

# **PRE-SURGICAL PASSPORT**



This is an important tool for preparing for surgery

***\*\*PLEASE KEEP AND BRING  
TO ALL APPOINTMENTS INCLUDING  
THE DAY OF SURGERY\*\****

Your Privacy and Confidentiality will be protected

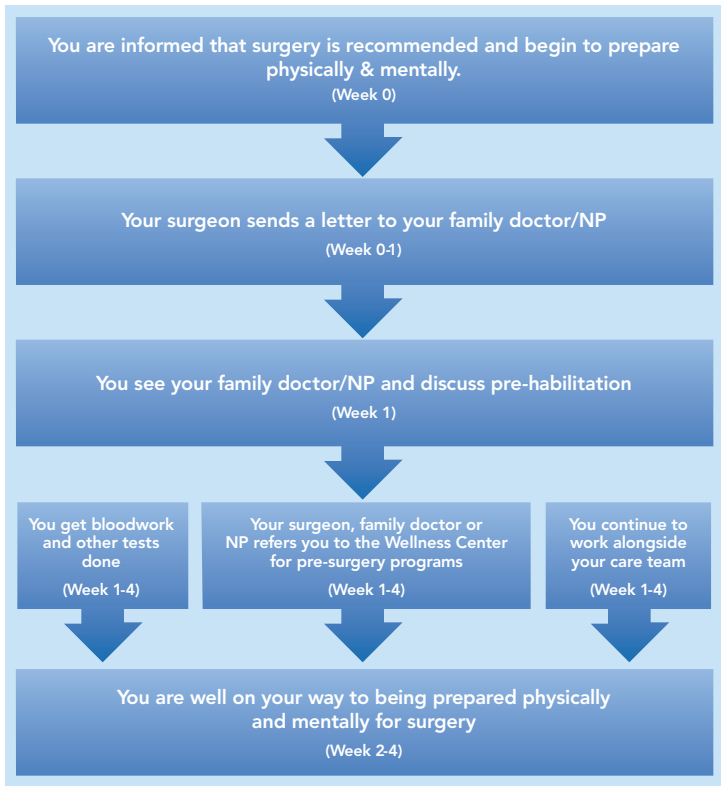
## **WHY IS THIS PASSPORT HELPFUL...**

This Passport, along with the support of your Care Team and the *Getting Ready for and Recovering from Surgery* manual (Island Health), will help you get ready for surgery. Patients who are prepared for surgery are more likely to have a smooth and uncomplicated recovery.

## **MY CARE TEAM**

These health care professionals, family members and friends are here to support me before, during and after surgery

- Family doctor \_\_\_\_\_
- Nurse Practitioner \_\_\_\_\_
- Surgeon \_\_\_\_\_
- Anesthesiologist \_\_\_\_\_
- Specialist physicians \_\_\_\_\_
- Pre-admission nurse \_\_\_\_\_
- Wellness Center \_\_\_\_\_
- Recreational Support \_\_\_\_\_
- Nurses \_\_\_\_\_
- Dietician \_\_\_\_\_
- Physiotherapist \_\_\_\_\_
- Cultural Support \_\_\_\_\_
- Social Worker \_\_\_\_\_
- Other: \_\_\_\_\_

**PRE-SURGICAL PATIENT FLOW**

**EXERCISE**

Exercise is an important component of preparing for surgery. Work with your care team when deciding on exercise plans.

My exercise plan before surgery is:

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**COMMUNITY RESOURCES:**

- **Wellness Centre - Pre-habilitation Program**  
375 2 Ave Campbell River, BC V9W 3V1  
Ph: 250.286.7151
- **Strathcona Garden - Exercise Programs**  
225 South Dogwood St, Campbell River, BC V9W 8C8
- **City of Campbell River Parks, Recreation & Culture**  
800 Alder St S, Campbell River, BC V9W 7J1  
Ph: 250-923-7911
- **Community Physiotherapists - Supervised Exercise Program**

**LINKS TO HELPFUL RESOURCES:**

- **23 1/2 Hours - Dr. Mike Evans**  
<https://www.youtube.com/watch?v=aUaInS6HIGo>

## **NUTRITION**

A high energy (calorie) high protein diet before surgery leads to a faster recovery and helps maintain a healthy weight.

My plan for a high caloric/protein diet is:

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### **COMMUNITY RESOURCES:**

- **Wellness Centre - Pre-habilitation Program**  
375 2 Ave Campbell River, BC V9W 3V1  
Ph: 250.286.7151
- **Wellness Center - Dietician Consult**  
375 2 Ave Campbell River, BC V9W 3V1  
Ph: 250.286.7151
- **City of Campbell River Parks, Recreation & Culture**  
800 Alder St S, Campbell River, BC V9W 7J1  
Ph: 250-923-7911

### **LINKS TO HELPFUL RESOURCES:**

- **Insert ERAS Nutritional Handout**  
<https://bit.ly/2l4AF72>

## SMOKING CESSATION

Quitting or decreasing smoking before surgery will significantly improve your chances of having a quick and smooth recovery. Talk to your care team about quitting or decreasing smoking.

My plan to quit or decrease smoking is:

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My plan to quit or decrease smoking starts on

Date: \_\_\_\_\_

### COMMUNITY RESOURCES:

- **Wellness Centre - Pre-habilitation Program**  
375 2 Ave Campbell River, BC V9W 3V1  
Ph: 250.286.7151
- **City of Campbell River Parks, Recreation & Culture**  
800 Alder St S, Campbell River, BC V9W 7J1  
Ph: 250-923-7911

### LINKS TO HELPFUL RESOURCES:

- **Quit Now Patient Handout**  
<http://www.quitnow.ca>
- **Mike Evans Stopping Smoking Video**  
<https://www.youtube.com/watch?v=z16vhtjWKLO>

## **MENTAL WELLNESS & STRESS MANAGEMENT**

Overall mental wellness is an important presurgery consideration. Learning stress management strategies, relaxation techniques and how to manage post-surgery delirium can minimize any complications.

I have discussed delirium risk with my family doctor:  Y  N

Mini-mental exam (Score: /30)

Techniques and strategies I will use are:

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### **COMMUNITY RESOURCES:**

- **Wellness Centre - Pre-habilitation Program**  
375 2 Ave Campbell River, BC V9W 3V1  
Ph: 250.286.7151
- **Counselling Support - By referral**
- **City of Campbell River Parks, Recreation & Culture**  
800 Alder St S, Campbell River, BC V9W 7J1  
Ph: 250-923-7911

### **LINKS TO HELPFUL RESOURCES:**

- **Surgery Prep Meditation**  
[https://www.youtube.com/watch?v=ocSj\\_3LcKuk](https://www.youtube.com/watch?v=ocSj_3LcKuk)
- **90:10 Dr. Mike Evans- Stress Management**  
<https://www.youtube.com/watch?v=l6402QJp52M>

## **MEDICATIONS**

Most medications can be taken as usual, up to and including the day of surgery. Members of your care team will determine which medications should be stopped and when.

Bring all your medication, including over the counter medications, supplements, herbal or natural remedies to all your future appointments.

Medications I am required to stop or change are:

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Medications I am required to start are:

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## **ANEMIA MANAGEMENT**

Managing anemia prior to surgery reduces blood transfusions, hospital stays, and promotes early mobilization. You will have your hemoglobin tested.

My Hemoglobin is \_\_\_\_\_ (Normal = Men 140-160; Women 120-160)

My Ferritin is \_\_\_\_\_ (Normal = Men 20-500 ng.ml; Women 20-200 ng/ml)

Based on my bloodwork I have been recommended to:

- No treatment recommended \_\_\_\_\_
- Take oral iron \_\_\_\_\_ mg/day and vitamin C \_\_\_\_\_
- IV iron infusions \_\_\_\_\_

**ADDITIONAL CONSIDERATIONS**

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 I need to consider are:

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Options, tools, strategies or resources to reduce these risks are:

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# Campbell River and District Division of Family Practice

A GPSC initiative



island health

SharedCare

Partners for Patients



FACILITY  
ENGAGEMENT

CAMPBELL RIVER MEDICAL  
STAFF ENGAGEMENT  
INITIATIVE SOCIETY

Campbell River & District Division of Family Practice  
[www.divisionsbc.ca/campbellriverdistrict](http://www.divisionsbc.ca/campbellriverdistrict)