

Tips for Implementing the me+™ Recovery Series Into Your Practice

As part of the me+ program, ConvaTec offers a movement and recovery series designed to help guide your patients through their recovery after ostomy surgery and improve long term success.



1. PRACTICE YOURSELF

You should know how the movements feel and how to do them. Use the handbook and online videos to help you.

Visit meplusrecovery.com



2. TEACH OTHERS

Boost your confidence by teaching the movements to family and friends. Find 'cue' words that will help you remember how to teach them.



3. INSPIRE YOUR TEAM

Communicate the program benefits with your team and explain that it is peer reviewed and accredited in the UK. Fill them with confidence and inspire them to try something new.



4. GET YOUR TEAM INVOLVED

Encourage colleagues to sign up for future webinars and direct them to available resources. Introduce it to your surgeons and get their buy-in for their patients.



5. COMBAT TIME RESTRAINTS

If you're pressed for time, start small. Teach one or two exercises, share online resources and encourage patients to practice alone.

Use your ConvaTec contact to help you.



6. CREATE YOUR TOOLKIT

Utilize me+™ Recovery to recommend individualized exercises and advice for each patient. Introduce it pre-op, after surgery, in the community or at a clinic. Some nurses run small recovery groups and classes.



7. KEEP WORKING AT IT

Introducing new concepts takes time, so don't get discouraged. Help patients make a full recovery by staying focused and motivated.



8. STAY POSITIVE

It will take time for patients to learn new exercises. If they are struggling, determine if they need additional instruction. Help them create solutions to their own obstacles.



9. BUILD INTO ERAS

Speak with your surgeon and ERAS team to look at how you can build it in. Keep it simple and incorporate the 'Green phase' core movements alongside early mobilization and walking.



10. ENROLL YOUR PATIENTS

The **me+ program** will provide patients with guided communications and support from our me+ Team. ConvaTec has resources for clinicians as well. Speak with your ConvaTec representative for more information.