



# Fast flow orthopaedic information for patients

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Version 4

**Name:**

**Estimated date of discharge:**

**Transport home:**

## **About this leaflet**

The purpose of this leaflet is to provide information about Fast Flow areas of the Golden Jubilee University National Hospital (GJUNH) and the Enhanced Recovery Programme which you will experience during your patient journey. Read this leaflet along with your Patient Guide provided by the Hospital.

## **About the Enhanced Recovery Programme**

The Enhanced Recovery Programme is embedded into the everyday practice of the GJUNH and is promoted and utilised by all members of the multi-disciplinary team who will be looking after you during your stay.

Enhanced Recovery After Surgery (ERAS) is an International, evidence based approach with proven improvement in clinical outcomes and patient experiences.

The orthopaedic team at Golden Jubilee work within an ERAS framework which focuses on:

- Planning and preparation before admission.
- Reducing the physical stress of surgery.
- A structured approach to intra and post operative care.
- Early mobilisation and rehabilitation.

## **About Fast Flow areas**

The Fast Flow areas of the wards in the GJUNH help facilitate the implementation of the Enhanced Recovery programme for all patients. It is tailored to meet each patient's individual needs, with education and support provided to allow you to play an active role in your own care.

## **On admission**

Please stay in your own clothes when you are admitted to the ward. You will not need to wear a hospital gown until after your shower on the morning of your operation. You will be admitted to the ward by a member of staff and have MRSA swabs taken and your height and weight checked.

The surgeon and the anaesthetist will come to see you on the ward. You may also be seen by a member of the rehabilitation team.

## **Day of surgery**

Before surgery you will be encouraged to remain hydrated by drinking water. You will be informed when your fasting begins before surgery depending on list order. The nursing staff will explain this further on the ward. When you return to the ward after your operation you are usually able to eat and drink normally, and it is very important that you try to do this. After you have movement and feeling back in your legs, the physiotherapists and nurses will try to mobilise you from your bed to sit in a chair if deemed safe.

To help you achieve your goals with the rehabilitation team it is important to ask for painkillers when you require them. Please tell the nurses when your pain is at a level you cannot cope with so it can be controlled as early as possible.

## **Recovery following surgery**

After you have been assisted out of bed by physiotherapists or nursing staff, you will go for an X-ray of your new joint and have bloods taken for other tests if required. You may be taken off the ward by the rehabilitation team to help you achieve your discharge criteria.

It is advised that you get dressed in your own clothes after getting out of bed, to help you feel comfortable when leaving the ward for your rehabilitation and X-ray. It is very important that you practice your exercises throughout your recovery journey to gain a good range of movement with your new joint. If you are progressing well and achieving your discharge criteria you will be discharged, and allowed to continue your recovery at home. Prior to discharge your discharge prescription including your painkillers will be reviewed and ordered by the ward staff. If you are fit for discharge and waiting for transport, or discharge medication, you will be transferred to our discharge lounge to wait until your medication or transport is available. Please wait for staff to tell you to contact your transport to come and pick you up. This avoids your relatives waiting for your discharge prescription to be ready.

## **Contact**

If you require further information about your procedure, please contact the Orthopaedic Wards on 0141 951 5400 or 0141 951 5450.

