

Benefits of ERP

- You and your family are more involved in your hospital stay and recovery
- You should be able to eat and drink the same day of your operation
- You will be able to get out of bed in the afternoon of your operation and start walking around the following day after your operation
- You will leave hospital sooner
- You will feel better sooner
- Less chance of developing complications like blood clots in the legs and lungs or chest infections

Where can I find out more about ERP?

You will get an information leaflet about your specific operation when you visit your hospital doctor for the first time. You will also get a booklet called 'Coming into hospital' when you attend the hospital for your pre-operative assessment (where a nurse carries out health tests and you answer questions about your general health and your condition) before your surgery. These publications will explain what to expect and give advice on preparing for and recovering from your planned operation.

The NHS also has a website about Enhanced Recovery that features explanations and publications to download.

www.improvement.nhs.uk/enhancedrecovery

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

Patient and public feedback

The Trust welcomes your comments and suggestions. Please pick up a 'Talk to us' leaflet on the ward or from the Information Zone. You can also complete a survey about your/your relative's experience by visiting www.royalberkshire.nhs.uk/surveys

NHS Choices

Visit www.nhs.uk/comment, or on your mobile, use the QR reader to read the code below. Select hospital and type in RG1 5AN then choose feedback tab.



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What is the Enhanced Recovery Programme?

Outlining the benefits of ERP for patients and relatives / carers

This leaflet aims to explain the Enhanced Recovery Programme (ERP) – what it is, how it works and what its benefits are.

Introduction

The preparation and recovery from certain operations, such as hip replacements, knee replacements, hysterectomies and surgery on the colon, rectum, prostate, bladder or kidneys, are now handled differently from how they used to be.

What is ERP?

ERP is a plan of care designed to help you recover sooner after your operation and aims to get you back to normal fitness as quickly as possible.

This is achieved through changes to the way we look after you before, during and after your operation. Under ERP you will be much more actively involved in your recovery and play an active part in your preparation and recovery through:

- Pre-op information groups
- Eating and drinking before admission
- Patient Diary
- Physiotherapy and early mobilisation

Pre-op schools

After (or on the same day as) your pre-operative assessment you will be asked to attend a pre-op information group. Here you and other patients undergoing the same operation will have a chance to ask questions and a nurse will explain in detail what will happen to you and what to expect afterwards. The idea is that you will be more informed and better prepared about what to expect after your surgery.

Eating and drinking

Fasting (not eating and drinking) for long periods of time can impact on your recovery. It is important that you eat and drink up until the time you are advised to stop by the hospital. You are generally allowed to eat up to 6 hours before surgery and drink up to 2 hours before your surgery

Under ERP you will also be given a special drink called Nutricia preOp. Nutricia preOp is a lemon flavoured-drink that is specially formulated to help your body cope with the stress of surgery. You can drink it up to two hours before you have your anaesthetic.

Drinking these supplements beforehand make you feel a lot better after your surgery and help you recover more quickly.

Due to the contents of the drink if you are diabetic you will not be given this drink before surgery but will be offered supplements afterwards.

Patient Diary

On admission, you will be given a Patient Diary. This outlines your daily expectations and will be filled in by you and your nurses. You can see what is due to happen, record your progress and write down your views and any questions you may have.

Physiotherapy and early mobilisation

We know that regular breathing exercises, staying out of bed and walking reduce rates of chest infections, blood clots in the legs and lungs and can help you get home quicker.

After you wake from the operation you should start deep breathing exercises. Your nurse will also encourage you to get out of bed and to start the exercises outlined by your physiotherapist (recorded in your patient diary).

In order that you feel as 'back to normal' as soon as possible, you will also be encouraged to wear your own clothes as soon after your operation as you feel comfortable.