

Welcome to Spine School

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Spine School Enhanced Recovery Programme

Principles of this programme:

- ◆ Working **together** to get you back to your normal health as quickly as possible
- ◆ Those who are able to **improve their health** and **activity levels** recover from surgery more quickly
- ◆ What you do **now** can have a really big impact on your recovery
- ◆ Taking an **active role** in preparing for your operation will help you:
 - ✓ feel more in control
 - ✓ get home quicker
 - ✓ get you back to normal more quickly

Please watch this short video from the RCoA:

Preparing for surgery: Fitter Better Sooner 2022 – YouTube/ <https://www.youtube.com/watch?v=2CUMpUwX0x4>



Preparing your Body

There are many lifestyle changes you can make to reduce the risk of surgery; small changes even over a short space of time can make a big difference:

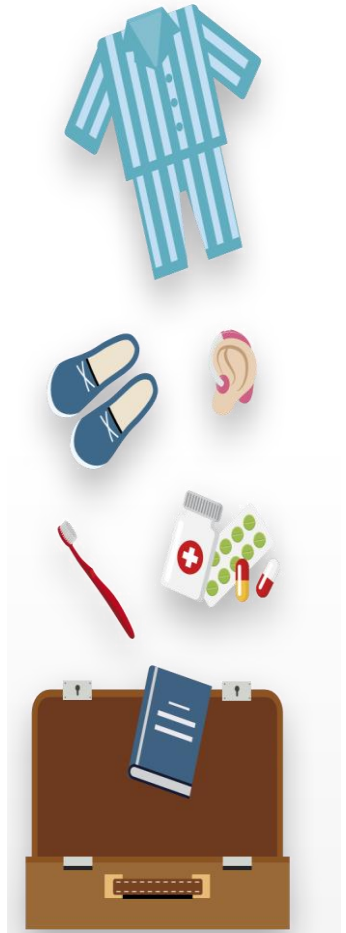
- Exercise: keep moving, within your ability
- Eat healthy
- Review your weight
- Reduce (ideally stop) smoking and drinking
- Optimise pre-existing medical conditions
- Optimise your dental health
- Manage your anxiety & mental health



Practical Preparation for your Operation

What do I need to bring in?

- ❑ Entertainment: books/magazines/electronic devices (don't forget the chargers!)
- ❑ Medications (in original packaging, you can leave the 'controlled drugs' at home)
- ❑ Comfortable shoes/ slippers
- ❑ Comfortable night & day clothes that are easy to put on/off (layers- as it can get hot!)
- ❑ Toiletries

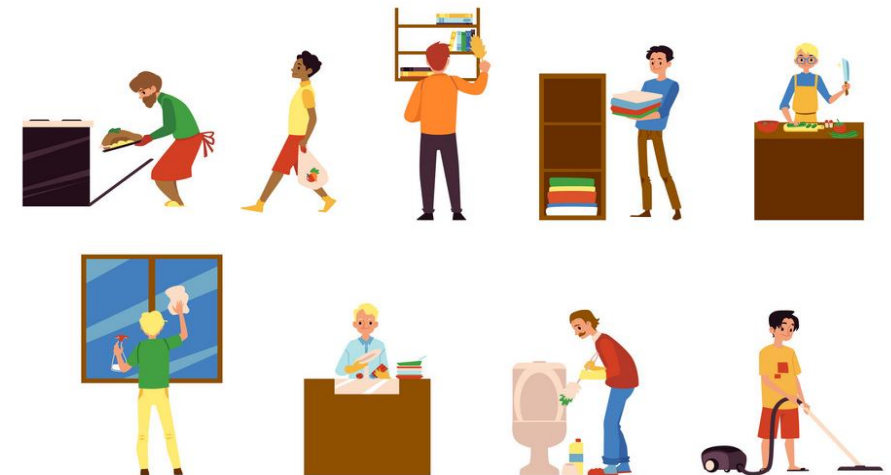


Practical Preparation for Your Home

What do I need to do now to prepare for when I go home?

Don't underestimate how tired you will be afterwards when you get home

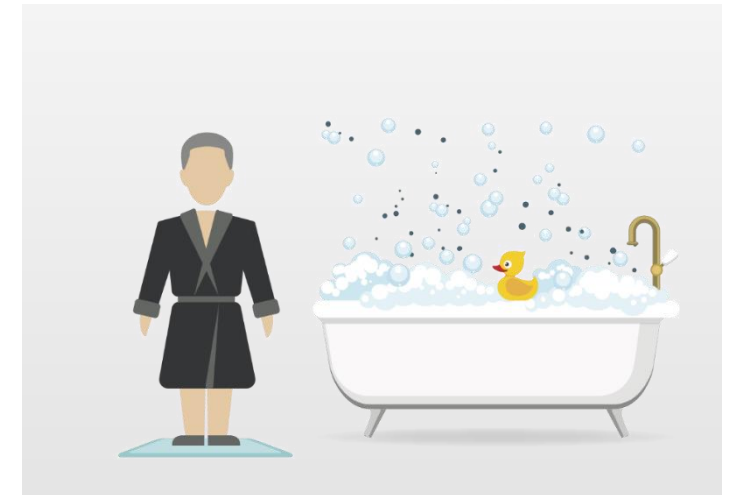
- ❑ Stock up on easy-to-cook meals and healthy snacks
- ❑ Consider if need any mobility aids & prepare your environment
- ❑ Arrange help with domestic duties & personal care (if required)
- ❑ Ask friends & family for practical support & company whilst you recover
- ❑ Consider who can help you with lifts home & to appointments



Pre-operative Phase

What to expect at your Pre-assessment appointment:

- Checking of height, weight, observations, ECG, bloods, MRSA swabs
- Advice on your medication (what to stop/ bring in with you)
- Pre-op anti-microbial washing regime
- Advice on avoidance of post-operative complications
- When to stop eating & drinking before surgery
- When & what time to come to hospital
- Expected length of stay in hospital, what to bring in with you.



Day of Surgery

What to expect:

- Check-in at Hospital Reception (if you have symptoms of COVID-19 please let us know before you come in)
- Shown to your own bedroom (1 visitor can stay with you till seen by Consultant)
- Seen by Surgeon, Anaesthetist, Nurse & ward Doctor
- Safety checks completed
- Seen by theatre staff & escorted to theatre.



Post-operative Phase: the evening after your operation

What to expect:

- You will wake up in the Recovery room then return to your room and have your observations taken regularly
- You will be given regular pain relief (let us know if you still have any pain)
- You will have leg pumps on & you **may** have a wound drain & an intravenous fluid drip
- You will be offered water & food as soon as possible (let us know if you feel unwell)
- Ask for assistance to get out of bed if you need to use the toilet, you **may** have a catheter in your bladder

(Visiting times: 10am- 8pm)



Post-op Phase: the day/s after your operation

What to expect:

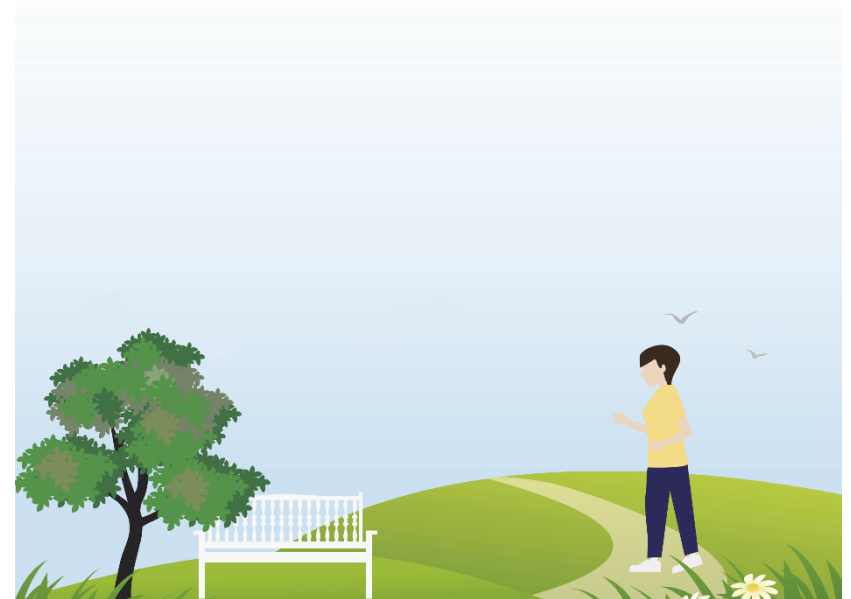
- Early mobilisation, regular food and drinks (think **Eat, Drink, Move**)
- Removal of invasive devices (i.e. drains, catheters, cannulas)
- Pain relief, laxatives & anti-sickness medication as required
- Regular checking of your wound
- Check X-ray & blood tests (if required)
- Regular review by your Consultant, Physiotherapist and Nurses



Before You Go Home

What to expect:

- In discussion with your Consultant, reviewed by your Physio & Nurses and deemed suitable to go home
- Will be given post-operative advice on: exercises, activity levels, lifting, wound care, driving, contact details
- Given details of follow-up appointments
- Let us know if need a 'fit/sick note'
- Have own transport home arranged (don't forget Parking Eye)



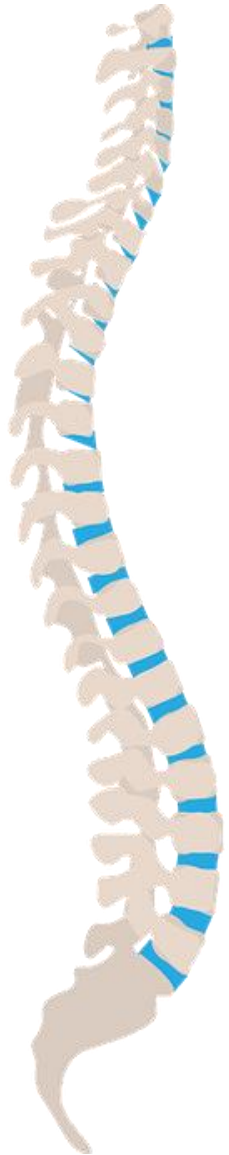
At Home

What to expect:

- Spinal follow- up appointments with Physios, Consultant or NHS Spinal team
- British Spine Registry (BSR) questionnaire email- please complete
- 3 Golden Rules of Recovery:
 1. stay active, but also get your rest (don't sit for long periods & avoid heavy lifting)
 2. keep a normal routine
 3. keep social contact with people



Think SPINES:



Stand up & move

Pain relief/pooing!

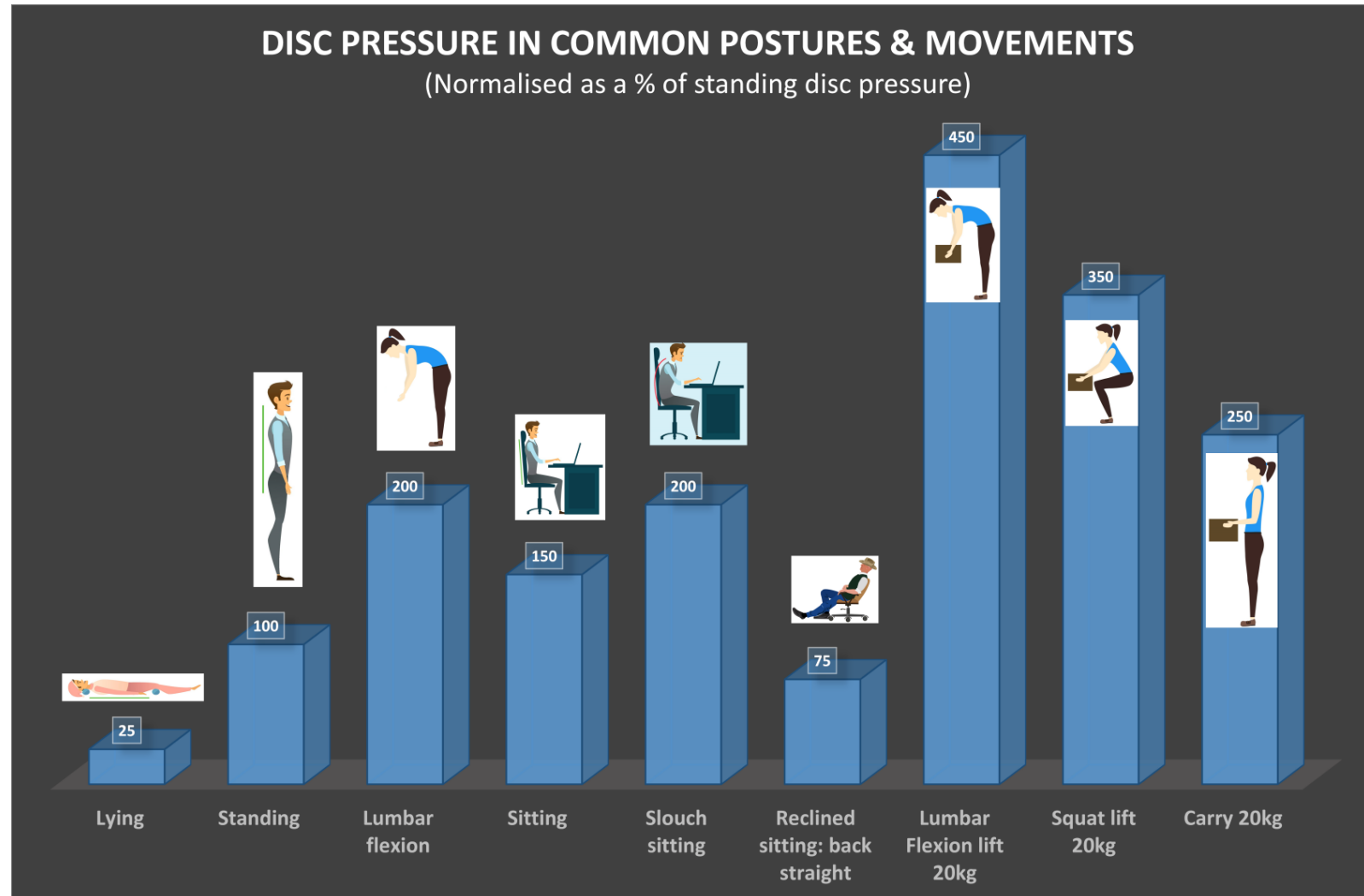
Interaction with others

No heavy lifting

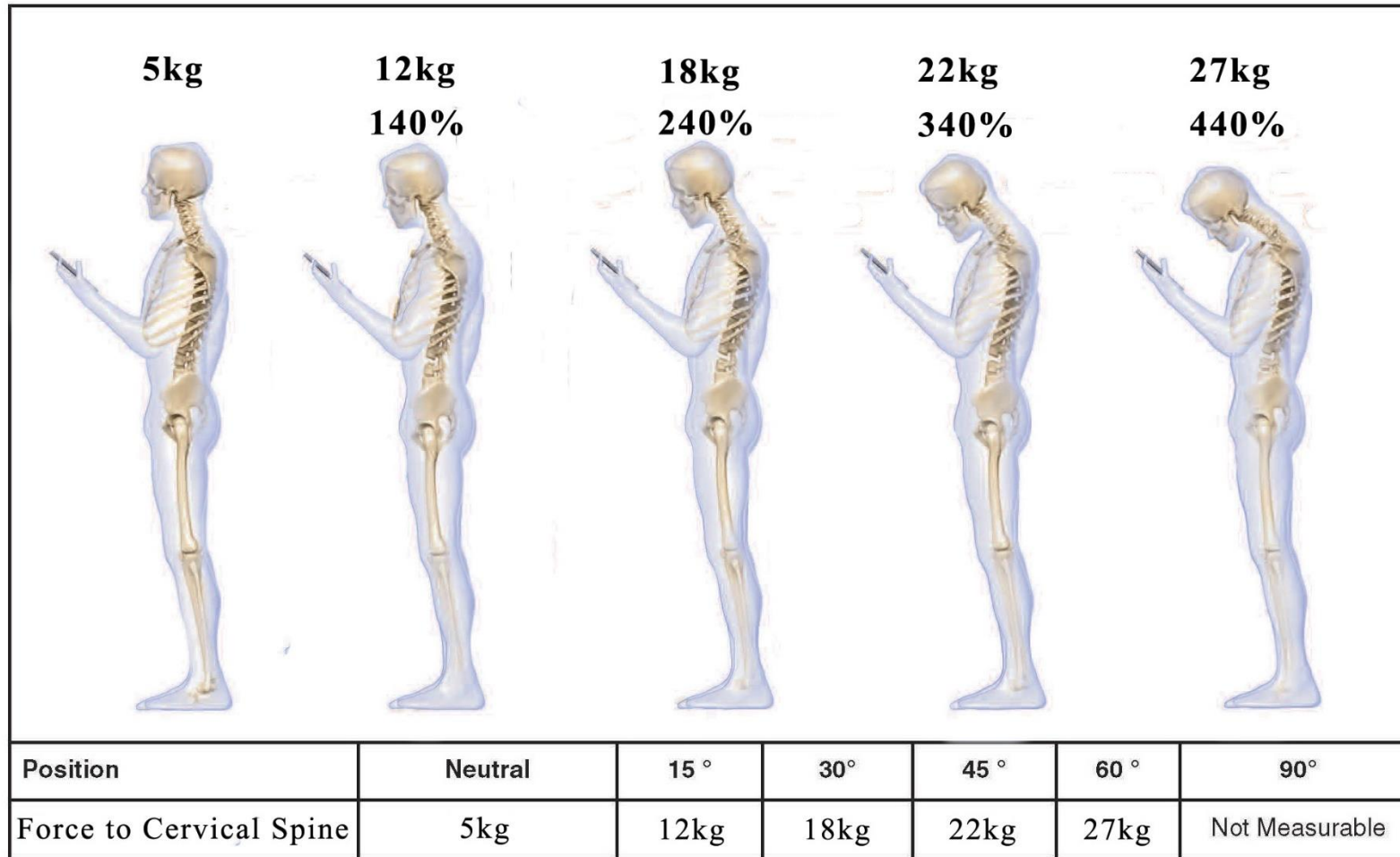
Eat your 5 a day

Setting goals

Disc Loading, lumbar spine



Disc Loading, cervical spine



Resources & Contacts

British Association of Spine Surgeons (BASS). Available at: <https://spinesurgeons.ac.uk/>

British Spine Registry (BSR). Available at: <https://www.britishspineregistry.com/patients/>

NHS Eat Well. Available at: <https://www.nhs.uk/live-well/eat-well/>

NHS Enhanced Recovery. Available at: <https://www.nhs.uk/conditions/enhanced-recovery/>

NHS Better Health. Let's Do This. Available at: <https://www.nhs.uk/better-health/quit-smoking/>

Royal College of Anaesthetists (RCoA). Preparing for Surgery- Fitter Better Sooner (2022). Available at: <https://www.rcoa.ac.uk/patient-information/preparing-surgery-fitter-better-sooner/fitter-better-sooner-general-information>

Royal College of Surgeons of England (RCS) Get Well Soon. Helping you to make a speedy recovery after a slipped disc operation. Available at: <https://www.rcseng.ac.uk/patient-care/recovering-from-surgery/discectomy/>

Back Surgery Videos | Spine-health: <https://www.spine-health.com/treatment/back-surgery/videos>

Wessex Nuffield Hospital: 02380-266377