



Surgical Patient
Optimization
Collaborative
(SPOC)



SPOC PASSPORT



Patient Passport
Surgical Patient
Optimization Clinic

Welcome!



You have been selected to participate in the Surgical Patient Optimization Clinic (SPOC) at VGH, prior to your upcoming surgery.

By optimizing or improving your health prior to surgery, you reduce your risk of post-operative complications. Changes in the areas identified by your Preoperative Questionnaire and bloodwork can improve your overall health, not only before and after surgery, but in the long run.

Later in this Passport, we have checked the specific areas that you could use improvement. This Passport is your guide to optimize your health prior to surgery. Please read your Passport carefully for important information specific to you and how you can best prepare for your surgery.

**PLEASE BRING YOUR SPOC PASSPORT TO ALL YOUR
GP AND SPECIALIST APPOINTMENTS.**

Referrals and Pamphlets



Sometimes it is necessary to see other specialist care providers before your surgery. You will receive a follow up call if a referral has been made for you. Each section in the Passport is a patient information pamphlet on that area. Each pamphlet provides suggestions on how you can take control of your own healthcare.

Every patient is different and this passport is specific to you!

Within your passport, you will have information such as hyperlinks to YouTube videos, resources available in the community, and specific information on identified areas for optimization. Almost everyone can benefit from the information in the pamphlets for Nutrition and Physical Activity prior to surgery.

Patient Activation

As a patient, we want you to participate in improving your health.

Patient activation is a way of understanding how able you are to participate. Research has shown that the more active a participant you are in your health and health care, the better your outcomes.



Do you understand what patient activation means and how it impacts your health?

Yes No

Your current level of patient activation is:

Barriers

There are often barriers that prevent us from taking action to improve our health.

Acknowledging and understanding your barriers can help you resolve them and get back on the journey to better health.

Changes you can do during pre-surgery optimization:

- Met with a healthcare provider (GP, clinic doctor, Councillor, social worker, other) to discuss barriers and solutions.
- Accessed HealthlinkBC.ca or *811 for more information
- Speak with friends and family about your barriers

Other:

The Areas of Optimization

Patient Journey Map

Passport Areas



SPOC



Nutrition



Smoking Cessation



Glycemic Control



Anemia



YOU



Physical Activity



Frailty



Social Supports



Pain Management



Sleep Apnea



Surgery

OPTIMIZATION AREAS

		ANESTHESIA CONSULT
		GYCEMIA CONTROL (HgA1C _____)
		SLEEP APNEA
		PAIN MANAGEMENT
		ANEMIA
		FRAILITY
		SMOKING CESSATION
		SOCIAL SUPPORTS
		NUTRITION
		PHYSICAL ACTIVITY

An 'X' will identify the areas that you would likely benefit from additional pamphlet information and possibly a referral to a healthcare professional for follow up.

IF a referral has been made for you, you will be called within 10 business days to arrange an appointment. You may receive multiple calls. Not all patients need a referral. For more information, please call the **Preadmission Anesthesia Clinic at 604-675-3670 after 10 business days.**

Glycemic Control



As part of your preparation for surgery, a blood test called "HbA1C" was done to screen for high blood sugar (diabetes). This test is repeated every 3 months when on diabetic medication or any significant changes to medication or lifestyle.

You may already know you are diabetic / pre-diabetic or this may be new information for you.

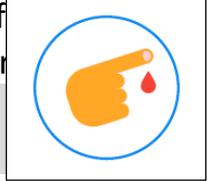
Research tells us that people with poorly controlled blood sugar are more likely to have complications related to inflammation and other body responses to poorly controlled blood sugar post operatively.

It is important to call your GP or clinic doctor with your HbA1C result listed in this passport, even if they are normal.

KNOWN DIABETIC		PRE-DIABETIC	
HbA1C		HbA1C	
< 7.1	See GP	<6.0	No action
7.1 – 8.5	See GP	>6.0-8.4	See GP
> 8.5 local	Specialist	> 8.5 local	Specialist
> 8.5 Out of town	Preadmission clinic	> 8.5 Out of town	Preadmission clinic

You will receive a call confirming if you already managing your diabetes with a specialist. If pre-surgery team shall make the referral for

Changes you can do during pre-surgery optimization



- Meet with your GP or Clinic Doctor before surgery to create a plan together to treat your high blood sugar
- Avoid sweets, snacks, juices or sugared soft drinks until consulting with a specialist or GP / clinic doctor about your result
- Have a healthcare provider review your medication
- Accessed a diabetes clinic
- Access <https://www.HealthlinkBC.ca> or called *811 for more information about diabetes
- Other: _____

Resources:

Diabetes Canada

<https://www.diabetes.ca/takecharge>

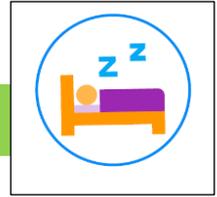
YouTube link:

Diabetes Canada

<https://www.youtube.com/user/CDA1927>



Sleep Apnea



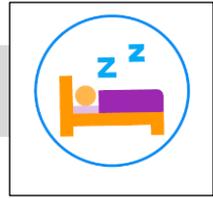
If there is an 'X' on the referral list, a referral has been sent to the Preadmission Clinic. At the clinic, you will have a consultation with an Anesthesiologist.

You should expect a phone call to arrange an appointment.

Patients with obstructive sleep apnea are at risk of low oxygen levels and require closer monitoring during and initially after surgery. This information is sent to preoperative surgical patients to encourage you to seek help to try and have your OSA as optimally treated as possible prior to your surgery. Patients with OSA are at higher risk of complications following surgery. The possibility of complications can be reduced if your OSA is successfully treated and the therapy is used throughout the night while you sleep.

Bring your breathing machine (PAP/CPAP/dental appliance) to your appointment and surgery.

If you are not able to tolerate your breathing machine:



- Meet with or revisit a healthcare provider (GP or clinic doctor) to create a plan together to assess and explore methods of treatment.
- Revisit a Sleep Clinic for a re-evaluation
- Meet with a Sleep Apnea Specialist
- Contact the company you got your device from regarding options. This may involve either finding the right CPAP mask that suits you best, or a CPAP machine that fits your needs

Resources:

Sleep Apnea Patient Care and Health Information:
<https://www.mayoclinic.org/diseases-conditions/sleep-apnea/symptoms-causes/syc-20377631>

YouTube link:

Sleep Apnea

<https://www.youtube.com/watch?v=i6lxO6W2-m8>



Pain Management



CHANGEPAIN

If there is an 'X' on the referral list, a referral has been sent to the CHANGEpain Clinic.

You should expect a phone call or email to confirm a pre-surgery appointment. A questionnaire will need to be filled out to confirm the appointment.

In preparation for this appointment, please go to the website <http://www.changepain.ca> to find out more about the various services you may have access to.

Your questionnaire indicated that you may have difficulty with pain.

By understanding your pain, your health care team can work with you to manage your symptoms, improve overall health functioning, reduce the risk of postoperative complications and maintain your wellbeing through your healthcare journey.

Changes you can do during pre-surgery optimization:



- Meet with a healthcare provider (GP, Counsellor, or other) to create a plan together to reduce or better control your pain.
- Access **Self-management BC** to find community programs
- Access **Pain BC**
- Access **Healthlink BC** or called *811 for more information about pain management
- Other: _____

Resources:

<https://Self-Management BC.ca/communityprograms>

<https://PainBC.ca>

<https://www.changepain.ca/getting-started>

<https://HealthlinkBC.ca>

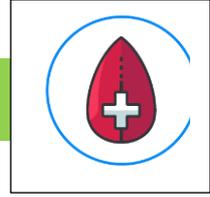
YouTube link:

CHANGEpain

<https://www.youtube.com/watch?v=lxPEvXjISw4>



Anemia



Based on your preoperative bloodwork, you have been referred to the Perioperative Blood Management Program.

Our program nurse will review your chart and *may* call you to discuss options for improving your anemia and iron stores prior to surgery (if appropriate).

Actions you can do for pre-surgery optimization:

- Meet with your GP to review your bloodwork

What is anemia?

Hemoglobin level is the measurement used to quantify the number of red blood cells in your body's circulation. People with a low red blood cell count (a low hemoglobin) are *anemic*. Common causes of anemia include bleeding, iron deficiency and serious disease. Iron is essential for your body to make red blood cells. Red blood cells are vital for carrying oxygen to all of the cells in your body. If you do not have enough red blood cells (anemia), your risk of complications in hospital increases, as does your risk of needing a blood transfusion.



Resources:

Hematology.org

<https://www.hematology.org/Patients/Anemia/>



Explaining Anemia

<https://www.youtube.com/watch?v=yS7qRytD2j4>



NOTES:

Frailty



If there is an 'X' on the referral list, a referral has been sent to the Preadmission Clinic where you will be seen by multiple staff.

You can expect a phone call to arrange an appointment. The appointment shall be longer and ideally, many weeks before your surgery.

Being frail means you have a decreased body reserve and resistance to the stressors of surgery and recovery.

You will be contacted by our physiotherapy department to start on a personalized exercise and muscle strengthening program to better prepare you for surgery.

YOUR Preadmission healthcare team includes:

- Anesthesiologist
- Nurse
- Physiotherapist
- Social Worker

Changes you can do during pre-surgery

optimization:



- Meet with a healthcare provider (GP, physiotherapist, Kinesiologist or other) regarding my frailty and worked together to create a customized exercise program to create a plan together to reduce your frailty.
- Have a goals of care discussion with a healthcare worker
- Have a healthcare provider review your medication
- Other: _____

Resources:

See the Nutrition and Physical Activity information pamphlets

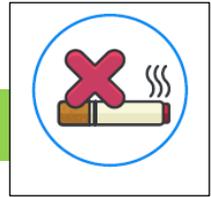
YouTube link:

Staying Active as you Age

<https://www.youtube.com/watch?v=zypbIBcgQZY>



Smoking Cessation



If you have indicated participation, a referral has been sent to the VGH Smoking Cessation Clinic.

You can expect a phone call to arrange an appointment.

Your questionnaire indicated that you are a tobacco user.

Research tells us that people who stop smoking / vaping at least one month before surgery have fewer complications after surgery. In particular, smoking cessation improves wound healing and reduces your risk of infection.

Changes you can do during pre-surgery optimization:

- Meet with a GP or clinic doctor to create a plan together to quit/reduce tobacco use. This may include taking medications such as Zyban or Champix.
- Visit your local pharmacy to receive free nicotine patches, gum, lozenges, or inhaler. (You do not need a prescription but you will need to sign a declaration form).
- Access **QuitNow**

Canadians concerned about the health risks related to vaping should consider refraining from using vaping products but should not return to smoking cigarettes if vaping nicotine-containing products as a means of quitting cigarette smoking (Health Canada)



- Access <https://www.HealthlinkBC.ca> or called *811 for more information
 - Ask your Pre-Admission team for a referral to the Smoking Cessation Clinic if I initially refused (or call 604 875 4800 and select option 2 to make my own appointment)
- Other: _____

Resources:

<https://www.quitnow.ca>

YouTube link:

Smoking Cessation

<https://www.youtube.com/watch?v=z16vhtjWKL0&list=PLC2cab2YsYtWgKOj5nNT6w7ZKBgaN7UJ&index=3&t=0s>



Social Supports



If there is an 'X' on the referral list, you can expect a phone call from the hospital Social Worker. They will arrange a time to talk or for an appointment. The appointment may be during your Preadmission Clinic appointment.

Your questionnaire indicated that you may be in need of some Social Supports after your surgery.

The goal is to have all of your identified social supports arranged prior to your operation. This may include, but is not exclusive to, equipment, homecare nurse visits, travel information or other identified needs.

Changes you can do during pre-surgery optimization:

- Meet with a healthcare provider (GP or Social Worker) to create a plan together to put in place the social supports needed.
- Meet with a Homecare nurse about support at home after surgery
- Access <https://www.HealthlinkBC.ca> or called *811 for more information about available supports for when you get home

Talk to family and friends on how you can be supported



Other:

Resources:

www.healthlinkbc.ca

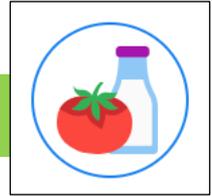
YouTube link:

Your Surgery Journey: Back Home

<https://www.youtube.com/watch?v=HITWRWvQfps&list=PLC2cab2YsYtWgKOj5nNT6w7ZKBgaN7UJ&index=12&t=0s>



Nutrition



Every surgical patient can benefit from a review of their nutrition.

Your body will need extra calories, protein, vitamins and minerals to heal after your surgery.

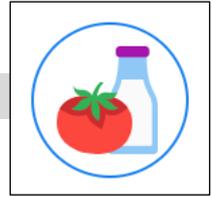
Changes you can do during pre-surgery optimization

- Meet with a healthcare provider (GP, clinic doctor or Dietitian) to create a plan together to help improve your nutrition.
- Access <https://www.HealthlinkBC.ca> or call *811 for more information about nutrition – be sure to tell them you are going for surgery
- Complete a Three Day Food Intake Diary to take with you to your healthcare provider
- Other: _____

Question for my healthcare team:

Resources:

Healthy Plate



Healthy Eating for Seniors Handbook:

<https://www2.gov.bc.ca/gov/content/family-social-supports/seniors/health-safety/active-aging/healthy-eating/healthy-eating-for-seniors-handbook>

Canada's Food Guide

<https://food-guide.canada.ca/en/healthy-eating-resources/>

YouTube link:

VCH Healthy Plate

https://www.youtube.com/watch?v=wn1D_vbnXTc





HEALTHY PLATE



Vancouver
Coastal Health
Promoting wellness. Ensuring care.



vch.ca/healthyplate



Use the Healthy Plate to plan your meal.

Fill $\frac{1}{2}$ of your plate with vegetables, $\frac{1}{4}$ lean meat or alternatives and $\frac{1}{4}$ whole grains.

Include fruit in either the vegetable portion of your healthy plate or as a healthy snack.

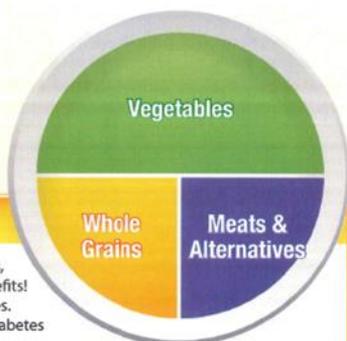
Include two servings of milk or alternatives in your day.

For more copies, go online at vch.ca/healthyplate or email phem@vch.ca and quote Catalogue No. BB.200.H43

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WHAT'S ON YOUR HEALTHY PLATE?



WHAT'S ON YOUR HEALTHY PLATE?

- Shift the food proportions on your plate to $\frac{1}{2}$ vegetables, $\frac{1}{4}$ whole grains, $\frac{1}{4}$ meat & alternatives and reap the benefits!
- Vegetables are very high in nutrients and low in calories.
- Vegetables reduce risk of chronic conditions such as diabetes and heart disease.

HELPFUL TIPS

Ways to eat:

- Eat when you are hungry.
- Eat slowly and enjoy your food.
- Have regular meals to avoid overeating.

What to eat:

- Satisfy your thirst with water.
- Include fruit in either the vegetable portion of your healthy plate or as a healthy snack.
- Include two servings of milk or alternatives in your day.
- Meat and alternatives can include fish, lean meats, eggs, beans and nuts.
- Choose healthy oils such as olive, canola or peanut oil.

PORTION GUIDE

To avoid over-filling your plate, here's a handy portion guide:



Whole Grains:
Choose an amount the size of your fist.



Vegetables: Choose as much as you can hold in both hands.



Meat & Alternatives:
Choose an amount up to the size of the palm of your hand and the thickness of your little finger.

THE PLATE IS A USEFUL TOOL FOR PARENTS OF SCHOOL AGE CHILDREN

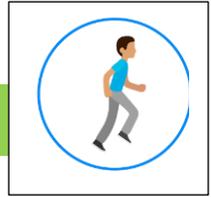
Reminder for parents:

- Parents and caregivers decide what, when, and where food is offered.
- The child decides whether to eat, and how much food to eat from what is offered.
- Set a routine for regular meals and snacks.

For more tips, links and helpful advice visit:
vch.ca/healthyplate

Vancouver Coastal Health
Promoting wellness. Ensuring care.

Physical Activity



Every surgical patient can benefit from a review of their physical activity.

We would like you to increase your level of activity prior to surgery.

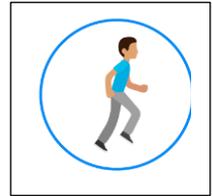
Research tells us that people who participate in a progressive program of physical activity can improve their postoperative outcomes.

Benefits to health start at just 30 minutes of physical activity a week.

Changes you can do during pre-surgery optimization:

- Meet with a healthcare provider (GP, clinic doctor, Physiotherapist, Kinesiologist, or other) to create a plan together to improve my physical health. Some Physiotherapy and Kinesiology clinics have programs just for the preoperative patient that will be customized just for you.
- Increase your level of activity. Track the number of days you exercise and how long you exercise for. We suggest you start slow with 10 minutes / 3 days a

week and gradually build up
– ideally to 30 minutes / 5 days a
week. Consult with a healthcare
provider prior to starting an exercise
plan.



- Access <https://www.HealthlinkBC.ca> or called *811 for more information exercises you can do with my current physical condition
- Other: _____

HOME EXERCISES

By following this home exercise “prescription”, you are participating in a Vancouver Coastal Health quality improvement initiative. Thank you for helping improve surgical care!

The following exercises have been adapted from the Otago Exercise Program. They are to be conducted at home without supervision. We recommend completing the exercises listed here **three times a week** prior to surgery.

Safety of our patients is of utmost importance to us. Never exercise holding on to an object which may move, for example a chair. Always use the side of something stable like a bench or solid table.

Please stop exercising if you start to feel dizzy, have chest pain or shortness of breath and contact your doctor.

RECOMMENDED EXERCISE: YouTube links and descriptions:

In each session, please conduct the following exercises. Between each set of exercises take three deep breaths or more. You may feel a bit stiff after you first start to exercise. This is quite normal. It is because you are using muscles which may not be used to exercise. It is important that you keep on exercising. The stiffness will leave as your body becomes more familiar with exercise

Calf raises	10 times
Knee bends	10 times
Sit to stand (<i>2 hands for support</i>)	10 times
Walk up flight of stairs	1 flight

Calf Raises

Stand facing a bench, stool, or table
Place your feet shoulder width apart and flat on ground
Raise your heels and come on to your toes
Stay up for 1 second and slowly come back down so your feet are flat again
Repeat this 10 times

https://www.youtube.com/watch?v=3TC3DOWm_mo&feature=youtu.be



Walking up Stairs

Hold onto a hand rail for support
Walk up and down one flight of stairs (10-14 stairs)
Do this just once

<https://www.youtube.com/watch?v=Y-Md2YsxdO4&feature=youtu.be>



Sit to Stand

Sit on a chair facing forward
Place your feet flat on the ground and shoulders width apart
Lean forward and stand up straight <i>(You can use your hands to help push off if required)</i>
Sit back down slowly
Repeat 10 times

<https://www.youtube.com/watch?v=9peUmLjckS4&feature=youtu.be>



Knee Bends

Stand facing a bench, stool or table
Place your feet shoulder width apart and flat on the ground
Squat down as far as you can safely by bending your knees
Stand back up to straight position
Repeat 10 times

https://www.youtube.com/watch?v=i_wqRQsYBP8&feature=youtu.be



Other Resources and Exercises:

Walking

Walking is an excellent way to enhance your general fitness. Try going for a walk on the days between your exercises. Try to increase the distance you walk and the time you spend walking.

TIPS for Walking

- Wear comfortable shoes
- Start with a warm-up like marching on the spot for two minutes

When you walk

- The shoulders are relaxed and the arms gently swing
- Look ahead, not down
- With each step the heel lands first, then you push off on the toes

- Finish with a warm down like marching on the spot or two minutes
- Enjoy yourself!

Day to Day

Did you know you can improve your general fitness simply by being more active in your day-to-day life?

Here are some examples of activities to build into your day:

- Walk instead of driving to the shops
- Walk to talk to a neighbour instead of phoning
- Take the stairs rather than the lift or escalator
- Get off the bus a block early and walk home
- When visitors and family arrive, go for a walk with them before having a cup of tea
- Garden when the weather permits
- Stand to fold washing

Fitness Links:

24 Hour fitness – 23 & ½ Hours

<https://www.youtube.com/watch?v=3F5Sly9JQao&list=PLC2cab2Ys-YtWgKOj5nNT6w7ZKBgaN7UJ&index=5&t=0s>



The Importance of Intensity in Physical Activity

<https://www.youtube.com/watch?v=OMn8Tq5Eyao&list=PLC2cab2Ys-YtWgKOj5nNT6w7ZKBgaN7UJ&index=7&t=0s>



By maintaining your program, you can improve balance, muscle strength, general fitness and general wellbeing.

Reminders:

- Physical activity can reduce all causes of mortality more effectively than medication
- Risk of harm from moderate physical activity is small, while the adverse effects of inactivity and sedentary time are clear

Contact your doctor if while exercising you experience....

- Dizziness
- Chest pain
- Shortness of breath (*you are unable to speak because you are short of breath*)

PHYSICAL ACTIVITY: SOME OF THE POTENTIAL BENEFITS

30% lower all-cause mortality comparing most active individuals with least active.
Even 10 minutes of brisk walking a day is likely to reduce mortality by up to 15%, irrespective of baseline fitness

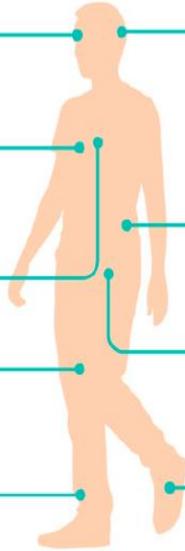
30-40% lower risk of metabolic syndrome and type 2 diabetes

20% lower risk of breast cancer

20-35% lower risk of cardiovascular disease

Walking is strongly associated with lower body fat, more so than playing sports

Reduction in incident osteoarthritis by 22-83%



20-30% lower risk of depression & dementia

Walking gives better relief from low back pain than specific exercises

30% lower risk of colon cancer

30% reduction in falls for older adults