Substance Use

**Screening**

TAPS Tool (Substance : No use/Problem/High Risk)

 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Change Ideas**

🞎 Referral to GP or PCN

🞎 Referral to Healthlinkbc.ca

🞎 Referral to treatment group

🞎 Counselling

🞎 Medication supplements

🞎 Alcohol abuse intervention

🞎 At risk drinking intervention

🞎 Follow up and support

🞎 Referral to BC211.ca or \*211

🞎 Referral to pharmacist

**Measurement**

Decreased substance use? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date of last substance use \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Patient accessed other substance use resources.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Frailty

**Screening**

Clinical Frailty Scale (Score 1-9) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Change Ideas**

🞎 Mini-Mental Status

🞎 Berg Balance Scale

🞎 Goals of Care Conversation

🞎 Medication Review

🞎 Time up and Go test

🞎 Referral to specialist

🞎 Referral to GP or PCN

🞎 Nutrition Support

🞎 Referral to Physiotherapist or occupational

 therapist

🞎 Customized Exercise Program

🞎 Referral to BC211.ca or \*211

**Measurement**

One or more of the change ideas done 🞎Yes 🞎No

Patient accessed other frailty resources. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Anemia

**Screening**

Hemoglobin at referral \_\_\_\_\_\_ g/L Date: \_\_\_\_\_\_\_\_

Ferritin at referral \_\_\_\_\_\_\_ µg/L Date: \_\_\_\_\_\_\_\_

**Change Ideas**

🞎 Oral Iron

🞎 IV Iron

🞎 Erythropoietin

🞎 Referral to Internal Medicine

🞎 Referral to GP or PCN

🞎 Treatment algorithm for high risk

🞎 Treatment algorithm for low risk

**Measurement**

Pre-operative post-optimization hemoglobin \_\_\_\_\_\_ g/L Date: \_\_\_\_\_\_\_\_

Patient accessed other anemia resources. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

VTE Prophylaxis

**Screening**

Caprini Risk Assessment (Score 0-77) \_\_\_\_\_\_\_\_\_\_\_

**Change Ideas**

🞎 Prophylaxis based on health authority policy or

 Caprini recommendation

**Measurement**

Prophylaxis given 🞎Yes 🞎No Patient accessed other VTE prophylaxis resources. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Glycemic Control

**Screening**

Known Diabetic? 🞎Yes 🞎No

Recent HbA1c \_\_\_\_\_\_\_\_\_\_\_\_\_ % Date: \_\_\_\_\_\_\_\_\_

**Change Ideas**

🞎 Referral to GP or PCN

🞎 Referral to Internal medicine or specialist

🞎 Referral to Diabetes clinic/educator

🞎 Medication Review

**Measurement**

Pre-op post-optimization HbA1c

\_\_\_\_\_\_\_\_\_\_\_\_\_ % Date: \_\_\_\_\_\_\_\_\_

Repeat post-op HbA1c (90 days post-discharge)

\_\_\_\_\_\_\_\_\_\_\_\_\_ % Date: \_\_\_\_\_\_\_\_\_ Patient accessed other glycemic control resources. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Mental Health

**Screening**

Mental Health Meter (Score 1-6/section)

Ability to enjoy life \_\_\_\_\_\_\_ Flexibility \_\_\_\_\_\_\_\_\_\_

Resilience \_\_\_\_\_\_\_\_\_ Balance of life \_\_\_\_\_\_\_\_\_\_\_

Self-actualization \_\_\_\_\_\_\_\_\_\_

**Change Ideas**

🞎 Referral to psychiatrist/psychologist

🞎 Counselling

🞎 Referral to Heretohelp.bc.ca

🞎 Referral to healthlinkbc.ca or \*811

🞎 Referral to Anxietybc.com

🞎 Referral to GP or PCN

🞎 Medication Review

🞎 Workplace wellness programs

🞎 Meditation or Mindfulness practices

**Measurement**

Repeat Mental Health Meter (Score 1-6/section)

Ability to enjoy life \_\_\_\_\_\_\_ Flexibility \_\_\_\_\_\_\_\_\_\_

Resilience \_\_\_\_\_\_\_\_\_ Balance of life \_\_\_\_\_\_\_\_\_\_\_

Self-actualization \_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_ Patient accessed other mental health resources. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Pain Management

**Screening**

Have felt any pain in the last 30 days? 🞎Yes 🞎No

Brief Pain Inventory Score (Score out of 70)\_\_\_\_\_\_\_\_\_\_ Notes: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Change Ideas**

🞎 Referral to Pain Service

🞎 Referral to GP or PCN

🞎 Referral to Healthlinkbc.ca or \*811

🞎 Referral to Selfmanagement.ca

🞎 Medication Review

🞎 Referral to BC211.ca or \*211

🞎 Referral to painbc.ca

🞎 Referral to Opioid agonist therapy clinic

🞎 Post-op pain expectations education

**Measurement**

Patient accessed one or more of the interventions? 🞎Yes 🞎No

Brief Pain Inventory Score (Score out of 70)\_\_\_\_\_\_\_\_\_\_ Notes: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Patient accessed other pain management resources. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Nutrition

**Screening**

CNST (Score 0-2) \_\_\_\_\_\_\_\_\_

**Change Ideas**

🞎 Referral to GP or PCN

🞎 Referral to dietician

🞎 Referral to healthlinkbc.ca or \*811

🞎 Referral to BC211.ca or \*211

🞎 Healthy Eating for Seniors Handbook

🞎 Three Day Food Intake Diary

**Measurement**

Repeat CNST (Score 0-2) \_\_\_\_\_\_\_\_\_ Patient accessed other nutrition resources. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Sleep Apnea

**Screening**

STOP-Bang (Low/Intermediate/High) \_\_\_\_\_\_\_\_\_

**Change Ideas**

🞎 Referral to GP or PCN

🞎 Referral to Sleep Clinic

🞎 Referral to Specialist

**Measurement**

One or more of the change ideas done 🞎Yes 🞎No Patient accessed other sleep apnea resources. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Physical Activity

**Screening**

Physical Activity Vital Sign \_\_\_\_\_\_\_\_minutes/week

Minutes of exercise for each day of the week

Mon \_\_\_\_\_ Tues \_\_\_\_\_ Wed \_\_\_\_\_ Thurs \_\_\_\_\_

Fri \_\_\_\_\_ Sat \_\_\_\_\_ Sun \_\_\_\_\_

**Change Ideas**

🞎 Referral to GP or PCN

🞎 Referral to Physiotherapist or Kinesiology

🞎 Referral to Healthlinkbc.ca or \*811

🞎 Canadian Physical Activity Guidelines

🞎 6-Minute Walk Test

**Measurement**

Repeat Physical Activity Vital Sign

\_\_\_\_\_\_\_\_ minutes/week Date: \_\_\_\_\_\_\_\_\_\_\_

Repeat Minutes of exercise for each day of the week

Mon \_\_\_\_\_ Tues \_\_\_\_\_ Wed \_\_\_\_\_ Thurs \_\_\_\_\_

Fri \_\_\_\_\_ Sat \_\_\_\_\_ Sun \_\_\_\_\_

Patient accessed other physical activity resources. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Smoking Cessation

**Screening**

Have you used any form of tobacco in the past 6 months? 🞎Yes 🞎No

**Change Ideas**

🞎 Smoking Cessation Consult

🞎 Referral to quitnow.ca

🞎 Referral to healthlinkbc.ca or \*811

🞎 Referral to GP or PCN

🞎 Medication for smoking cessation (Zyban or

 Champix)

🞎 Counselling

🞎 Nicotine Replacement Therapy

🞎 Referral to BC211.ca or \*211

**Measurement**

Date of last tobacco usage \_\_\_\_\_\_\_\_\_

Did the patient decrease tobacco usage before surgery? 🞎Yes 🞎No

Patient accessed other smoking cessation resources. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Social Support

**Screening**

Multidimensional Scale of Perceived Social Support(1-7)

Family \_\_\_\_\_\_ Friends \_\_\_\_\_\_\_ Significant other \_\_\_\_\_\_

**Change Ideas**

🞎 Referral to social worker

🞎 Homecare referral

🞎 Referral to GP or PCN

🞎 Referral to BC211.ca or \*211

🞎 Referral to Healthlinkbc.ca or \*811

**Measurement**

Repeat Multidimensional Scale of Perceived Social Support (1-7)

Family \_\_\_\_\_\_ Friends \_\_\_\_\_\_\_ Significant other \_\_\_\_\_\_ Patient accessed other social support resources. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Cardiac

**Screening**

revised Cardiac Risk Index (Score 0-6) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Change Ideas**

🞎 BNP or NT-proBNP

🞎 DASI questionnaire

🞎 Referral to GP or PCN

🞎 Referral to Specialist

🞎 Cardiac Treatment Algorithm

**Measurement**

One or more of the change ideas done 🞎Yes 🞎No Patient accessed other cardiac health resources. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_