

Surgical Patient Optimization Collaborative

INITIATIVE BACKGROUND:

After successful implementation of the Enhanced Recovery After Surgery (ERAS) Collaborative, a SSC initiative that aimed to improve outcomes for elective colorectal surgery patients in 2015-16, there was a widespread specialist interest in continuing to improve surgical patient outcomes across different types of surgery. This impetus, along with literature highlighting the significant impact surgical patient optimization can have on improving surgical outcomes, led to initiating of the Surgical Patient Optimization Collaborative (SPOC) launched in May of 2019.

OBJECTIVES:

The purpose of this collaborative is to improve assessment and management of elective surgical patients, which will in turn reduce adverse events, increase patient and caregiver satisfaction, and improve post-operative outcomes. SPOC is a time-limited collaborative with the following timeline, to be completed in September, 2020.

AREAS OF FOCUS:

SPOC optimizes different components of the surgical patients' health in 15 sites across the province. The optimization components are as follows:

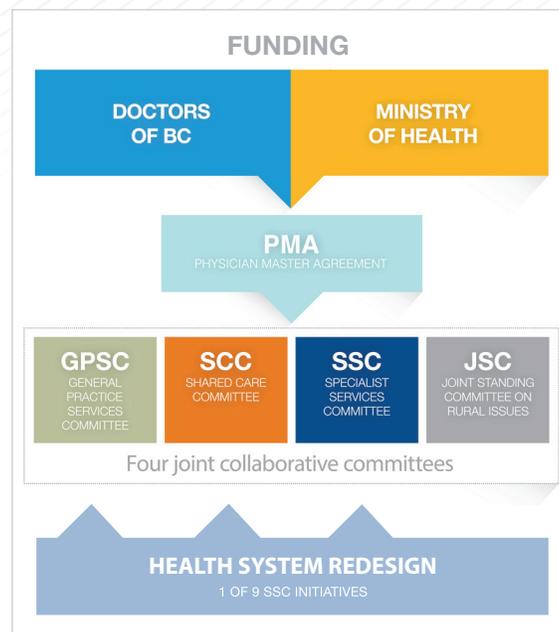
- Anemia
- Cardiac
- Frailty
- Glycemic control
- Mental Health
- Nutrition
- Pain Management
- Physical Activity
- Sleep Apnea
- Smoking Cessation
- Social Supports
- Substance Use
- VTE Prophylaxis

TOP ACHIEVEMENTS:

1. Formation of 15 multi-disciplinary surgical optimization teams across the province
2. Creation of the 'SPOC Change Package' resource guide, to help implement optimization practices
3. Improved communication between GPs, surgeons and patients to help facilitate patient optimization before surgery

WAY FORWARD:

After the completion of SPOC in September 2020, the optimization practices introduced by the collaborative are expected to be integrated in routine surgical practices in BC. The program evaluation after completion of the collaborative will determine further steps.



BENEFITS:

WHO	HOW
Patients	By understand different factors contributing to their health, patients prepare physically and mentally for surgery and experience better surgical outcomes as a result.
Doctors and care teams	Care teams experience better job satisfaction by collaborating on patient optimization with multidisciplinary teams.
BC health care system	Surgical patient optimization increases efficiency of the health care system by better preparing patients for surgery resulting in less adverse events and shorter hospital stays.

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Visit our website: sscbc.ca

Initiative webpage: <http://sscbc.ca/programs-and-initiatives/transform-care-delivery/surgical-patient-optimization-collaborative-spoc-0>