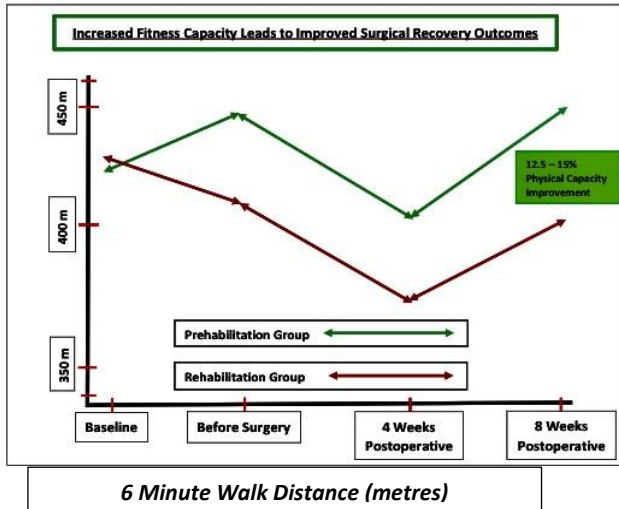




# Surgical Patient Optimization Collaborative (SPOC)



## Physical Activity:



Patients who engage in physical activity are able to increase their physical capacity prior to surgery, have a smaller decline at the time of surgery and recover **ABOVE BASELINE** after surgery than patients who do not engage in physical activity.

## Physical Activity Screening

Physical Activity Vital Sign \_\_\_\_\_ minutes/week      Date Recorded: \_\_\_\_\_

Minutes of exercise for each day of the week: Mon \_\_\_\_\_ Tues \_\_\_\_\_ Wed \_\_\_\_\_ Thurs \_\_\_\_\_ Fri \_\_\_\_\_ Sat \_\_\_\_\_ Sun \_\_\_\_\_ Week Of: \_\_\_\_\_

### Change Ideas

- Met with GP or PCN
- Accessed Healthlinkbc.ca or \*811
- 6-Minute Walk Test
- Referral to Physiotherapist or Kinesiology
- Canadian Physical Activity Guidelines

### Measurement

Repeat Physical Activity Vital Sign: \_\_\_\_\_ minutes/week      Date Recorded: \_\_\_\_\_

Repeat Minutes of exercise for each day of the week: Mon \_\_\_\_\_ Tues \_\_\_\_\_ Wed \_\_\_\_\_ Thurs \_\_\_\_\_ Fri \_\_\_\_\_ Sat \_\_\_\_\_ Sun \_\_\_\_\_ Week Of: \_\_\_\_\_

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