Honesty Equality Accountability Respect Teamwork

Putting **patients** at the **HEART** of everything we do

St Mark's National Bowel Hospital

NHS
London North West University Healthcare
NHS Trust

Enhanced Recovery Passport

This is your Enhanced Recovery Achievement Passport. Please tick the goals as you achieve them. Note your ERAS Nurse may modify some of the goals for your needs.

Name: _____

Day 1	☐ Wash at bedside with minimal assistance ☐ Put on own clothes ☐ Sit out of bed for meals ☐ Eat and drink as tolerated: ○ Little and often ○ 2 Ensure Plus drinks ○ Chew gum ☐ Walk up and down the ward 4 times (ask nurse for help)	☐ Daily blood test ☐ No more IV fluids ☐ TEDS stockings/ have blood thinning injection ☐ Regular medications restarted ☐ Urinary catheter removed ☐ Passed wind/ bowels opened ☐ See Stoma nurse (if needed)
Day 2	☐ Wash in bathroom ☐ Put on own clothes ☐ Sit out of bed for at least 6 hours in total ☐ Eat and drink as tolerated: ○ Little and often ○ 2 Ensure Plus drinks ○ Chew gum ☐ Walk up and down the ward 4 times	☐ Daily blood test ☐ TEDS stockings/ have blood thinning injection ☐ Switch to oral pain relief ☐ Passed wind/ bowels opened ☐ See stoma nurse (if needed) ☐ Check if meeting **HOME** criteria*
Day 3	☐ Have a shower if feeling well ☐ Put on own clothes ☐ Sit out of bed for at least 8 hours in total ☐ Eat and drink as tolerated: ○ Little and often ○ 2 Ensure Plus drinks ○ Chew gum ☐ Walk up and down the ward at least 4 times	☐ Daily blood test ☐ Oral pain relief ☐ Passed wind/ bowels opened ☐ TEDS stockings/ have blood thinning injection ☐ Independent with stoma care ☐ Check if meeting **HOME** criteria*
Day 4	☐ Have a shower if feeling well ☐ Put on own clothes ☐ Sit out of bed for at least 8 hours in total ☐ Eat and drink as tolerated: ○ Little and often ○ 2 Ensure Plus drinks ○ Chew gum ☐ Able to walk independently	☐ Oral pain relief ☐ Self-caring with hygiene/ stoma needs ☐ Discharge letter received and explained ☐ To take home medications received and explained ☐ **HOME** criteria* met

*You can go HOME when you meet the following:

H: Heart rate, blood pressure and temperature in acceptable range.
O: Opening bowels or passing wind, independent with stoma care.
M: Mobilising (walking) independently and pain well controlled with oral pain relief.
E: Eating and drinking.

Contact the ERAS Nurse if any concerns on 07825 606020, 8.00 a.m. to 6.00 p.m. Monday to Friday