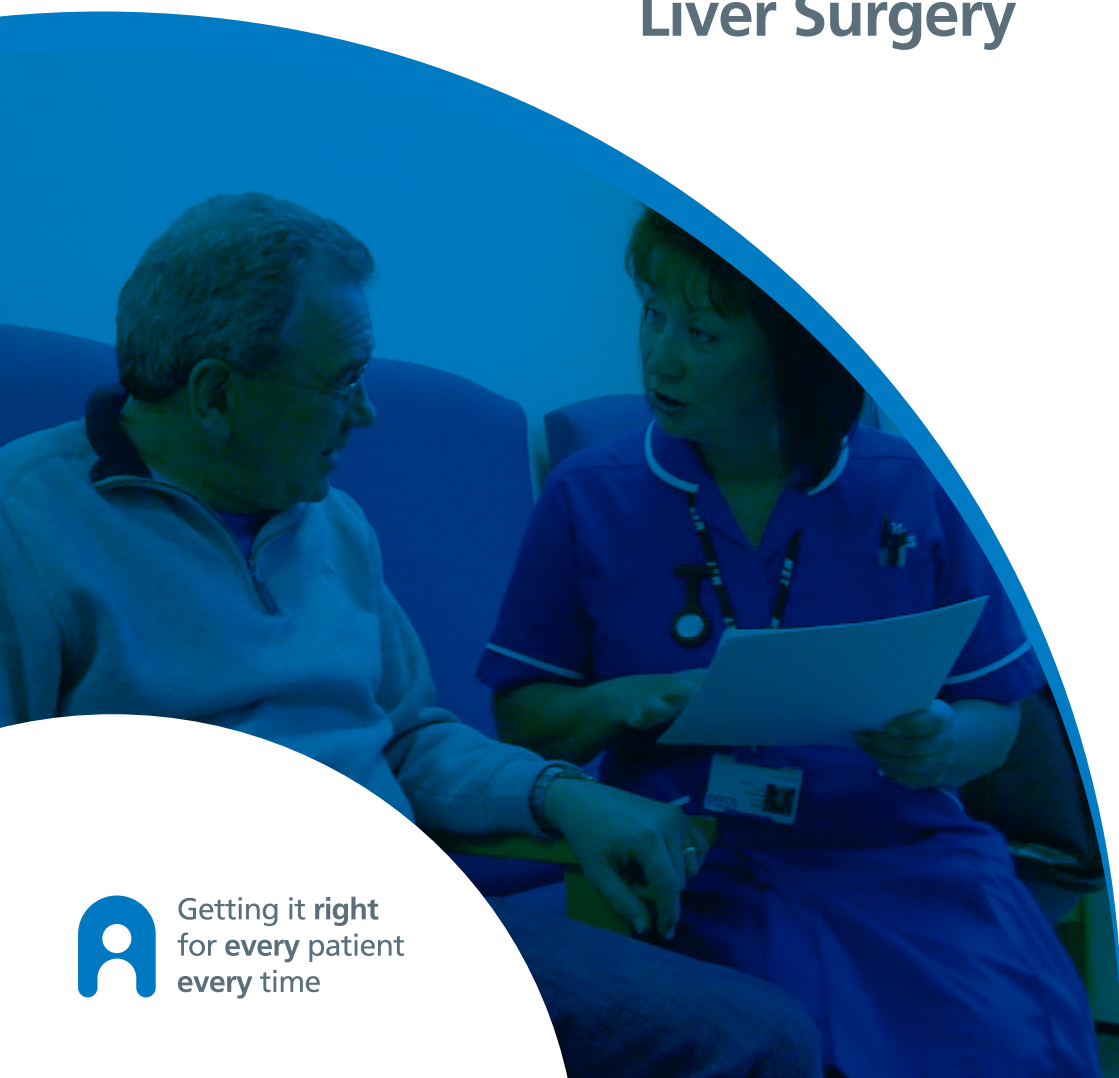


Enhanced Recovery Programme for Liver Surgery



Getting it right
for every patient
every time

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Introduction

This booklet is designed to help you understand the Aintree Hospital Enhanced Recovery Programme and how you will play an active part in your recovery following surgery.

The following topics will be covered:

- What is enhanced recovery
- Pre-Operative care
- Admission to hospital
- Care during your operation
- Post-Operative care in hospital
- Discharge from hospital/going home



Enhanced recovery is a modern approach to the way that care can be delivered to patients who have surgery.

This leaflet will help you understand what is involved in the enhanced recovery program, what you can expect from the hospital team, and what is expected of you. It is possible that the information described here is different to what you may expect following your operation.

The enhanced recovery programme incorporates changes to traditional care based on best available research evidence to improve your recovery, from surgery. We hope that through a better understanding of what will happen to you, you will feel more confident about your operation and recovery.

Your co-operation and commitment to the program will aid your recovery process.

If there is anything that you are not sure about, do not hesitate to ask a member of staff or call your Clinical Nurse Specialist.

STEP ONE

You and your enhanced recovery

For the best result from enhanced recovery you should be as healthy as possible before your operation.

There is evidence that the adoption of healthy living will improve your recovery.

We recommend the following:



If you smoke, try to stop



Reduce your alcohol intake



If you are a diabetic ensure that blood sugar levels are well controlled



If you have high blood pressure try to ensure good control



Increase physical activities. For example a brisk walk every day that last at least 30 minutes. You will be referred to the Prehabilitation programme before surgery



Aim for a healthy diet

Please ask you GP or hospital team about help or advice with any of the above.

STEP TWO

CPET (fitness test)

As part of your assessment for treatment we will measure your fitness. This information will be used by your Medical team to make your operation as safe as possible.



- You will attend Aintree hospital for a fitness test called a CPET, which stands for Cardio Pulmonary Exercise Testing
- The test involves pedalling on an exercise bike. During the test we record a heart tracing and a mask is used to measure your breathing
- The majority of patients manage the test without any difficulty. If you are unable to pedal we have a similar machine where you can use your arms

Pre-Operative assessment

In the Pre-Operative Assessment Unit you will be assessed for your surgery. One of the Nurse Practitioners will carry out the assessment.

- You will be asked questions about any surgery or medical conditions you have had in the past/present
- A medical examination will be performed to ensure that you are fit to undergo your upcoming surgery



Whilst here you will have investigations conducted including blood tests, heart tracings, blood pressure, temperature, and heart rate



Please bring with you an accurate list of any medications that you may be taking

Meet the anaesthetist

You will meet a specialist anaesthetist who will discuss with you the following:

- The results of your pre-operative investigations
- Your anaesthetic, methods of pain relief including epidural which is recommended for liver surgery, anti sickness medication and post-operative care
- Referrals to other specialist if needed

If you are unsure of appointment times and dates contact your consultant secretary or Clinical Nurse Specialist.



You will be given pre load drinks in the pre-operative assessment clinic and these should be taken as directed by the Anaesthetist before your surgery.

STEP THREE

Admission to hospital

You will be sent an invitation letter to attend for your operation.

- You can eat any food **UP TO SIX HOURS BEFORE** your operation



You should have drinks of water **UP TO TWO HOURS BEFORE** your operation

- You should take your regular medication. You will be advised which ones you should not take at your pre-operative assessment
- On the day of surgery you will be asked to attend Surgical Forward Wait A (SFWA)
- On arrival to SFWA the nurse will check your details and any members of family with you will be asked to leave at this point. Ward contact details for after your operation will be given
- You will also be seen by the anaesthetist and the surgeon and they will talk you through your consent for the operation
- You will be asked to change into a surgical gown and to put on elastic stockings (TED stockings). The stockings are important to reduce the risk of a blood clot forming in your legs during the operation

If you live outside the Merseyside and Cheshire area we may be able to arrange a room for you at the Aintree Lodge Hotel the night before.

Please bring with you all your current medications.

STEP FOUR

Care during your operation

Every effort will be made by the Medical Team to minimise the stress on your body during the operation.

Before the operation can begin, there is one final check performed by your Surgeon and Anaesthetist who will confirm with you your identity and the operation to be performed. This is called the WHO checklist, and is a crucial part of ensuring your safety in the operating theatre.

- Your operation will require a general anaesthetic
- If you are having an epidural for pain relief, this will be inserted into your back before you are put to asleep
- During the operation, the medical team will monitor you closely
- Modern anaesthetic drugs allow rapid awakening following your operation
- You will be given anti sickness drugs
- Your surgeon may place a drain during the operation. This is a plastic tube that is left under the skin to allow fluid that may collect inside to drain away
- Occasionally, a naso-gastric tube will be passed into your stomach during your operation
- After the operation you will be transferred to the recovery room and you will be looked after by a specialist nursing team. You will stay here until you are well enough to go to the ward, which will usually be about 1 hour after your operation finishes

STEP FIVE

Post-Operative care in hospital

Depending on the nature of your operation, you may spend the first night in the High Dependency Unit (HDU) where you will be closely monitored.



The HDU is located within the Intensive Care Unit. Otherwise you will be transferred from the recovery room straight back to the ward. A key component of enhanced recovery is that we like to get you up and about as soon as possible. This helps to prevent blood clots, chest infections and promotes recovery of the gut.

The ward nurses and doctors, physiotherapists, and the Acute Pain Team are here to help you during your recovery. The aim of this is so that you will be fit to go home 5 days after your operation. This can be achieved by the following:

- You will be sitting out of bed within 24 hours of your operation
- You will be assisted to walk within 24 hours of your operation





- You should try to spend a total of 6-8 hours sitting out of bed each day
- You will be encouraged to take 4 walks per day of 40-60 metres
- You should try to eat and drink a normal diet and fluids
- You may also be given high protein and energy drinks



We will make sure that your pain is well controlled and you are as comfortable as possible, which will help your recovery.

To reduce the risk of having a clot in your leg you will continue to wear the elastic stockings and you will be given a daily injection of Fragmin, which is a blood thinning drug. This drug will be continued when you leave the hospital for a total of 28 days following your operation.

If you have any problems or concerns during your stay please speak to the Ward Manager or the Deputy Ward Manager in the first instance. If you feel that the problems has not been resolved then contact our Customer Service Team who will be happy to help.

STEP SIX

Discharge and going home

Planning your discharge will start from your outpatient appointment. You will be asked a number of questions including who will be at home with you following your discharge. If you live alone you may be able to seek help from Social Services.

Your Consultant, or a member of his team, will let you know when you will be ready for discharge. You may be discharged over the weekend by the nurse who is looking after you providing you have achieved the discharge criteria that has been set.

The nurses may ask you to leave your bed space and wait in the day room or the discharge lounge, while you wait for your medication and transport home.

Going home is a key step in your recovery from surgery.

You can expect the following:

Tiredness

You may find you have low energy levels in the first few weeks following your liver surgery. We would like you to continue to keep active and have rest periods during the day.

Pain and discomfort

You may experience some pain and discomfort once you are at home. Your pain control will have been assessed before you leave hospital and medication will be prescribed. It is essential that you take your pain medication regularly. Do not worry about becoming dependant upon the pain medication. You will find that as the pain or discomfort diminishes you will start to reduce the amount of pain medication you will need to take. If the pain changes and you find the pain medication is not helping then please seek medical advice from your GP.

Your wound

You will go home with clips in the skin. The clips will be removed on day 10 following your operation by a District Nurse or at a Walk in Centre. This will be arranged by the ward staff before you are sent home.

It is not unusual for your wound to be slightly red and uncomfortable during the first one or two weeks. If the amount of pain, redness or swelling in your wound increases or if you have any fluid leaking it is important to seek help from your district nurse.

Eating and drinking

After major surgery you may find that your appetite is small. It is important that you continue to eat a balanced and varied diet. It is often better to eat small, regular meals, supplemented by snacks throughout the day.

Driving

You should not drive until you are confident that you can drive safely. It is important that any pain has resolved sufficiently to enable you to perform an emergency stop and turn the wheel quickly. However you should check with your insurance company to ensure you are covered.

Work

Returning to work depends on both the type of operation you have had and also what your job involves. It is better to feel completely well before you return as many patients feel particularly tired at first. If you have a job that entails a lot of heavy lifting or physical activity it is advised that this should not be undertaken until at least eight weeks after your operation. However you should check with your employer in case there are rules relevant to your return to work. You may wish to discuss phased return to work with your employer.

Sexual relations

There are no strict rules about when you can resume your normal sexual relationships. It has been suggested that by the time you are ready to go back to work, this activity can be resumed, although some people will feel ready earlier. If you are unsure or would like to know when you can resume your usual contraceptive methods, please ask for advice from your GP.

Who to contact

If you are worried about any of the above please call your Clinical Nurse Specialist during the week. If you have any worries out of hours please contact your district nursing team or alternatively contact your GP.

We hope you have found this information useful if you have any further questions please contact your clinical nurse specialist.

Louise Jones, Clinical Nurse Specialist	0151 529 8515
Claire Burston, Clinical Nurse Specialist	0151 529 8515
Margaret Griffin, Clinical Nurse Specialist	0151 529 8515
Colette Shandley, Secretary (Mr Fenwick/Mr Malik)	0151 529 2740
Angela Nation, Secretary (Mr Diaz-Nieto/Prof Poston)	0151 529 8578
Pre operative assessment	0151 529 2866
SFWA	0151 529 8239
HDU	0151 529 3790
Ward 4	0151 529 3494 or 0151 529 3524
Hotel	0151 529 5100
MacMillan Cancer Information Centre	0151 529 4742
Customer service	0151 529 2303

Ward 4 visiting times



Afternoon visiting 13.30pm - 15.30pm

Evening visiting 18.00pm - 19.30pm

Please contact the Ward Manager to arrange visiting out side of these times.

Meal times

Aintree hospital promotes protected meal time. This is to encourage minimal disturbance during meal times.

Breakfast 8.30am

Lunch 12.15pm

Evening meal 17.15pm

Notes

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This leaflet is available in large print, Braille, easy read, on audio tape and in other languages on request.

If you require an alternative edition please contact: ☎ **0151 529 8564**

✉ **listening@aintree.nhs.uk**

Cantonese

本小葉可根據要求以大字體、盲文、易讀物、錄音帶和其它語言提供。
倘若您需要其它版本，請聯絡：☎ **0151 529 8564**

✉ **listening@aintree.nhs.uk**

Polish

Niniejsza ulotka jest dostępna na żądanie w wersji dużym drukiem, w uproszczonej wersji, w alfabecie Braille'a lub w innym języku. Jeśli chcieliby Państwo otrzymać zastępcze wydanie niniejszej ulotki, prosimy o kontakt dzwoniąc pod numer ☎ **0151 529 8564** lub pisząc na adres:

✉ **listening@aintree.nhs.uk**



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