Ortho Pre-Surgery Group Plan

Assessment Patients referred for psychological assessment are informed about the pre-surgery group and its goals. During the assessment, Kate will evaluate each patient's overall wellbeing, their suitability for the group, primary concerns about surgery, accessibility needs, and expectations. This assessment ensures that participants are appropriately prepared to engage in the group and that it will be as beneficial as possible.

Professionals Involved

- Lead: Kate Hurst (Trainee Health Psychologist)
- Co-Lead: Jennifer Hare (Consultant Health Psychologist)
- Surgical team: Sophia Shah and Kathy Fan

Group Structure The pre-surgery group will last between 1.5 to 2 hours, be held in person, and have a maximum of 10-12 participants. These patients will either be scheduled for surgery or awaiting a confirmed date.

Introduction The session will begin with introductions to the professionals involved, followed by an overview of the session objectives. The facilitators will outline expectations and explain what participants will gain from the session, ensuring space for any questions.

Prehabilitation Prehabilitation is an evidence-based approach designed to optimise patients' physical and psychological health prior to surgery, facilitating quicker recovery post-operation and reduced likelihood of post-operative complications. Research demonstrates that engaging in prehabilitation can help patients return to baseline levels of health and wellbeing faster post-surgery than those who do not participate (Carli & Scheede-Bergdahl, 2015).

This segment will illustrate the preparation phase through a visual graph, comparing the recovery trajectories of patients who engage in prehabilitation versus those who do not. The emphasis will be on preparing the body and mind similarly to how one would train for a marathon. Topics covered for prehab will include physical activity, nutrition, smoking cessation, and psychological readiness. Drawing on the cognitive-behavioural therapy (CBT) model, this element will also address specific patient concerns, alleviating anxiety through targeted cognitive reframing techniques utilising group discussions + activities.

Surgery Information Sophia and Kathy will provide a detailed overview of the surgery itself. This portion will include a Q&A session lasting 30-45 minutes, allowing patients to clarify any final uncertainties and gain a deeper understanding of the surgical process.

Rehabilitation The rehabilitation segment will focus on the recovery period, covering three main areas: physical activity, nutrition, and psychological adjustment.

- **Psychological Adjustment:** Patients will be guided through methods to maintain emotional resilience during recovery, including mood regulation, goal setting, and planned activities. Group discussions will help participants anticipate post-surgery challenges, such as taking time off work. The discussion will be designed to foster

community support and shared experiences, which literature shows can help reduce post-surgical anxiety (Jakobsen et al., 2014).
- **Physical Activity and Nutrition:** Information on these areas will need to be provided in collaboration with the surgical team to ensure that patients receive tailored advice based on the specific needs of this surgery.

Participants will be guided through **a visual roadmap** outlining key processes/timeframes from the day of the group session through to discharge. A checklist of essential items to bring to the hospital will be provided along with space to add personal additions and notes.

Recovery Box Patients will be encouraged to develop their own recovery box, containing personal items such as photos, music, or cards that bring comfort and support emotional wellbeing during recovery.

Additional Points

- All key points covered in the group will be compiled in a printed document for patients to take home.
- **Evaluation:** Pre- and post-group questionnaires will be used to evaluate patients' understanding of the surgery, their expectations, preparedness, confidence, and the degree to which their concerns were addressed. This will help assess the overall effectiveness of the session. Longer-term evaluation will also be carried out (timing and method to be determined).