving ............
What is my nausea score: 0 No nausea □ + nausea □ ++ vomited □

Breathing, Incentive Spirometry and ankle exercises

AM 8 □ 9 □ 10 □ 11 □ 12 □ mid day
PM 1 □ 2 □ 3 □ 4 □ 5 □ 6 □ 7 □ 8 □ 9 □ 10 □

Have I opened my bowels? Yes □ No □
Have I achieved my goals today? Yes □ No □
What have I found difficult to achieve & why?
....................................................................................................................................................................................................

My plans for going home are?
....................................................................................................................................................................................................

My recovery is progressing as I had planned before my operation
Strongly agree □ Agree □ Neutral □ Disagree □ Strongly disagree □
Day 5 after your operation - expected day to go home

**Hygiene**
You should be able to wash and dress independently.

**Deep breathing and coughing exercises**
Continue with your exercises every hour using your incentive spirometer to help.

**Eating and drinking**
Continue to eat and drink as much as you are able to.

**Pain control**
Continue to take regular pain relief tablets. Tell your nurse if you are still in pain.

Moving around
Try to sit in the chair all day, with short periods of rest on your bed. Aim to walk independently around the ward every hour, increasing the distance each time. Continue to do your ankle exercises every hour.

**Going home**
You may be allowed home today. Your nurse will continue to plan with you for going home. Please ask if your medication is ready for when you go home.

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**My checklist to complete today**

**My action plan suggested by my doctor or nurse:**

<table>
<thead>
<tr>
<th>Every hour sat out of bed:</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
<th>7</th>
<th>8</th>
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<th>12</th>
<th>13</th>
<th>14</th>
<th>15</th>
</tr>
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<td>1</td>
<td>2</td>
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<td>14</td>
<td>15</td>
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<td>How many drinks (cups) have I had?</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
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</tbody>
</table>

**What have I had to eat?**
Breakfast: .......................................................... Lunch: ..........................................................
Dinner: .......................................................... Snacks: ..........................................................

**What is my pain score?** When resting .......... When moving ..........

**What is my nausea score:**
0 No nausea □ + nausea □ ++ vomited □

**Breathing, Incentive Spirometry and ankle exercises**

<table>
<thead>
<tr>
<th>AM</th>
<th>8 □</th>
<th>9 □</th>
<th>10 □</th>
<th>11 □</th>
<th>12 □ mid day</th>
</tr>
</thead>
<tbody>
<tr>
<td>PM</td>
<td>1 □</td>
<td>2 □</td>
<td>3 □</td>
<td>4 □</td>
<td>5 □</td>
</tr>
</tbody>
</table>

**Have I opened my bowels?** Yes □ No □
**Have I achieved my goals today?** Yes □ No □

**What have I found difficult to achieve & why?**

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**My plans for going home are?**

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**My recovery is progressing as I had planned before my operation**

Strongly agree □ Agree □ Neutral □ Disagree □ Strongly disagree □
**Additional days in hospital - Day 6**

**Hygiene**
You should be able to wash and dress independently.

**Deep breathing and coughing exercises**
Continue with your exercises every hour using your incentive spirometer to help.

**Eating and drinking**
Continue to eat and drink as much as you are able to.

**Pain control**
Continue to take regular pain relief tablets. Tell your nurse if you are still in pain.

**Moving around**
Try to sit in the chair all day, with short periods of rest on your bed. Aim to walk independently around the ward every hour, increasing the distance each time. Continue to do your ankle exercises every hour.

**Going home**
You may be allowed home today. Your nurse will continue to plan with you for going home. Please ask if your medication is ready for when you go home.

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**My checklist to complete today**

**My action plan suggested by my doctor or nurse:**

<table>
<thead>
<tr>
<th>Every hour sat out of bed:</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
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<th>14</th>
<th>15</th>
</tr>
</thead>
<tbody>
<tr>
<td>Every target walk I do:</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
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<td>11</td>
<td>12</td>
<td>13</td>
<td>14</td>
<td>15</td>
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<tr>
<td>How many drinks (cups) have I had?</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
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</tbody>
</table>

**What have I had to eat?**
Breakfast: ................................................................. Lunch: .................................................................
Dinner: ................................................................. Snacks: .................................................................

**What is my pain score?**
When resting ...........  When moving ............

**What is my nausea score:**
0 No nausea □  + nausea □  ++ vomited □

**Breathing, Incentive Spirometry and ankle exercises**

<table>
<thead>
<tr>
<th>AM</th>
<th>8</th>
<th>9</th>
<th>10</th>
<th>11</th>
<th>12</th>
<th>12 mid day</th>
</tr>
</thead>
<tbody>
<tr>
<td>PM</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
</tr>
</tbody>
</table>

**Have I opened my bowels?**
Yes □ No □

**Have I achieved my goals today?**
Yes □ No □

**What have I found difficult to achieve & why?**

**My plans for going home are?**

---

**My recovery is progressing as I had planned before my operation**
Strongly agree □  Agree □  Neutral □  Disagree □  Strongly disagree □
Additional days in hospital - Day 7

Hygiene
You should be able to wash and dress independently.

Deep breathing and coughing exercises
Continue with your exercises every hour using your incentive spirometer to help.

Eating and drinking
Continue to eat and drink as much as you are able to.

Pain control
Continue to take regular pain relief tablets. Tell your nurse if you are still in pain.

Moving around
Try to sit in the chair all day, with short periods of rest on your bed. Aim to walk independently around the ward every hour, increasing the distance each time. Continue to do your ankle exercises every hour.

Going home
You may be allowed home today. Your nurse will continue to plan with you for going home. Please ask if your medication is ready for when you go home.

My checklist to complete today

My action plan suggested by my doctor or nurse: .................................................................

Every hour sat out of bed: 1 □ 2 □ 3 □ 4 □ 5 □ 6 □ 7 □ 8 □ 9 □ 10 □ 11 □ 12 □ 13 □ 14 □ 15 □
Every target walk I do: 10 □ 20 □ 30 □ 40 □ 50 □ 60 □ 70 □ 80 □ 90 □ 100 □ 110 □ 120 □ 130 □ 140 □ 150 □

How many drinks (cups) have I had? 1 □ 2 □ 3 □ 4 □ 5 □ 6 □ 7 □ 8 □

What have I had to eat?
Breakfast: ................................................................. Lunch: .................................................................
Dinner: ................................................................. Snacks: .................................................................

What is my pain score? When resting ............ When moving ............

What is my nausea score: 0 No nausea □ + nausea □ ++ vomited □

Breathing, Incentive Spirometry and ankle exercises

AM 8 □ 9 □ 10 □ 11 □ 12 □ mid day
PM 1 □ 2 □ 3 □ 4 □ 5 □ 6 □ 7 □ 8 □ 9 □ 10 □

Have I opened my bowels? Yes □ No □
Have I achieved my goals today? Yes □ No □

What have I found difficult to achieve & why? ........................................................................

My plans for going home are? ........................................................................................................

My recovery is progressing as I had planned before my operation
Strongly agree □ Agree □ Neutral □ Disagree □ Strongly disagree □
Additional days in hospital - Day 8

Hygiene
You should be able to wash and dress independently.

Deep breathing and coughing exercises
Continue with your exercises every hour using your incentive spirometer to help.

Eating and drinking
Continue to eat and drink as much as you are able to.

Pain control
Continue to take regular pain relief tablets. Tell your nurse if you are still in pain.

Moving around
Try to sit in the chair all day, with short periods of rest on your bed. Aim to walk independently around the ward every hour, increasing the distance each time. Continue to do your ankle exercises every hour.

Going home
You may be allowed home today. Your nurse will continue to plan with you for going home. Please ask if your medication is ready for when you go home.

My checklist to complete today

My action plan suggested by my doctor or nurse:

........................................................................................................................................................................................................

Every hour sat out of bed: 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15
Every target walk I do: 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15
How many drinks (cups) have I had? 1 2 3 4 5 6 7 8

What have I had to eat?
Breakfast: .................................................. Lunch: ..................................................
Dinner: .................................................. Snacks: ..................................................

What is my pain score? When resting ........ When moving ........

What is my nausea score: 0 No nausea + nausea ++ vomited

Breathing, Incentive Spirometry and ankle exercises

AM 8 9 10 11 12 mid day
PM 1 2 3 4 5 6 7 8 9 10

Have I opened my bowels? Yes No
Have I achieved my goals today? Yes No

What have I found difficult to achieve & why? ..............................................................

My plans for going home are? ..............................................................................................

My recovery is progressing as I had planned before my operation

Strongly agree Agree Neutral Disagree Strongly disagree
Additional days in hospital - Day 9

Hygiene
You should be able to wash and dress independently.

Deep breathing and coughing exercises
Continue with your exercises every hour using your incentive spirometer to help.

Eating and drinking
Continue to eat and drink as much as you are able to.

Pain control
Continue to take regular pain relief tablets. Tell your nurse if you are still in pain.

Moving around
Try to sit in the chair all day, with short periods of rest on your bed. Aim to walk independently around the ward every hour, increasing the distance each time. Continue to do your ankle exercises every hour.

Going home
You may be allowed home today. Your nurse will continue to plan with you for going home. Please ask if your medication is ready for when you go home.

My checklist to complete today

My action plan suggested by my doctor or nurse:

Every hour sat out of bed:

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15

Every target walk I do:
10 20 30 40 50 60 70 80 90 100 110 120 130 140 150

How many drinks (cups) have I had?
1 2 3 4 5 6 7 8

What have I had to eat?
Breakfast: Lunch:
Dinner: Snacks:

What is my pain score?
When resting
When moving

What is my nausea score:
0 No nausea + nausea ++ vomited

Breathing, Incentive Spirometry and ankle exercises

AM 8 9 10 11 12 mid day
PM 1 2 3 4 5 6 7 8 9 10

Have I opened my bowels? Yes No
Have I achieved my goals today? Yes No

What have I found difficult to achieve & why?

My plans for going home are?

My recovery is progressing as I had planned before my operation

Strongly agree Agree Neutral Disagree Strongly disagree
My questions
Patient Satisfaction Survey

We are very interested in your views on how your recovery has been.

We would be very grateful if you could spend a few minutes filling in this questionnaire. The information you have filled in throughout your recovery and responses to these questions will help us evaluate and make improvements to our service.

You can be assured that any information you give us will be kept strictly confidential.

Please tick the relevant box  

1. Were you involved as much as you wanted to be in decisions about your care?  
   Yes, definitely □   Yes, to some extent □   No □

2. Did you receive written information leaflets & a diary?  
   Yes □   No □

3. How much information about your condition and treatment was given to you?  
   Not enough □   The right amount □   Too much □

4. Were you informed about the following:  
   How long you would be in Hospital?   Yes □   No □
   After your surgery when you would be up and about?   Yes □   No □
   When you would be able to drink after your operation?   Yes □   No □

5. Did you feel involved in decisions about going home from hospital?  
   Yes □   No □

6. Did you receive clear instructions on:  
   When to start fasting?   Yes □   No □
   When to take the Pre-Op Carbohydrate drink?   Yes □   No □

7. Was the pain after your operation:  
   Less than you expected? □
   The same as you expected? □
   Worse than you expected? □

8. Overall was your pain adequately controlled?   Yes □   No □

9. Do you have any comments to make about how your pain was managed?
10. How likely are you to recommend our lung surgery enhanced recovery programme to friends and family if they needed similar care or treatment?
   1 Extremely likely □  2 Likely □  3 Neither likely nor unlikely □
   4 Unlikely □  5 Extremely unlikely □  6 Don’t know □

11. Please can you tell us why you would or would not recommend us to your friends and family?
   ..........................................................................................................................................................................................................
   ..........................................................................................................................................................................................................
   ..........................................................................................................................................................................................................

12. Did hospital staff tell you who to contact if you were worried about your condition or treatment after you left hospital?
   Yes □  No □

13. What did we do well?
   ..........................................................................................................................................................................................................
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12. What can we do better?
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Please give this diary to a Ward Nurse before you go home.

Thank you for your time