

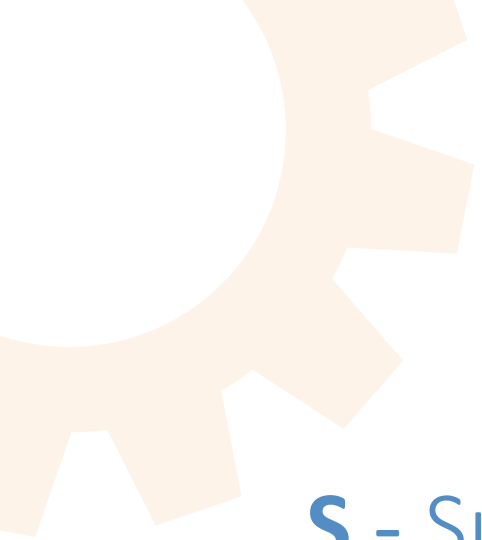


SPECIALIST SERVICES  
COMMITTEE

# Prehabilitation in British Columbia, Canada (SPOC)

Geoff Schierbeck  
Portfolio Liaison  
Doctors of BC





**S** - Surgical  
**P** - Patient  
**O** - Optimization  
**C** - Collaborative



# HOW WE GOT HERE

2018 BC Surgical Summit

## ENHANCED RECOVERY COLLABORATIVE OUTCOMES CONGRESS • JAN 12 2016

KEYNOTE: TRACY WASYLAK



ERAS Collaborative Outcomes Congress January 2016



Live Graphic Recording | Drawing Change

## SSC SURGICAL PATIENT OPTIMIZATION COLLABORATIVE (SPOC) LAUNCH



SPONSORED BY



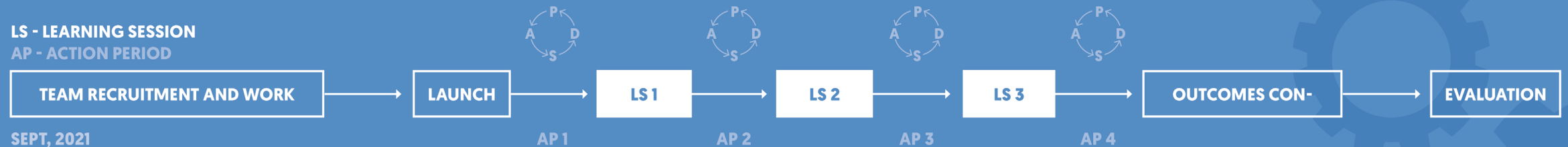


# IHI Breakthrough Series (BTS)

## Factors that contribute to success

- ⚙️ Action orientated--Model of improvement. Sense of urgency
- ⚙️ Measurement system that connects testing to progress
- ⚙️ Great learning session and robust action periods
- ⚙️ Culture established—"all teach, all learn",. Sense of family and support

## COLLABORATIVE MODEL





SPOC is Born

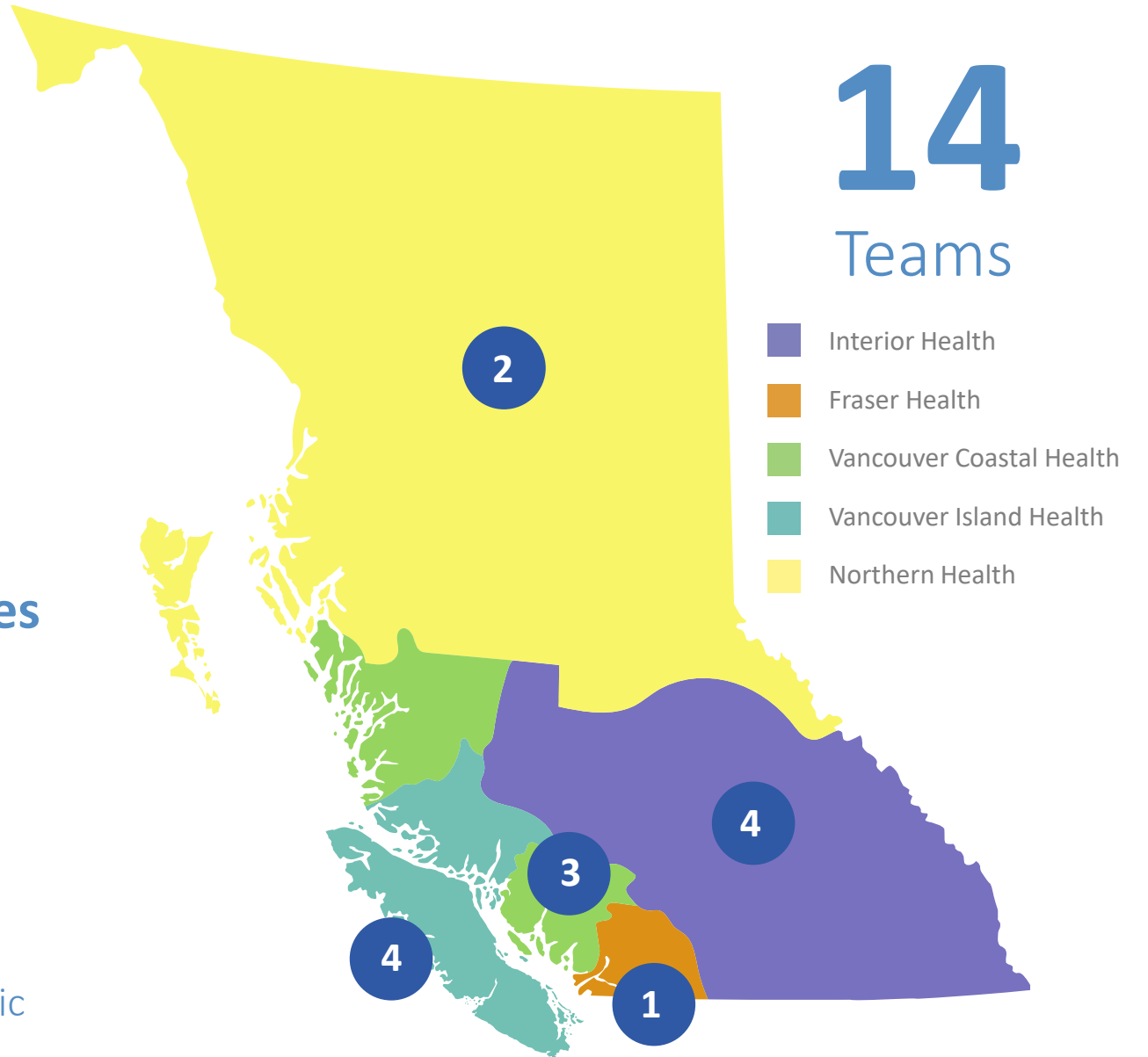
# SPOC 1.0 Sept 2019 to May 2021

## Pilot Sites

- VGH
- St. Paul's
- Royal Jubilee
- UHNBC
- RIH
- Campbell River Hospital

## Additional Sites

- Prince Rupert
- Trail
- Nanamio
- Penticton
- Kelowna
- Duncan
- Change Pain Clinic



# SPOC 2.0

April 2022-May 2023  
13 more hospital sites

## Northern Health

- GR Baker Memorial Hospital – Quesnel
- Kitimat General Hospital

## Island Health

- Comox Valley Hospital
- West Coast General Hospital – Port Alberni

## Interior Health

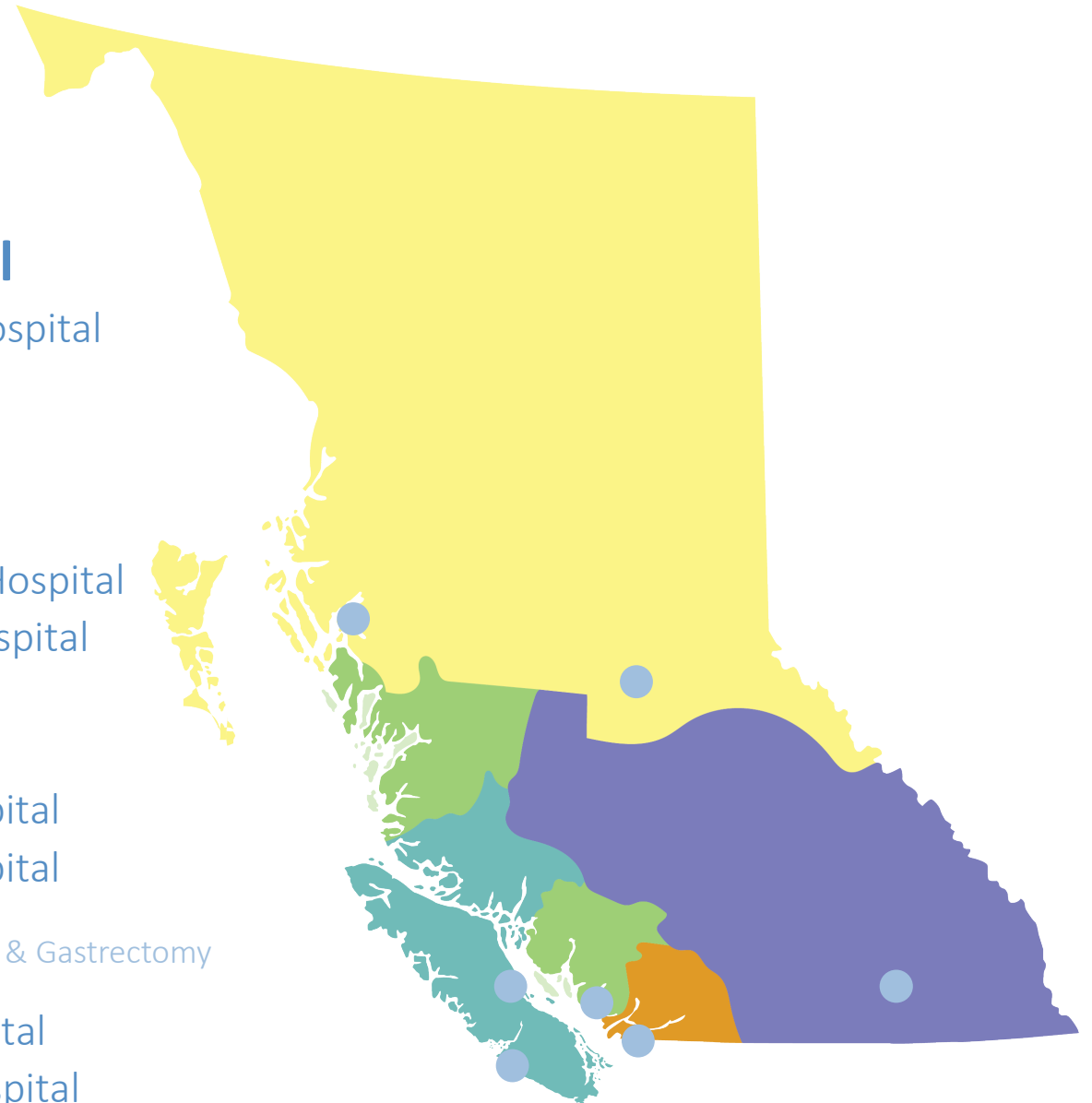
- Vernon Jubilee Hospital

## Vancouver Coastal

- Vancouver General Hospital
- ↳ Complex spine

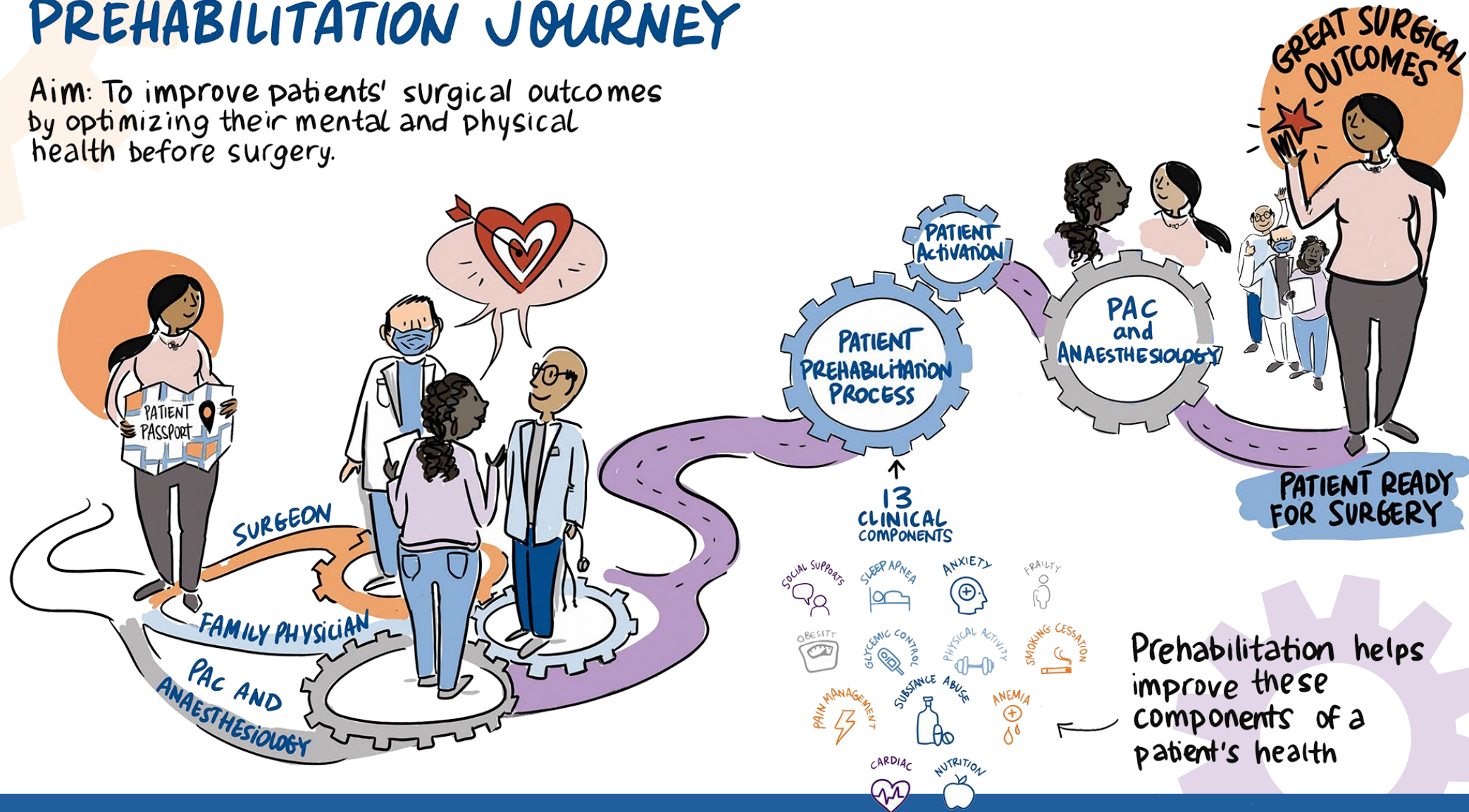
## Fraser Health

- Abbotsford Regional Hospital
  - Chilliwack General Hospital
  - Eagle Ridge Hospital
  - Peace Arch Hospital
  - Royal Columbian Hospital
  - Surrey Memorial Hospital
- ↳ Esophagectomy & Gastrectomy
- Ridge Meadows Hospital
  - Langley Memorial Hospital

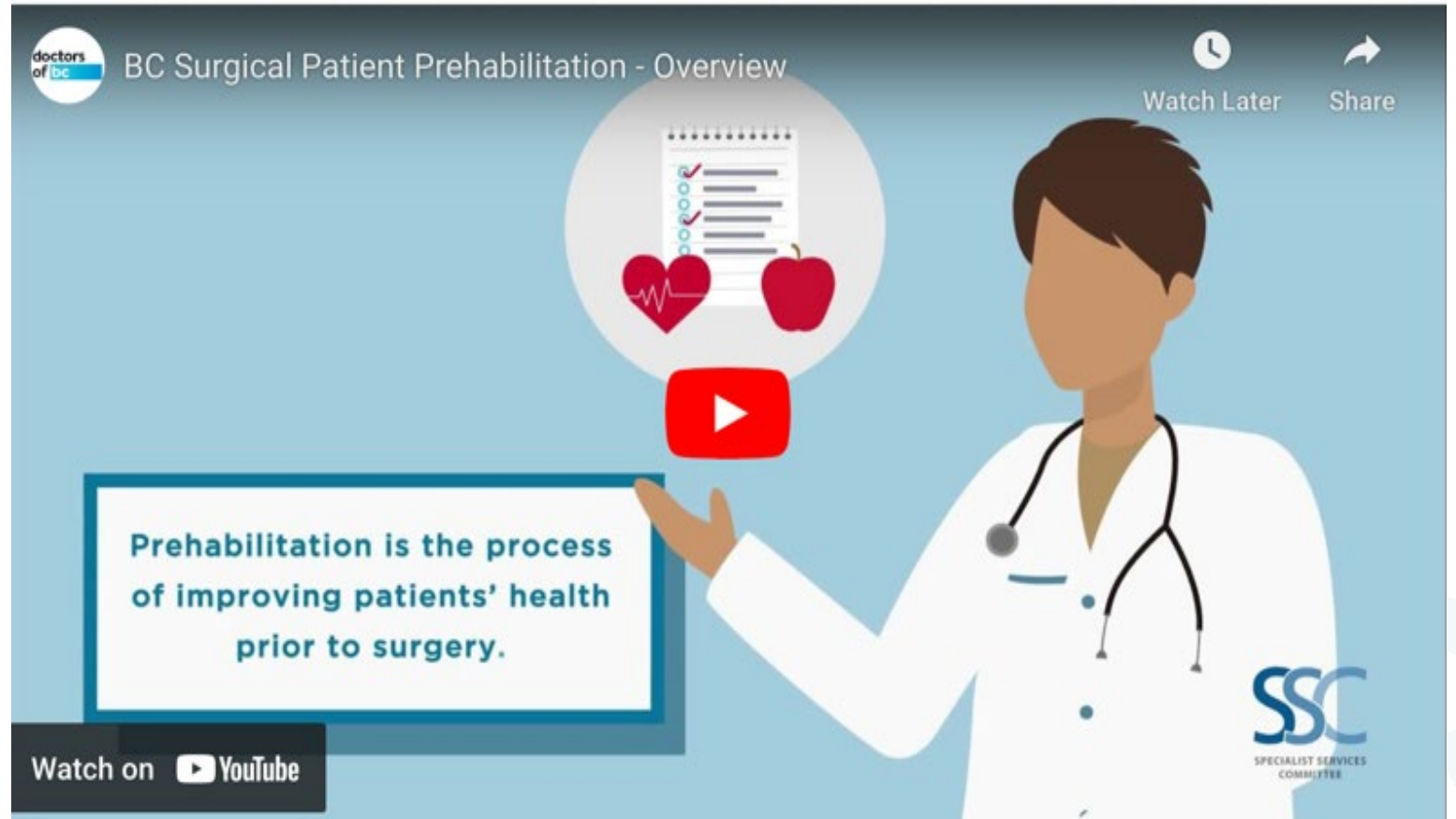


# PATIENT SURGICAL PREHABILITATION JOURNEY

Aim: To improve patients' surgical outcomes by optimizing their mental and physical health before surgery.



# PATIENT ACTIVATION AND ENGAGEMENT



Four languages: English, Mandarin, Cantonese, Punjabi



# SPOC Toolkit



[ssbc.ca/programs-and-initiatives/transform-care-delivery/perioperative-clinical-action-network-pcan/surgical](https://ssbc.ca/programs-and-initiatives/transform-care-delivery/perioperative-clinical-action-network-pcan/surgical)



# CLINICAL COMPONENTS





**WHERE  
ARE WE  
NOW IN BC**

**# OF  
PATIENTS SCREENED**

**25,026**

**# OF  
REQUIRING PREHAB**

**18,698**

**# OF PATIENTS  
PREHABILITATED**

**16,901**

**74.7%**

**90.3%**





## SPOC AIM STATEMENT

75% of screened elective surgery patients who require optimization of one or more of the components, will receive appropriate optimization by May 2023.

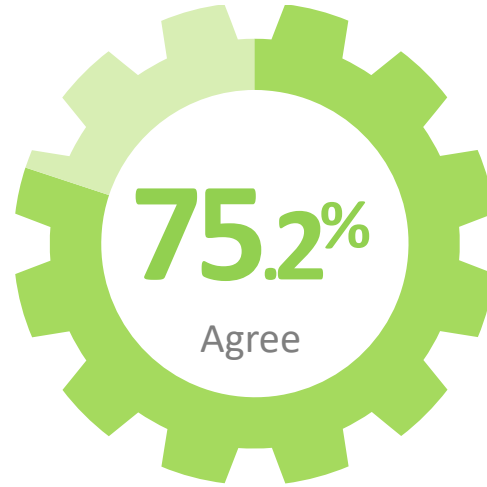
OUR RESULTS  
**90.3%**





## OUR PATIENTS LIKE IT!

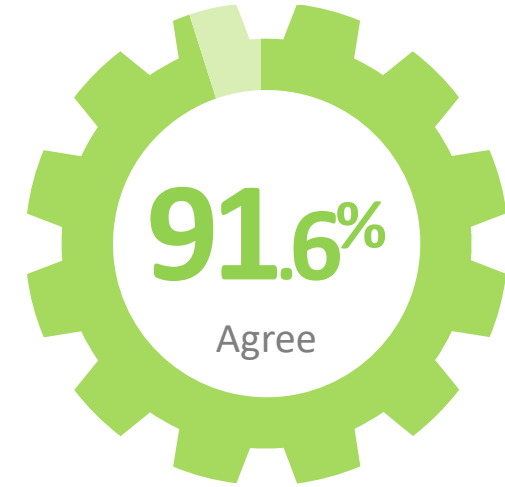
### Pre-Surgery



#### PROM

Has your overall health improved as a result of the information and care provided by your surgical preoperative team?

N=2162

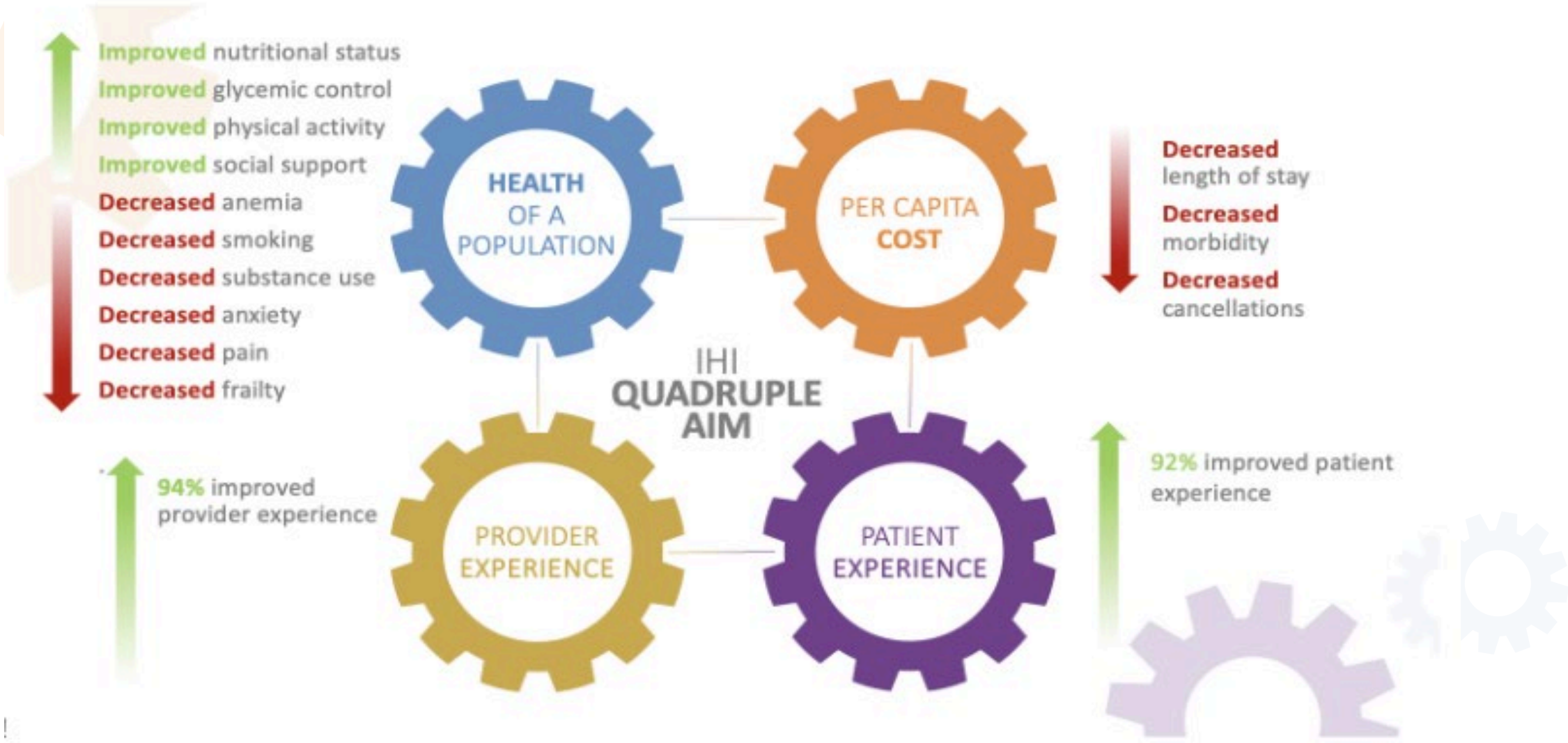


#### PREM

Was your surgical experience improved as a result of the information/care provided by your surgical preoperative optimization team?

N=2158

# SURGICAL PATIENT OPTIMIZATION COLLABORATIVE (SPOC)





SPECIALIST SERVICES  
COMMITTEE

Geoff Schierbeck RN  
Specialist Services Committee

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**DOWNLOAD THE SPOC TOOLKIT**

