

USC Keck's ERAS patient education for lung surgery

ERAS
Enhanced Recovery After Surgery

My Lung Surgery Goals

Keck Medical Center of USC
Keck Medicine of USC

Patient Name: _____

Unit: _____ Room: _____

	Before Surgery	Day of Surgery	Post-op Day 1	Post-op Day 2	Discharge Day
Where will I be?	Getting ready for Surgery	Operating Room then Telemetry Unit or ICU	Telemetry Unit	Telemetry Unit	On your way home!
When can that tube come out?		<input type="checkbox"/> Breathing tube out!	<input type="checkbox"/> Foley Catheter out!		<input type="checkbox"/> IV and heart monitor leads out!
When can I drink and eat?	<input type="checkbox"/> Drink pre-surgery drink and take medications as instructed <input type="checkbox"/> Clear liquids up to 3 hours before surgery	<input type="checkbox"/> First meal!	<input type="checkbox"/> 3 times a day!	<input type="checkbox"/> 3 times a day!	<input type="checkbox"/> 3 times a day!
Today I walked ___ minutes:	<i>Set goals with your health care provider</i>	<i>morning: noon: evening:</i>	<i>morning: noon: evening</i>	<i>morning: noon: evening</i>	<i>morning: noon: evening</i>
My pain is:	___ / 10	___ / 10	___ / 10	___ / 10	___ / 10
Planning for home:	<input type="checkbox"/> My ride here? <input type="checkbox"/> My ride home?		<input type="checkbox"/> Patient Education Handbook <input type="checkbox"/> Arrange for friends and family at home	<input type="checkbox"/> Have everything I need to go home (walker, commode, etc.)	<input type="checkbox"/> No more questions <input type="checkbox"/> Understand my medications
Road to recovery!	Getting ready by eating healthy, quitting smoking, and drinking less alcohol	<input type="checkbox"/> Pain controlled and walking	<input type="checkbox"/> Walking 3 times a day and breathing exercises	<input type="checkbox"/> Walked a lap around the hospital floor	<input type="checkbox"/> Pain controlled, no trouble eating or walking, ready to go!

Signs you're ready for discharge:



You are alert and aware of your surroundings, and your pain is in control



Your blood pressure is stable, and your heart rhythm and rate are controlled



You are not short of breath, able to take deep breaths, and your X-ray looks good



You have had a bowel movement and are urinating well without the catheter



You are walking each day and your incision is healing