

Sussex Cardiac Centre
ERAS programme



University
Hospitals Sussex
NHS Foundation Trust

Enhancing your recovery post cardiac surgery

The ERAS programme aims to support you in your cardiac surgery journey and empower you to take an active role in your care

Patient information

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Introduction

The aim of the Enhanced Recovery after Surgery (ERAS) programme is for you to return to full health as soon as possible after your operation. Research has shown that the earlier you get out of bed and start eating and drinking the quicker your recovery.

The programme will begin before your operation, progress through your care whilst in hospital and continue when you are back at home.

There are many ways you can speed up your recovery. This booklet will increase your understanding of the ERAS programme and enable you to take an active role in your preparation for surgery and your recovery after.

Please do also read through your patient information booklet regularly as this contains all the information regarding all aspects of your cardiac surgery journey.

How you can help before your surgery

Healthy living goals in the weeks before your surgery will aid you to recover quicker and have fewer complications.

Good nutrition

- Fruit and vegetables – aim to eat at least five portions a day.
- Protein rich foods such as lean meat, fish, eggs, lentils, nuts, beans.
- Starchy foods such as rice, bread, pasta and potatoes. Aim for wholegrain varieties when you can.
- Milk and dairy foods.
- Limit foods which are high in sugar, fat and salt.

Stay active

If you feel well enough exercise will help make sure your body is as fit as possible before your surgery. If you are already active, keep up with your normal exercise / activity routine. If not, start slowly adding exercise into your day. A 15 minute walk is better than not exercising at all.

Get practising

We would like you to start practising the exercises you will be doing after your surgery.

You will have a wound down the centre of your chest over the breastbone. An important part of the wound and bone healing is the restriction of the activities you can do with your arms after your operation. This is because certain activities can put a lot of stress on the bone trying to heal.

The main restriction is no lifting, pushing or pulling with your arms for the first 3 months after your operation. As a guide you should not lift any object that weighs more than 5 lbs (2.2 kgs).

Getting in and out of bed

To make it easier getting out of bed our Physio's advice is:

- Roll onto either side
- Gently lower your legs off the edge of the bed
- Push down through your elbow and come up into a sitting position

To get into bed the same process is followed in reverse.

Getting in and out of a chair

- Sit on the edge of the chair
- Fold arms across chest
- Feet firmly flat on the floor
- Rock gently backwards and forwards 3 times - on the third rock forward, push up firmly through your legs and come into the standing position

Upper limb exercises to practice

Straight arm raise

- Stand with hands clasped in front of you and elbows straight
- Lift both arms up over your head and then back down again to the starting position
- Repeat 5 times



Elbow circles

- Sit or stand
- Place your finger tips on your shoulders
- Lift your elbows up in front of you as high as you can keeping your finger tips on your shoulder
- Bring your elbows out to the side, and then back down to the starting position
- Repeat 5 times



Stop smoking

If you smoke it is advisable that you stop. Smokers are prone to complications and chest infections after surgery.

For help and advice in quitting smoking you may wish to:

- contact a local helpline on **01273 267397**
- or on the internet:
www.stopsmokingineastsussex.co.uk
www.nhs.uk/smokefree

Alcohol

We recommend alcohol is only taken in moderation if at all.

Maintain a healthy weight

Advice will be given if you are found to be underweight or overweight in your pre-assessment clinic appointment.

Discharge arrangements

We would like you to start thinking about your discharge before you come into hospital. We routinely use discharge lounge (Barry building, main entrance) in our Cardiac Centre where your arrange transport can pick you easily. We aim to discharge from the Step Down Unit before midday, once you medically fit for discharge. Recovery at home will continue for some time after you are discharged and therefore you need to think about how you will manage in the weeks after surgery.

- Make sure you have someone who can collect you from hospital when you are discharged
- Make sure you have someone who can stay with you at home for the first week
- Buy extra shopping of non-perishable foods and ready meals before admission. Arrange for family / friends to get fresh / frozen foods after discharge

If you think you will have any problems at any stage of your programme please call and seek help so that appropriate safe solutions can be found in advance.

Before your admission

In the week before your admission we would like you to prepare for your operation by:

- Re-reading your patient information booklet
- Maintaining excellent personal hygiene
- Ensuring nails are clean and short
- Re-reading this ERAS booklet

To do list

Below are some practical points to consider.

- I have informed relevant people of my admission to hospital
- I have all my medications to take with me
- I have all my belongings ready for my hospital stay (see list in information booklet)
- I have arranged my transport to and from hospital
- I have arranged someone to stay with me for a week following my discharge
- I have checked I have the correct support in place for my return home

Patient Diary

A patient diary is intended for your use while you are in hospital to give you the opportunity to take an active role in your care and assist you by enhancing your recovery. You will be able to record your thoughts and feelings throughout your hospital stay. It is also for recording your progress with the enhanced recovery goals of early nutrition and early mobilisation.

The diary is designed for you to complete but family, friends and members of the team looking after you can help you to fill it in if you need them to.

The diary sets out guidelines on what to expect on the days after your surgery. However, as everyone is an individual, you may vary slightly from the programme set out. This does not mean that you have failed, it is purely a variation to the programme.

We would like you to keep your diary when you go home, and complete the online evaluation of your stay (see last page).

Day 1

How am I feeling?

What are my goals for today?

- Start eating at each meal
- Drink 6-8 glasses of water
- Sit out of bed
- Deep breathing and coughing exercises
- Try to get out of bed and onto my feet

How well controlled is my pain?

- Well controlled
- I'm still sore and would like more painkillers

Am I feeling nauseous?

- Yes
- No

What have I eaten today?

Breakfast _____

Lunch _____

Dinner _____

How many drinks have I had?

1 2 3 4 5 6 7 8

I haven't managed to eat because:

How active have I been?

- Sat out of bed with assistance for ____ hours
- Walked on spot with assistance
- Practiced supported cough and deep breathing exercises ____ times today

I haven't been able to because:

Rest and relaxation

- Changed into own comfortable clean clothes
- Rest on bed during rest period
- Use eye mask and ear plugs if needed

What am I proud of achieving? worries/questions?

Day 2

How am I feeling?

It is normal to feel low in mood today, you will feel better by this evening.

- What are my goals for today?
- Eat 3 meals and 2 snacks
- Drink 6-8 glasses of water
- Sit out of bed for longer
- Deep breathing and coughing exercises.
- Marching on the spot and start to mobilise.

How well controlled is my pain?

- Well controlled
- I'm still sore and would like more painkillers

Am I feeling nauseous?

- Yes
- No

What have I eaten today?

Breakfast _____

Lunch _____

Dinner _____

How many drinks have I had?

- 1 2 3 4 5 6 7 8

I haven't managed to eat because:

How active have I been?

- Sat out of bed with assistance for ____ hours
- Walked on spot with assistance
- Practiced supported cough and deep breathing exercises ____ times today
- Mobilised around the unit with assistance

I haven't been able to because

Rest and relaxation

- Changed into own comfortable clean clothes
- Rest on bed during rest period
- Use eye mask and ear plugs if needed

What am I proud of achieving? worries/questions?

Day 3

How am I feeling?

What are my goals for today?

- Eat 3 meals and 2 snacks
- Drink 6 – 8 glasses of water
- Deep breathing and coughing exercises
- Mobilise independently
- Open my bowels
- Attend discharge talk
- Discharge arrangements in place, family aware and ready
- Stairs with physio

How well controlled is my pain?

- Well controlled
- I'm still sore and would like more painkillers

Am I feeling nauseous?

- Yes
- No

What have I eaten today?

Breakfast _____

Lunch _____

Dinner _____

How many drinks have I had?

1 2 3 4 5 6 7 8

I haven't managed to eat because:

How active have I been?

- Walking independently around unit ____ times today
- Deep breathing and coughing exercises ____ times today
- Stairs with Physio

I haven't been able to because

Rest and relaxation

- Changed into own comfortable clean clothes
- Rest on bed during rest period
- Use eye mask and ear plugs if needed
- Personal hygiene
- Shower
- View wounds

What am I proud of achieving? worries/questions?

Day 4

How am I feeling?

What are my goals?

- Eat 3 meals and 2 snacks
- Drink 6 – 8 glasses of water
- Deep breathing and coughing
- Going home

How well controlled is my pain?

- Well controlled
- I'm still sore and would like more painkillers

Am I feeling nauseous?

- Yes
- No

What have I eaten today?

Breakfast _____

Lunch _____

Dinner _____

How many drinks have I had?

1 2 3 4 5 6 7 8

How active have I been?

What am I proud of achieving?

Are there any changes to my support arrangements at home after discharge?

(If yes, talk to your nurse)

YES

NO

Am I ready for home?

- Discharge talk attended
- Discharge letter
- TTO's explained and given
- All cannulas and dressings removed
- Family happy and ready
- Transport arrangements ready
- Patient information booklet
- Completed the ERAS evaluation

To further aid your recovery whilst at home

- Continue to eat and drink well
- Shower every day and clean clothes every day. Use your own towel
- Pat, do not rub when drying wounds after showering
- Monitor wounds
- Take regular exercise as detailed in your patient information booklet
- Take part in your local Cardiac Rehabilitation
- Contact us if you have any worries/questions

What to do if you have concerns after you have left hospital

Complications do not happen very often but it is important that you are aware of what to look out for.

In your patient information booklet you will find on page 26 – 28 advice regarding pain, infection control, wound care, irregular heart beat and other symptoms you may experience.

If you have any of the following symptoms:

- Your wound suddenly becomes red, swollen, painful or starts leaking discoloured fluid
- You notice you are coughing up more sputum or it is discoloured
- If your heart feels like it is racing or feels like it's missing a beat (this is quite common following heart surgery) and you feel unwell when experiencing this or it is prolonged or happens frequently

Please phone:

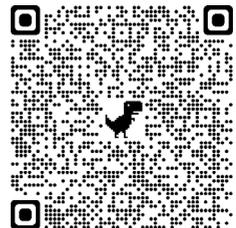
CICU – 24h/7 01273 696955 ext 64467

Cardiac Rehabilitation – Kay Hyde, Lead Specialist Nurse

01273 696955 ext 64157, 64009

Please take the time to complete the cardiac ERAS evaluation using the QR code provided.

To open the evaluation please scan the code with the QR reader or camera in your phone.





**This leaflet is intended for patients receiving
care in Brighton & Hove or Haywards Heath**

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