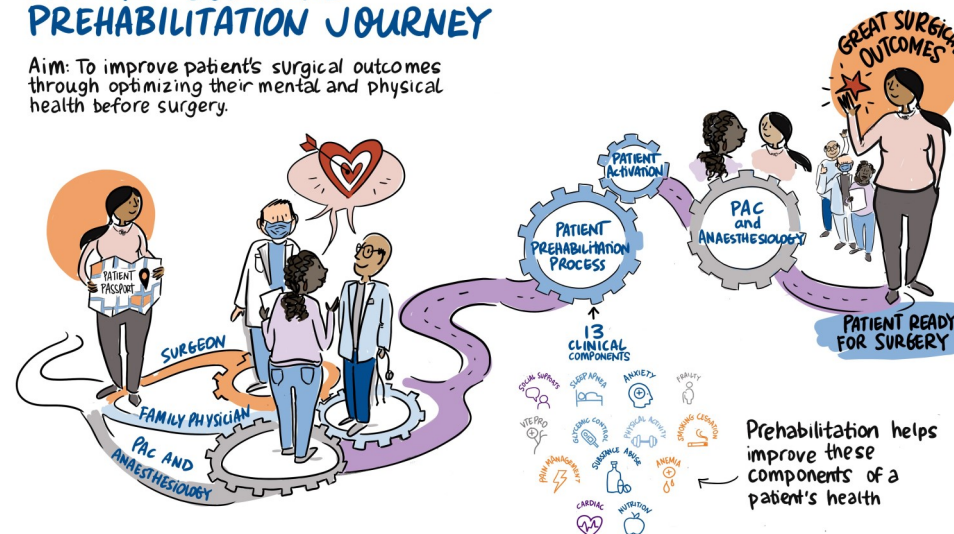


PRH Surgical Passport Orthopedic Patients

PATIENT SURGICAL PREHABILITATION JOURNEY

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



**This is an important tool for preparing for surgery.
Please keep and bring to all appointments**

Passport to Surgical Optimization

WHAT & WHY?

“Surgical optimization” or “pre-habilitation” are terms that refer to the process of strengthening your physical, nutritional and mental conditions while you are waiting for surgery. Research has shown that successful surgery is not dependent on the actual operation alone, but also on the patient’s overall health status.

Physically and **emotionally** preparing for surgery can significantly reduce your risk of complications during and after surgery as well as speed up your recovery time.

MY CARE TEAM:

Family Doctor: _____

Pharmacist: _____

Nurse Navigator: _____ 250-488-5158

Surgeon: _____

Specialist Physicians: _____

Recreational Support: _____

Dietician: _____

Physiotherapist Navigator: ___ 250-770-3474

Social Worker: _____

Pre-Surgical Screening : _____ 250-492-9088

MY APPOINTMENTS:

Class 1 Prehab Education _____

Pre-Surgical Screening Clinic _____

Class 2 Physio Appointment _____

Internal Medicine (If required) _____

I HAVE COMPLETED THE REQUIRED DIAGNOSTIC TESTS

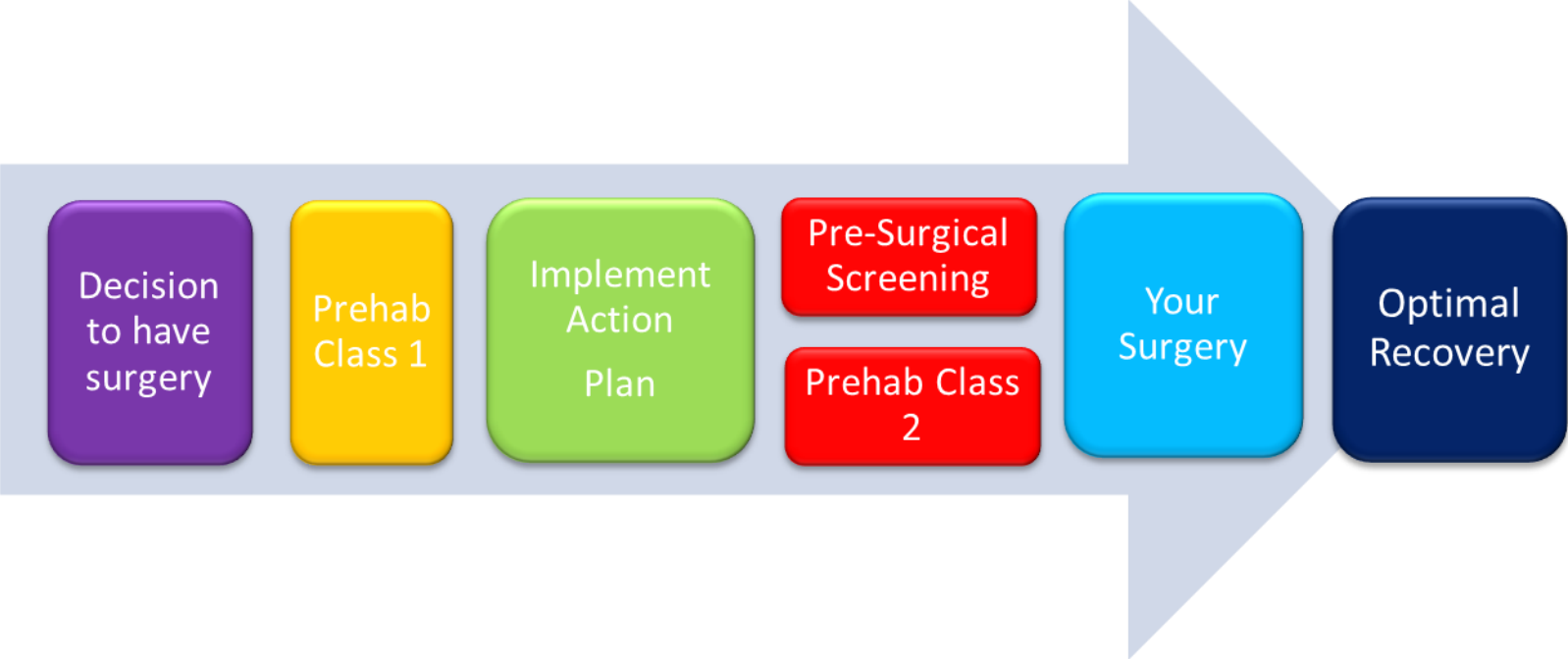
Laboratory _____

ECG _____

X-Rays _____

Additional Tests. _____

Your Pre-Surgical Journey



Pain Management

Managing pain is an important first step in any pre or rehabilitation program. If you are experiencing unmanageable pain, it's unlikely that you will be able to focus on anything else. The key to managing pain is to:

1. Understand how pain works.
2. Understand how pain affects you and your life.
3. Learn skills to help you cope with your pain.

If you are having pain when walking, and you are not using a mobility aid, start using a device such as cane, crutches, or a walker, until you can walk more comfortably.

RESOURCES:

- Physiotherapy Navigator—250 770-3474
- Your **Before, During and After** Arthroplasty Handbook
- **Your Pharmacist** or Call **8-1-1** to speak to a pharmacist or Nurse
- www.liveplanbe.ca Free chronic pain education and self-management website
- Please visit <http://oasis.vch.ca/media/OASIS-Hand-Osteoarthritis-Protecting-Your-legs-feet.pdf> to learn more on protecting your joints in your legs and feet.
- lifeisnow.ca is a website designed to provide resources for people to learn how to manage their own pain. A number of their resources are available for free.
- https://www.youtube.com/watch?v=C_3phB93rvI Understanding Chronic Pain in Less than 5 Minutes (YouTube)

Pain Management

Pain Control Strategy – Ice

Reduces inflammation, pain and swelling:

- Wrap your joint in a towel.
- Apply ice for a maximum of 20 minutes.
- Repeat as often as every two hours.
- Use a Gel ice pack or Cryo cuff.

Pain Control Strategy-Heat

Decreases stiffness, relaxes tense muscles:

- Apply max 20 minutes.
- Don't apply heat if joint is already hot or throbbing.
- Heat should be avoided after surgery- use ice only.

Planning Ahead

- Take pain medication regularly BEFORE pain becomes an issue.
- Take pain medication as prescribed.



Nutrition

Good nutrition is vital both to your preparation for and recovery from surgery. Consuming a range of key nutrients is one of the best ways to "train" for surgery and one of the best ways to lower your risk of complications and to help your body heal and recover after your procedure.

My plan to improve my nutrition before surgery is: _____

RESOURCES:

- Call **8-1-1** Dietician services @ HealthLink BC
- <https://www.healthlinkbc.ca/healthy-eating>
- <http://www.unlockfood.ca>
- <https://theprehabproject.ca/nutrition> (SNAQ Questionnaire)
- **Diabetes Canada** <http://www.diabetes.ca>
- The following are links to local, affordable, and healthy meals that can be delivered to your home if you are having trouble cooking for yourself:
 - <http://www.mealsonwheelspenticton.org>
 - <http://www.bettermeals.ca>
- **Penticton Diabetes Education Clinic:** Ph 250-770-3530 Self Referral
- **Hip & Knee Program Nurse Navigator: Shaney Weirich** cell 250-488-5158
- **Private Practice Dieticians** (Fee for Service)



Nutrition

Proper nutrition is required for proper healing and to fight off infection!!

- Protein-Your body needs PROTEIN for healing.
- Iron- helps to maintain blood iron levels and reduce risk of blood transfusion.
- Fiber – helps to keep bowels regular.
- Vitamin D, B12 and Calcium are also important for bone healing.

Controlling Blood Sugar Levels

Sugar levels that are too high can increase your risk of:

- Infection after surgery.
- Increased length of stay in the hospital after surgery.



Exercise

You don't have to run a marathon or work out in a gym to improve your outcomes after surgery. Increasing the amount of activity you already do, by adding a walking program to your daily activities, or taking a gentle exercise class you can significantly improve your heart and lungs. Exercising will also help to control high blood pressure and high blood sugars, if you have these. Work with your care team to develop an exercise plan that is best for you.

My exercise plan before surgery is: _____

RESOURCES:

- <https://theprehabproject.ca/exercise> = exercise videos for surgical patients
- **Penticton Community Recreation Centre:** 325 Power St. 250 - 490 - 2426
- **Indoor Walking Tracks**
 - ⇒ South Okanagan Events Centre Indoor Walking Track
 - ⇒ Adidas Sportsplex Indoor Walking Track: 550 Eckhardt Ave
- **Physiotherapist Navigator**
- Available by phone for questions regarding activity/exercise and community programs
 - ⇒ 250-770-3474
- **Private Physiotherapists, Gyms, Yoga studios, Pilates studios**
 - ⇒ Supervised Exercise Program (Fee for service)
- **GLA:D Canada (Oliver and Penticton)**
- **23 1/2 Hours—Dr. Mike Evans** <https://www.youtube.com/watch?v=aUalnS6HIGo>
- <https://www.pentictonseniors.org/health-fitness>

Strengthen:

- Optimize leg strength—strong legs will help you stand more easily after surgery.
- Strong arms and core muscles will help you mobilize more easily after surgery.

Stretch:

- Loosen tightened muscles to help you to recover range of motion after the operation.

Cardiac Fitness:

- Will give you more energy, and builds your endurance.

Balance:

- Will help with mobility now and after surgery.



Smoking Reduction/Cessation

We know you've heard it before: Smoking is bad for your health. What you may not realize is smokers who have surgery are at higher risk for several complications—see next page.

You can change this!

But knowing all of this doesn't make it easier to actually quit. We get that. Many smokers try to quit many times. That's okay. Talk to your care team about the best plan to quit, or reduce smoking to significantly improve your chances of having a quick and smooth recovery.

My plan to quit or decrease smoking is:

RESOURCES:

- **Quit Now!** Phone 1-877-455-2233 <https://www.quitnow.ca/join> Text: QUITNOW to 654321
- **Dr. Mike Evans Stop Smoking video:** <https://www.youtube.com/watch?v=z16vhtjWKLO>
- **BC Smoking Cessation Program** <https://www2.gov.bc.ca/gov/content/health/health-drug-coverage/pharmacare-for-bc-residents/what-we-cover/drug-coverage/bc-smoking-cessation-program>
- Free 3 month supply of either nicotine gum or patches, or a free prescription for smoking-cessation drugs with a Pharmacist or General Practitioner's prescription.
- Visit your local pharmacist for advice and help on reducing/quitting

If you stop smoking/reduce use, 6-8 weeks before surgery and during recovery you will:

- Heal faster.
- Improve your breathing—less risk of pneumonia.
- Reduce your risk of infection (chest and wound).
- Improve blood/oxygen flow to your heart and other areas of your body—less heart complications.
- Reduce stress on your heart/lower blood pressure.
- Speed up bone fusion (healing) time.
- Shorten your hospital stay, GET HOME SOONER!!

Alcohol Reduction/Cessation

Alcohol cessation can also reduce post-surgical complications. If hazardous drinking is stopped 3-8 weeks prior to surgery the risk of post-surgical complications decrease.
No alcohol should be consumed within 24 hours prior to surgery.

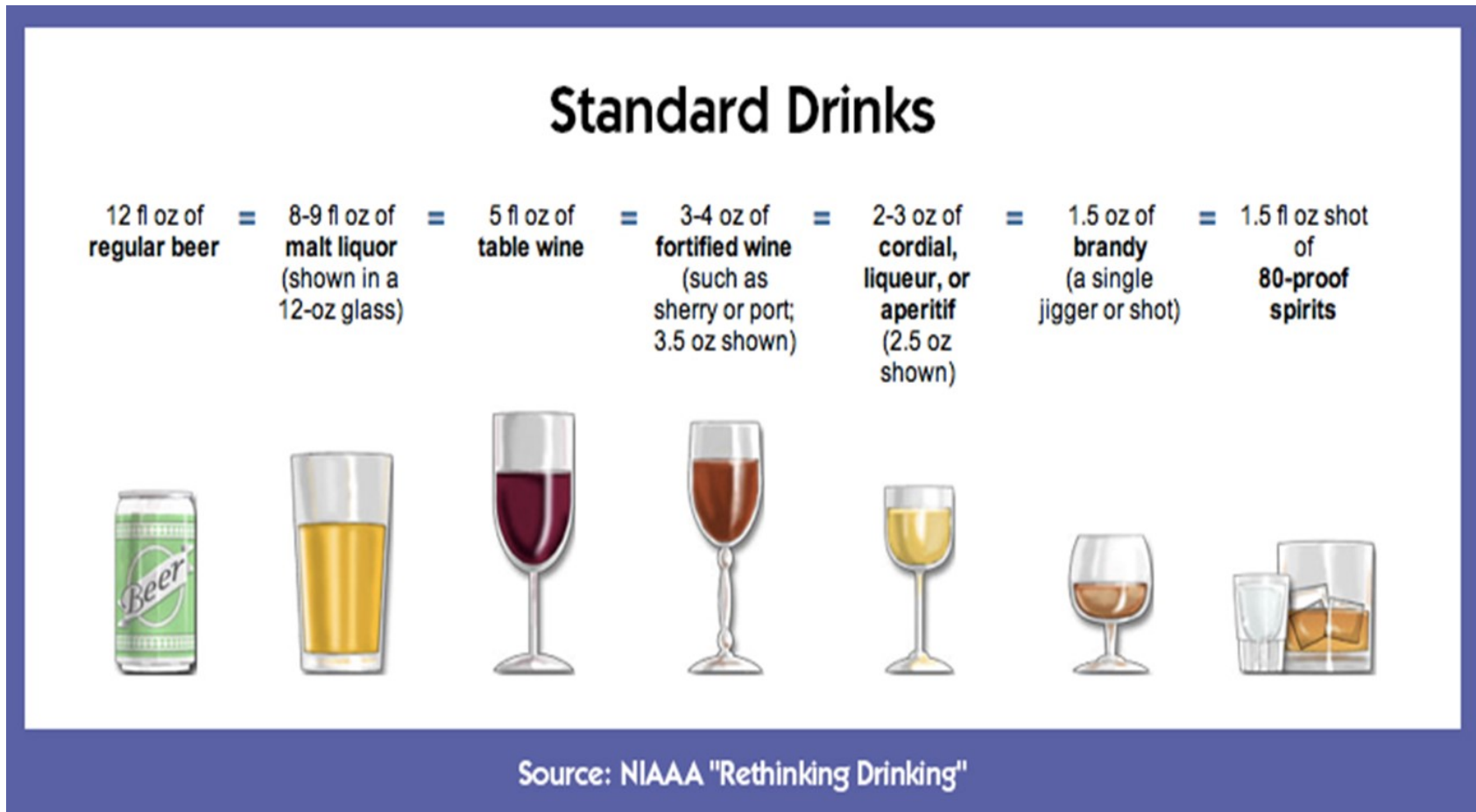
I am concerned about my drinking: Yes No

If yes, my plan to quit or decrease my alcohol consumption is: _____

RESOURCES:

- <https://theprehabproject.ca/alcohol-cessation> (for Canada's Low-Risk Alcohol Drinking Guidelines)
- **Pathways - Addiction Resource Centre** Phone 250-492-0400, 1-996 Main Street
 - ⇒ info@pathwaysaddictions.ca <http://pathwaysaddictions.ca/>
 - ⇒ Pathways offers several outpatient services including individual counselling, men's and women's groups, parenting groups and services for people whose lives' are being affected by someone else's use.
 - ⇒ Family Practitioner– help with choosing a medication regime to reduce/stop alcohol intake.
- **AL-ANON & Al-Ateen** Phone 250-490-9272
- **Alcohol: Drinking and Your Health.** <https://www.healthlinkbc.ca/health-topics/hw130547#tj2166>
- **The Lifeline Canada Foundation, BC** Phone 1-800-663-1441
 - ⇒ Alcohol and Drug Information and Referral Service

There are many ways to approach alcohol reduction including lifestyle changes, counselling, medication regimes and guided therapy.



Speak to your Family Practitioner to see which avenue might be the most beneficial for you!

Mental Health

There really is a mind-body connection, and stress prior to surgery can increase your risk for complications, including higher pain levels and slower healing.

The two main goals of optimizing your mental health prior to surgery are to reduce levels of stress and anxiety and to motivate you to follow a pre-habilitation plan.

It is important to feel supported during the pre-habilitation period. Sometimes, simply talking about your feelings can reduce your levels of stress and anxiety.

My plan to manage my mental health is:

RESOURCES:

- **Dr. Mike Evans Stress Management video:** <https://www.youtube.com/watch?v=I6402QJp52M>
- **Surgery Prep Meditation** https://www.youtube.com/watch?v=ocSj_3LcKuk
- Many online resources exist to help you on your mindfulness journey.
⇒ www.headspace.com is a website that will help guide you through the practice of meditation and mindfulness

Stress Management Techniques

Can help you stay in control of your health which will empower you to make changes.

- Deep breathing
- Meditation/Relaxation
- Mindfulness
- Tai chi
- Listening to calm music
- Yoga/Stretching



Sleep Apnea

Sleep apnea puts you at a higher chance of developing problems during and after surgery. It can cause problems because of the pain medicines you receive after surgery and the medicines that make you calm or put you to sleep during surgery.

- These medicines relax your throat muscles causing you to stop breathing more often.
- These medicines make it harder to wake up from sleep so you can breathe again.

Please tell your doctor if you have sleep apnea. It is very important for the doctors and nurses to know so that they can watch you closely and plan the safest care.

RESOURCES:

What you need to know about sleep apnea and surgery

<http://www.stopbang.ca/pdf/osabrochure.pdf>

You may have sleep apnea if :

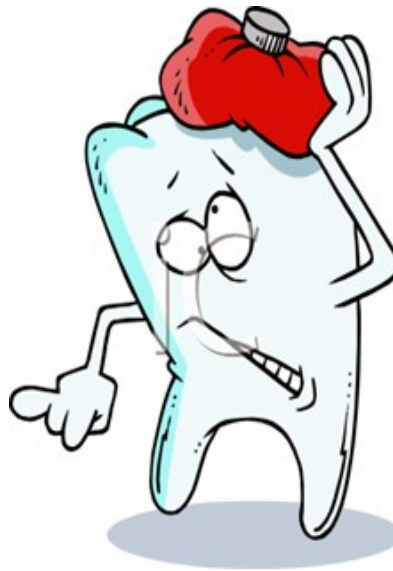
- You snore loudly, especially when you are lying flat on your back.
- People notice that you stop breathing during sleep and hear you choke, gasp, and suddenly wake up to take a breath.
- You feel very tired and sleepy during the day.
- You have headaches in the morning.
- You notice problems with your memory and concentration.



Dental Care

Dental decay can increase risk of infection after surgery.

Dental work (cleaning, fillings, major dental surgery) should be done 3 months prior to your joint surgery.



My dental appointment date is: _____

Preventing Blood Clots

There are numerous factors that can lead to blood clots but patients undergoing surgery are at a higher risk due to immobility. In order to reduce your risk make sure you:

- Take blood thinner medication as prescribed
- Follow the post-operative exercises
- Get up and move frequently



Lung Health

Prevent lung problems and get home faster - follow the COUGH instructions.



COUGH

C

Cough & Deep Breathe: After surgery, taking deep breaths and coughing helps to clear your lungs.



O

Oral Care: Brushing your teeth and using mouthwash twice a day keeps your mouth clean from germs.



U

Understanding: It is important for you and your family to take an active part in recovery. Pain should be controlled so you can take deep breaths, cough, sit up for meals, and get out of bed.



G

Get Out of Bed: Moving helps clear secretions from your lungs and helps you regain strength. Be safe, follow advice, and move.



H

Head of Bed Elevated: Being in an upright position after your operation helps your breathing.



Equipment - Mobility Aids

If you are having pain when walking, and you are not using a mobility aid, start using a device such as cane, crutches, or a walker, until you can walk more comfortably. You may need a **cane** or **walker** now and for after surgery.

Other useful equipment:

- Bath stool or bench
- Sock Aid
- Long handled Reacher and shoe horn
- Raised toilet seat
- Urinal
- Grab bars



Contact the Physiotherapy Navigator if you have any questions.

Home Preparation

- Transportation to the hospital and during recovery
- Length of stay in hospital may change
- Who will stay with you for the first 48 hours?
- Meals in Freezer
- Grab bars and hand held shower in tub/shower
- Clear clutter
- Railings on stairs
- Remove small mats
- Sturdy and firm chair with armrests, that is higher than your knee crease



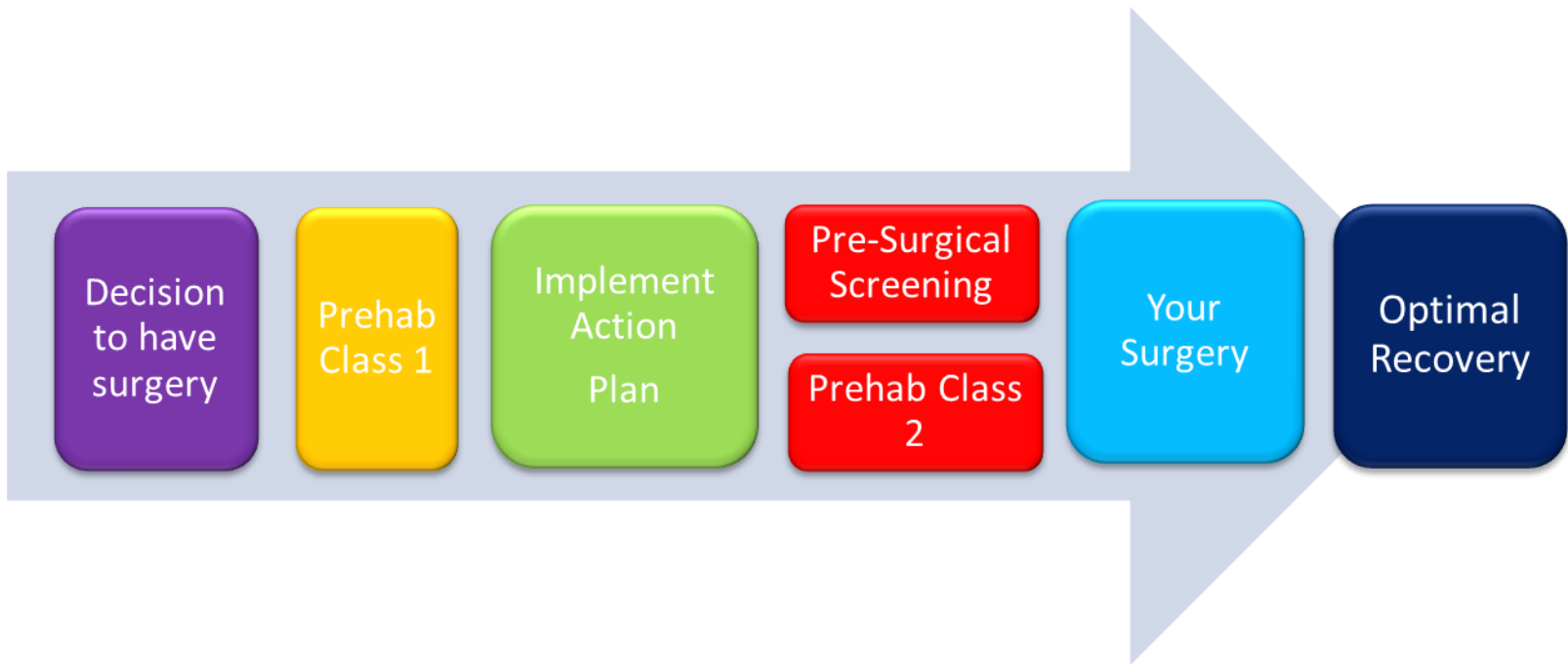
Family Physician or Nurse Practitioner

Making an appointment with your family physician or nurse practitioner is always a good idea before surgery, they can help you get physically and mentally prepared. They may want to check the following:

- Iron Levels
- Hemoglobin A1C (blood sugar) Levels
- Sleep Apnea
- Review prehab goals



Pre-Surgical Optimization Pathway



Additional Factors

You may have additional factors to consider that are unique to you and your health. You and your care team will determine if there are any other tools, resources, or strategies that can help optimize your health for surgery.

Additional risks that I need to consider: _____

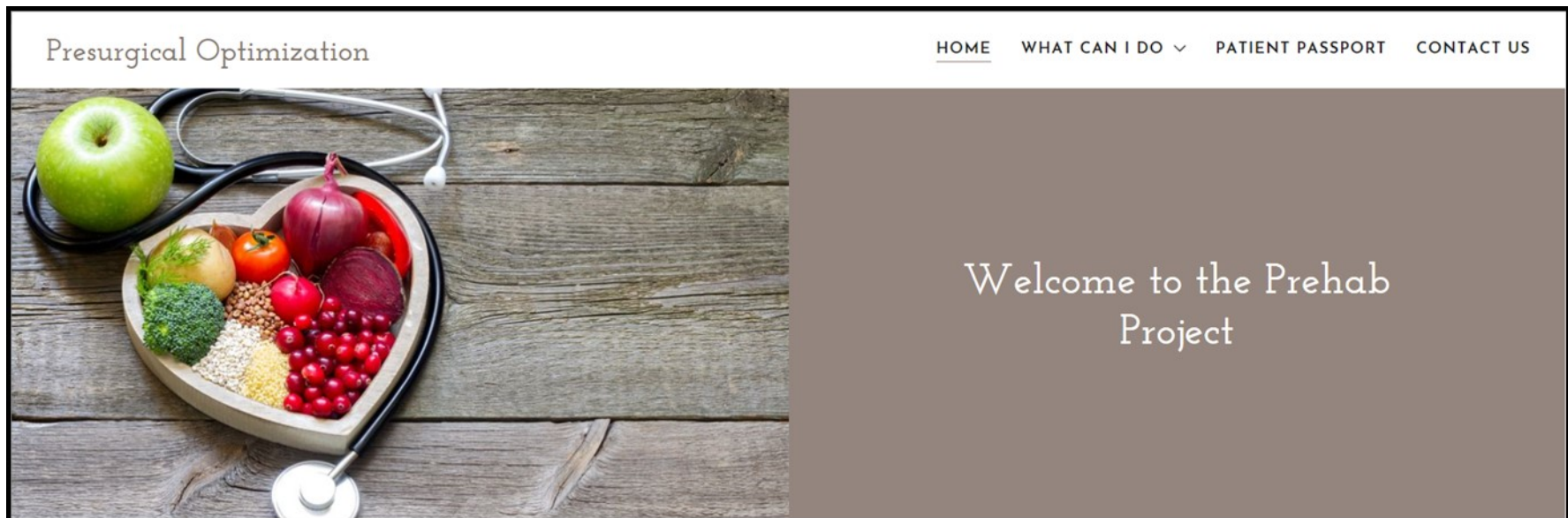
What to Expect Now

- O.R. booking will call with your OR date several weeks before surgery
- Pre-Surgical Screening will call and book you for appointments with:
 - Nurse and Anesthesiologist
 - Lab work, ECG and X rays
 - PRH Physiotherapist telephone interview

The Prehab Project - Website

This website was developed in collaboration with the BCPSQC (B.C. Patient Safety & Quality Council) as part as a funded student intern project. It will provide you with resources to help you do this.

<https://theprehabproject.ca/>



YOUR NOTES:
