

My recovery plan

Patient milestone card — the patient keeps this and ticks it themselves

My name	My operation	Date of my operation

DAY 0 The day of my operation

☐	Sip water when I wake up	ስነቃ ውሃ እጠጣለሁ
☐	Sit out of bed in the chair — aim for 2 hours	ከአልጋ ወርጄ ወንበር ላይ እቀመጣለሁ ለ ሰዓት
☐	Do 10 deep breaths every hour	በየሰዓቱ ጊዜ በጥልቀት እተነፍሳለሁ
☐	Tell the nurse my pain score honestly	የሕመሜን ደረጃ በእውነት እነግራለሁ

DAY 1 The day after

☐	Eat and drink	እበላለሁ እና እጠጣለሁ
☐	Out of bed for 3 hours in total	በአጠቃላይ ለ ሰዓት ከአልጋ እወጣለሁ
☐	Walk to the corridor and back	ወደ ኮሪደሩ ሄጄ እመለሳለሁ
☐	Ask for the drip to come down if I am drinking	እየጠጣሁ ከሆነ ሴረሙ እንዲነሳ እጠይቃለሁ

DAY 2 Getting stronger

☐	Eat normally	በመደበኛነት እበላለሁ
☐	Out of bed 3 hours, walking further	ለ ሰዓት ከአልጋ እወጣለሁ፣ የበለጠ እራመዳለሁ
☐	Ask when my catheter comes out	የሽንት ቱቦ መቼ እንደሚወጣ እጠይቃለሁ
☐	Pain medicine by mouth only	የሕመም መድኃኒት በአፍ ብቻ

DAY 3-4 Getting ready to go home

☐	Bowels working	አንጀቴ ይሰራል
☐	Walking on my own	በራሴ እራመዳለሁ
☐	I know my warning signs	የማስጠንቀቂያ ምልክቶቼን እውቃለሁ
☐	I have my telephone number and appointment	ስልክ ቁጥራዬና ቀጠሮዬ አለኝ

This card is yours. Tick each box as you do it. Show it to the doctors and nurses on the ward round — it tells them how you are really doing.

በየ ቀኑ በሰዓቱ በሰዓቱ በሰዓቱ በሰዓቱ በሰዓቱ በሰዓቱ በሰዓቱ በሰዓቱ በሰዓቱ በሰዓቱ