

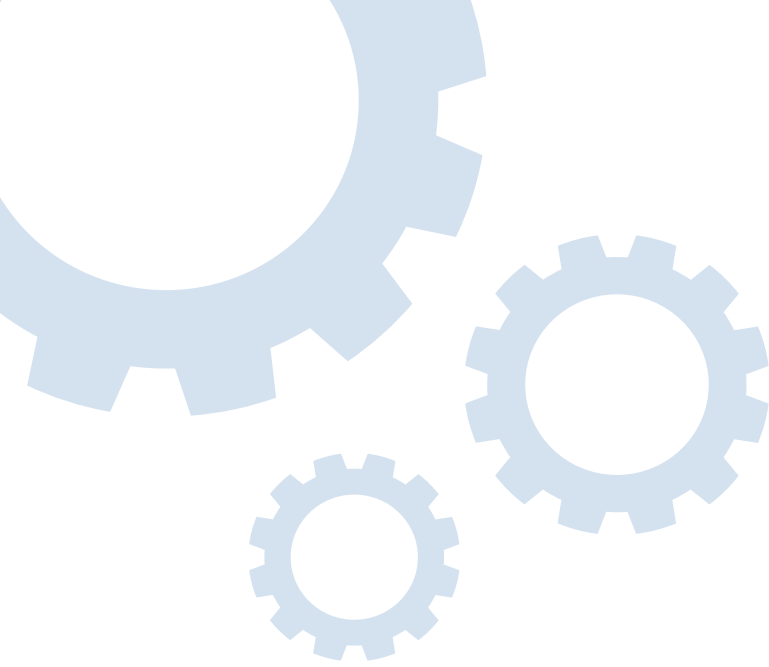


PATIENT PASSPORT **SURGICAL** **PREHABILITATION**

PART OF THE
BC Surgical
Prehabilitation Toolkit

APRIL 2022 · V.2

SSC
SPECIALIST SERVICES
COMMITTEE



Patients, please carry this passport with you to your appointments and use it with the help of your health care provider(s).

DATE OF REFERRAL TO SURGEON

DATE OF SURGERY

SURGEON

SURGEON PHONE

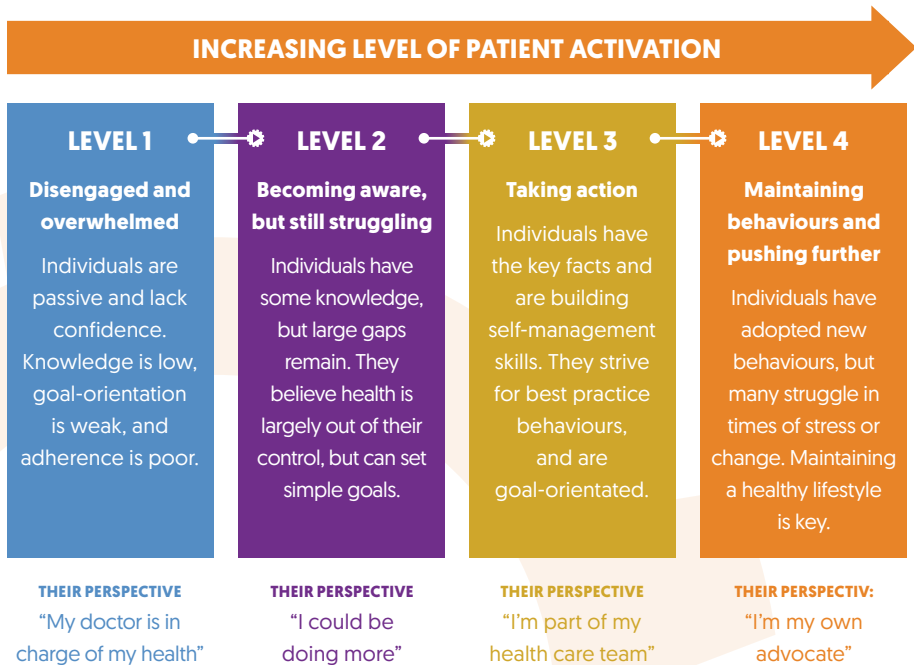
TABLE OF CONTENTS



Patient Activation	4
Clinical Components	7
⚙ Anemia	7
⚙ Anxiety	10
⚙ Cardiac	12
⚙ Frailty	14
⚙ Glycemic Control	16
⚙ Nutrition	18
⚙ Obesity	20
⚙ Pain Management	22
⚙ Physical Activity	25
⚙ Sleep Apnea	28
⚙ Smoking Cessation	30
⚙ Social Supports	32
⚙ Substance Use	34

PATIENT ACTIVATION

Patient Activation focuses on your (patient) involvement in your own health and health care. This includes understanding your health condition, as well as your ability and willingness to take action to manage your health and health care. In this case it is to prepare yourself for surgery so that you can have better outcomes.



© 2016 Insignia Health. Patient Activation Measure® (PAM®) Survey Levels. All rights reserved.

I understand what patient activation means and how it impacts my health:

Yes No

▶ *If no, please connect with your healthcare team to learn more and visit www.insigniahealth.com/products/pam-survey*

My current level of patient activation based on the chart is:

To improve my level of patient activation, I plan to:

My questions for my healthcare team regarding patient activation are:

My Health Care Team's Contact Information

1

NAME

ROLE

PHONE

EMAIL

2

NAME

ROLE

PHONE

EMAIL

3

NAME

ROLE

PHONE

EMAIL

4

NAME

ROLE

PHONE

EMAIL

What is Surgical Prehabilitation?

Research has shown that improving certain health factors like physical activity, anemia, glucose control, nutrition, etc., before surgery can have a positive effect on surgical outcomes. Health care providers must consider the many factors that can affect the outcomes of your surgery weeks or months before the operation. In order to have better surgical outcomes and a more successful recovery, you can use the wait time before your surgery to improve these components of your health.

ANEMIA

Watch Video ▶



My hemoglobin concentration at the time of my referral for surgery was:

_____ g/L

My ferritin concentration at the time of my referral for surgery was:

_____ µg/L

Date of measurements: _____

During Prehabilitation

To manage my anemia, I have:

- Met with primary care provider regarding my anemia
- Met with an internist or hematologist regarding my anemia
- Been prescribed oral iron supplements
- Been prescribed intravenous (IV) iron
- Been prescribed erythropoiesis-stimulating agents
- Other: _____

After Prehabilitation

My hemoglobin concentration closest to my surgery date was:

_____ g/L

Date of measurements: _____

ANXIETY



During Prehabilitation

To optimize my anxiety, I have:

- Met with a primary care provider regarding my mental health
- Met with a psychiatrist or psychologist regarding my mental health
- Had a discussion with a health care professional about my thoughts or worries related to my surgery
- Attended counselling
- Accessed Heretohelp.bc.ca
- Accessed Healthlinkbc.ca or called 811
- Accessed Anxietycanada.com
- Accessed BounceBack BC
- Practiced meditation, mindfulness, or other relaxation practices
- Accessed wellness programs at my workplace
- Other: _____

After Prehabilitation

I have accessed one or more of the items on the list above: Yes No

My questions for my healthcare team regarding mental health are:

Watch Video ▶



Online Resources

Search the following resources on the internet to learn more:

- ⚙ Here To Help BC
- ⚙ Mental Health - HealthLink BC
- ⚙ Anxiety Canada
- ⚙ BounceBack BC
- ⚙ YouTube: BC Surgical Patient Prehabilitation – Anxiety

Additional Information

A large section of the page containing horizontal lines for writing. A large, light purple gear graphic is overlaid on the right side of this section, partially obscuring the lines. The gear has several teeth and is positioned as if it's part of a larger mechanism.

CARDIAC



My score on the Revised Cardiac Risk Index (RCRI) is: _____

During prehabilitation

To improve my cardiac health, I have:

- Met with a primary care provider regarding my cardiac health
- Met with a cardiologist regarding my cardiac health
- Other: _____




After prehabilitation

I have accessed one or more of the items on the list above: Yes No

My questions for my healthcare team regarding cardiac health are:

Online Resources

Search the following resources on the internet to learn more:

-  YouTube: BC Surgical Patient Prehabilitation – Cardiac
-  Cardiac Services BC
-  Heart Health - HealthLink BC

FRAILITY



My score on the Clinical Frailty Scale is: _____

During prehabilitation

To reduce the risks of frailty, I have:

- Met with a primary care provider regarding frailty
- Met with a geriatrician or internist regarding frailty
- Met with a physiotherapist or occupational therapist regarding frailty
- Had a healthcare provider review my medication
- Had a goals of care discussion
- Identified a substitute decision maker
- Been assessed for my ability to consent
- Completed cognitive testing
- Other: _____

After prehabilitation

I have accessed one or more of the items on the list above: Yes No

My questions for my healthcare team regarding frailty are:

GLYCEMIC CONTROL



Check all that apply:

- Diagnosed with Diabetes
- Age >40 years
- Family history of diabetes
- BMI >25
- History of GDM
- History of pre-diabetes
- History of hypertension, dyslipidemia, steroid therapy

► *If you have answers yes to any of the above please continue with the information below.*

_____ % _____
MY LATEST HbA1c IS DATE

During prehabilitation

To optimize my glycemic control, I have:

- Met with a primary care provider regarding glycemic control
- Met with an internist or endocrinologist regarding glycemic control
- Attended a diabetes clinic
- Had a healthcare provider review my medication
- Accessed Diabetes Canada – My Action Plan
- Other: _____

After prehabilitation

My HbA1c result(s) after prehabilitation:

_____ % _____
HbA1c DATE

_____ % _____
HbA1c DATE



My questions for my healthcare team regarding glycemic control are:

Online Resources

Search the following resources on the internet to learn more:

- ⚙️ Diabetes - HealthLink BC
- ⚙️ Diabetes Canada Website
- ⚙️ YouTube: BC Surgical Patient Prehabilitation – Glucose Control
- ⚙️ YouTube: Diabetes Canada Channel
- ⚙️ Diabetes Canada – My Action Plan

Additional Information

NUTRITION



I have lost weight in the past 6 months without trying to lose this weight:

Yes No

I have been eating less than usual for more than a week: Yes No

During prehabilitation

To improve my nutritional status, I have:

- Met with a primary care provider regarding my nutrition
- Met with a dietitian
- Accessed HealthlinkBC.ca or called 811
- Accessed the Healthy Eating for Seniors Handbook
- Accessed Canada's Food Guide
- Other: _____

After prehabilitation

I have lost weight in the past 6 months without trying to lose this weight:

Yes No

I have been eating less than usual for more than a week: Yes No

My questions for my healthcare team regarding glycemic control are:

OBESITY



My most recent weight measurement (in kg) is: _____ kg

My most recent height measurement (in m) is: _____ m

My body mass index (BMI) is: _____ kg/m²

During Prehabilitation

To work on losing weight, I have:

- Met with a primary care provider regarding my weight
- Attended a weight loss program or support group
- Met with a dietitian for nutritional counselling
- Received an exercise prescription
- Addressed psychological barriers to weight loss with a healthcare professional
- Accessed Healthlinkbc.ca or called 811
- Accessed obesitycanada.ca
- Other: _____

After Prehabilitation

My body mass index (BMI) is: _____ kg/m²

My questions for my healthcare team regarding weight loss are:

PAIN MANAGEMENT



In the past 4 weeks, have you been taking more than twice a week any non-prescription medications or products to manage pain? For example: Tylenol, anti-inflammatories, cannabis products: Yes No

In the past 4 weeks, have you been using any non-medical therapies specifically to manage pain? For example: Physiotherapy, occupational therapy, massage: Yes No

In the past 4 weeks, have you been prescribed any medications or products to manage pain? For example: Gabapentin, Tylenol #3, tramadol, anti-depressants: Yes No

In the past 4 weeks, how much did pain interfere with your normal activities at work or at home?

Not at all A little bit Moderately Quite a bit Extremely

During prehabilitation

To improve my nutritional status, I have:

- | | |
|--|---|
| <input type="checkbox"/> Met with a primary care provider regarding my pain management | <input type="checkbox"/> Accessed Selfmanagement.ca |
| <input type="checkbox"/> Completed a Brief Pain Inventory assessment | <input type="checkbox"/> Had a pain service assessment |
| <input type="checkbox"/> Had a healthcare provider review my medication | <input type="checkbox"/> Had a discussion on post-operative pain expectations |
| | <input type="checkbox"/> Accessed Painbc.ca |
| | <input type="checkbox"/> Accessed an opioid agonist therapy clinic |

Other: _____

PHYSICAL ACTIVITY

Watch Video ▶



The number of days in a week that I exercise: _____ day(s)

The number of minutes I exercise in a day: _____ minutes

The number of minutes in a week that I exercise: _____ minutes

▶ *Goal is 150 min/week*

During Prehabilitation

To improve my level of physical activity, I have:

- Met with a primary care provider regarding my physical activity
- Met with a physiotherapist or kinesiologist regarding my physical activity
- Accessed Healthlinkbc.ca or called 811
- Accessed the Canadian Physical Activity Guidelines
- Completed the 6 Minute Walk Test
- Created SMART goals
- Other: _____

After Prehabilitation

The number of days in a week that I exercise: _____ day(s)

The number of minutes I exercise in a day: _____ minutes

The number of minutes in a week that I exercise: _____ minutes

SLEEP APNEA



My risk of sleep apnea calculated from the STOP-Bang questionnaire is:

- High Intermediate Low

During prehabilitation

To manage my sleep apnea, I have:

- Met with a primary care provider regarding my sleep apnea
- Met with an anesthesiologist regarding my sleep apnea
- Accessed a Sleep Clinic
- Had an overnight pulse oximetry test
- Other: _____

After prehabilitation

I have accessed one or more of the items on the list above: Yes No

My questions for my healthcare team regarding sleep apnea are:



Online Resources

Search the following resources on the internet to learn more:

- ⚙️ [Fatigue and Sleep \(Sleep Apnea\) - HealthLink BC](#)
- ⚙️ [What you Need to Know about Sleep Apnea and Surgery - STOP Bang](#)
- ⚙️ [YouTube: BC Surgical Patient Prehabilitation – Sleep Apnea](#)

Additional Information

SMOKING CESSATION



I have smoked tobacco in the past 6 months: Yes No

During prehabilitation

To help me quit or decrease my smoking, I have:

- Met with a primary care provider regarding smoking cessation
- Accessed Quitnow.ca
- Accessed the BC Smoking Cessation Program
- Accessed HealthlinkBC.ca or called 811
- Accessed BC.211.ca or called 211
- Watched the Stop Smoking Video
- Called the Smoker's helpline
- Other: _____

After prehabilitation

The last time I smoked tobacco was (dd/mm/yyyy): _____

I have decreased smoking before my surgery: Yes No

My questions for my healthcare team regarding smoking cessation are:



Online Resources

Search the following resources on the internet to learn more:

- ⚙️ [Quitting Smoking- HealthLink BC](#)
- ⚙️ [YouTube: BC Surgical Patient Prehabilitation – Smoking Cessation](#)
- ⚙️ [YouTube: Quitting Smoking is a Journey](#)
- ⚙️ [QuitNow.ca](#)
- ⚙️ [BC Smoking Cessation Program](#)
- ⚙️ [Smoker's helpline](#)
- ⚙️ [BC 211](#)

Additional Information

A large, faint, light purple gear graphic is positioned in the background, centered behind the 'Additional Information' section. It spans across the width of the page and partially overlaps the horizontal lines.

SOCIAL SUPPORTS



During prehabilitation

To improve my social support status, I have:

- Met with a primary care provider regarding my social support
- Met with a social worker regarding my social support
- A support person was included in my health care meeting
- Been connected with community support
- Had an assessment for home support services
- Accessed BC.211.ca or called 211
- Accessed Healthlinkbc.ca or called 811
- Other: _____

After prehabilitation

I have accessed one or more of the items on the list above: Yes No

My questions for my healthcare team regarding social supports are:

SUBSTANCE USE



Have you ever felt that you ought to cut down on your drinking or drug use?

Yes No

Have people annoyed you by criticizing your drinking or drug use?

Yes No

Have you ever felt bad or guilty about your drinking or drug use?

Yes No

Have you ever had a drink or used drugs first thing in the morning to steady your nerves or to get rid of a hangover?

Yes No

During prehabilitation

To reduce my substance use, I have:

- Met with a primary care provider regarding my substance use
- Accessed Healthlinkbc.ca or called 811
- Met with a treatment group for support
- Accessed counselling
- Been prescribed medication to treat my substance use
- Had an alcohol abuse intervention
- Accessed BC.211.ca or called 211
- Completed the TAPS Tool
- Other: _____



After prehabilitation

I have decreased my substance usage: Yes No

The date of my last substance use was (dd/mm/yyyy): _____

My questions for my healthcare team regarding substance use are:

Online Resources

Search the following resources on the internet to learn more:

- ⚙ Mental Health & Substance Use - HealthLink BC
- ⚙ YouTube: BC Surgical Patient Prehabilitation – Substance Use
- ⚙ Problem Drinking – Province of British Columbia Website
- ⚙ BC 211





Specialist Services Committee

115 - 1665 West Broadway
Vancouver BC V6J 5A4

604.638.4852
sscbc@doctorsofbc.ca

www.sscbc.ca



◀ Access a digital copy of the
Patient Passport for Surgical Prehabilitation here