

FACILITY ENGAGEMENT
CAMPBELL RIVER MEDICAL
STAFF ENGAGEMENT
INITIATIVE SOCIETY

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

This is an important tool for preparing for surgery



PRE-SURGICAL PASSPORT

 **Division of Family Practice**
A GPSC Initiative

 **island health**

 **SharedCare**
Partners for Patients

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.

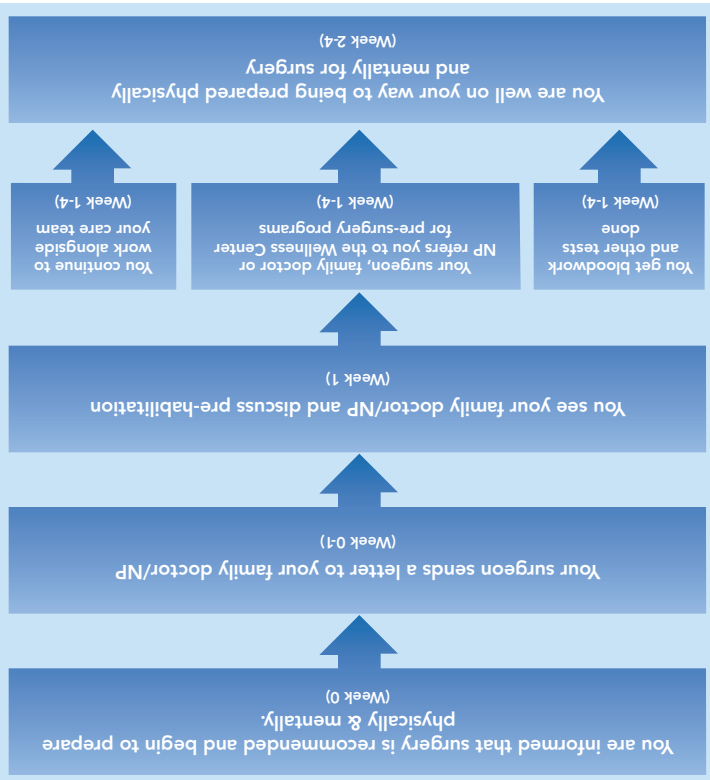
MY CARE TEAM

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: _____

NOTES

**YOU ARE WELL ON YOUR WAY TO BEING PREPARED
PHYSICALLY, AND MENTALLY FOR SURGERY**



PRE-SURGICAL PATIENT FLOW

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

Additional risks I need to consider are:

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 CONSIDERATIONS

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:

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 _____

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=aUalnS6HIGo>

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:

COMMUNITY RESOURCES:

- **Wellness Centre - Pre-habilitation Program**
375 2 Ave Campbell River, BC V9W 3V1
Ph: 250.286.7151
- **Wellness Centre - 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/214AF72>

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:

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:

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:

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
- **90:10 Dr. Mike Evans- Stress Management**
<https://www.youtube.com/watch?v=l6402QJp52M>