











Esophagectomy CareMap

Your care plan may differ, based on your personal needs

Weeks Before Surgery	Day of Surgery	Day 1: Acute Care Unit/ICU	Day 2: Acute Care Unit	Day 3: Acute Care Unit
<input type="checkbox"/> Ask questions about surgery <input type="checkbox"/> Talk about: <ul style="list-style-type: none"> - What to expect during your hospital stay. - This CareMap with a provider, so that you understand all you will need to do as you recover after surgery. - Your plan of care when you leave the hospital. - The role of the support person during your hospital stay and after you leave. Give the nurse your support person's name and phone number. <input type="checkbox"/> Try to walk 1 extra mile a day.	Before Surgery <ul style="list-style-type: none"> <input type="checkbox"/> Starting 2 hours before you arrive at the hospital, do not eat or drink anything EXCEPT: <ul style="list-style-type: none"> - Right after you park at the hospital, drink one 8-ounce bottle of apple juice. <input type="checkbox"/> Intravenous (IV) line started to give you medicines and fluid <input type="checkbox"/> Epidural inserted to manage pain During Surgery <ul style="list-style-type: none"> <input type="checkbox"/> Antibiotics start <input type="checkbox"/> Jejunostomy (J-tube) inserted below your stomach to provide nutrition after surgery <input type="checkbox"/> Nasogastric (NG) tube placed <input type="checkbox"/> Foley catheter inserted to drain your bladder <input type="checkbox"/> Drains may be inserted to drain fluids from your chest cavity and/or neck <input type="checkbox"/> Sequential compression devices (SCDs) on your legs to help blood circulation After Surgery <ul style="list-style-type: none"> <input type="checkbox"/> Surgeon meets with family <input type="checkbox"/> Wake up in Post-Anesthesia Care Unit <input type="checkbox"/> No food or drink <input type="checkbox"/> Move to acute care unit (4-Northeast) or to intensive care unit (ICU), if needed <input type="checkbox"/> Bed rest, turn sides every 2 hours <input type="checkbox"/> Sit up on the side of your bed with nurse's help 	Treatment and Medicines <ul style="list-style-type: none"> <input type="checkbox"/> Care team visits <input type="checkbox"/> Pain under control <input type="checkbox"/> Medicines given through J-tube <input type="checkbox"/> Central line catheter, tubes, drains in place <input type="checkbox"/> SCDs on your legs to prevent blood clots <input type="checkbox"/> Use incentive spirometer 10 times every hour while awake Diet <ul style="list-style-type: none"> <input type="checkbox"/> Continue on IV fluids <input type="checkbox"/> Meet with nutritionist Activity <ul style="list-style-type: none"> <input type="checkbox"/> Assisted bath <input type="checkbox"/> Work with Physical Therapist (PT) to build strength, improve mobility <input type="checkbox"/> Work with Occupational Therapist (OT) on activities of daily living (ADLs) Goals <ul style="list-style-type: none"> <input type="checkbox"/> Out of bed to chair <input type="checkbox"/> Able to stand in place <input type="checkbox"/> Walk at least 4 laps around unit 	Treatment and Medicines <ul style="list-style-type: none"> <input type="checkbox"/> Foley catheter removed Diet <ul style="list-style-type: none"> <input type="checkbox"/> Start J-tube feedings <input type="checkbox"/> Start eating ice <input type="checkbox"/> NG tube removed Activity <ul style="list-style-type: none"> <input type="checkbox"/> Progress movement as able, following PT guidelines <input type="checkbox"/> Continue with ADLs as taught Teaching <ul style="list-style-type: none"> <input type="checkbox"/> Wound care <input type="checkbox"/> Learn how to check for signs of infection Goals <ul style="list-style-type: none"> <input type="checkbox"/> Walk at least 8 laps around unit 	Treatment and Medicines <ul style="list-style-type: none"> <input type="checkbox"/> Start J-tube feedings <input type="checkbox"/> Start eating ice <input type="checkbox"/> NG tube removed Activity <ul style="list-style-type: none"> <input type="checkbox"/> Progress movement as able, following PT guidelines <input type="checkbox"/> Continue with ADLs as taught Teaching <ul style="list-style-type: none"> <input type="checkbox"/> Caregiver training <input type="checkbox"/> J-tube training with nurse <input type="checkbox"/> Confirm discharge plans and date Goals <ul style="list-style-type: none"> <input type="checkbox"/> Walk at least 12 laps around unit <input type="checkbox"/> Patient and support person practice j-tube flushing

Day 4: Acute Care Unit	Days 5 to 6: Acute Care Unit	Day 7: Discharge	Self-care / Follow-up
Treatment and Medicines <ul style="list-style-type: none"> <input type="checkbox"/> Care team visits <input type="checkbox"/> Pain under control <input type="checkbox"/> Call nurse if you have nausea or vomiting <input type="checkbox"/> SCDs on your legs to prevent blood clots <input type="checkbox"/> Use incentive spirometer 10 times every hour while awake Diet <ul style="list-style-type: none"> <input type="checkbox"/> Start clear liquid diet Activity <ul style="list-style-type: none"> <input type="checkbox"/> Progress ADLs <input type="checkbox"/> Follow movement guidelines from PT and OT <input type="checkbox"/> Assisted bath  <input type="checkbox"/> Shower training with OT Teaching and Discharge Planning <ul style="list-style-type: none"> <input type="checkbox"/> Learn how to check for signs of infection <input type="checkbox"/> Caregiver training <input type="checkbox"/> Learn how to care for J-tube <input type="checkbox"/> Medical equipment ordered by OT and PT, if needed <input type="checkbox"/> May see social worker for discharge planning Goals <ul style="list-style-type: none"> <input type="checkbox"/> Walk 16 laps around unit  	Treatment and Medicines <ul style="list-style-type: none"> <input type="checkbox"/> Begin taking medicines by mouth <input type="checkbox"/> Day 6: Have an esophagram <input type="checkbox"/> Day 6: Epidural capped after breakfast <input type="checkbox"/> Day 6: Cervical drain removed Diet <ul style="list-style-type: none"> <input type="checkbox"/> Day 5: Continue clear liquid diet <input type="checkbox"/> Day 5: Meet with nutritionist <input type="checkbox"/> Day 6: Progress to full liquid diet Activity <ul style="list-style-type: none"> <input type="checkbox"/> Shower  <input type="checkbox"/> Try climbing stairs with PT Teaching and Discharge Planning <ul style="list-style-type: none"> <input type="checkbox"/> Learn about daily weighing <input type="checkbox"/> Day 6: Training with pharmacist on how to give yourself injections of medicines such as Enoxaparin Goals <ul style="list-style-type: none"> <input type="checkbox"/> Walk at least 18 laps around unit, going farther each day <input type="checkbox"/> Moving safely on your own, within precautions <input type="checkbox"/> All equipment ordered, as needed <input type="checkbox"/> Patient or support person gives Lovenox shot with nurse supervision 	<ul style="list-style-type: none"> <input type="checkbox"/> Care team clears you for discharge  <input type="checkbox"/> Follow-up visits scheduled <input type="checkbox"/> All lines, catheters, and drains removed  <input type="checkbox"/> Receive final list of all medicines <input type="checkbox"/> Shower and dress in your own clothes <input type="checkbox"/> Walk at least 18 laps around the unit <input type="checkbox"/> Receive any medical equipment, if ordered <input type="checkbox"/> Discharge  <input type="checkbox"/> At home, walk 1 mile every day starting the day after discharge  	<ul style="list-style-type: none"> <input type="checkbox"/> Know who to call in an emergency, or if you have pain or discomfort.  <input type="checkbox"/> Do breathing and coughing exercises.  <input type="checkbox"/> Weigh yourself every day. <input type="checkbox"/> Drink plenty of fluids . <input type="checkbox"/> Continue with tube feeding until care team clears you. A dietitian will call you every week while you are on tube feeds to check on your progress. <input type="checkbox"/> Eat soft foods. <input type="checkbox"/> Eat several small meals during the day instead of 3 large meals. <input type="checkbox"/> Stay upright for 2 hours after eating or drinking. <input type="checkbox"/> Watch your incision for signs of infection. <input type="checkbox"/> Follow activity guidelines from PT.  <input type="checkbox"/> Walk at least 1 mile every day. <input type="checkbox"/> Do not drive for 2 weeks after surgery. <input type="checkbox"/> For 6 weeks after surgery: <ul style="list-style-type: none"> - Do not lift anything that weighs more than 15 pounds (about 2 gallons of water). - Do not strain, push, or pull heavy objects. First Follow-up Visit <ul style="list-style-type: none"> <input type="checkbox"/> Visit clinic for first follow-up visit 