



UPMC in Central Pa.

Your Guide to Surgery Optimization



UPMC
LIFE CHANGING MEDICINE

Welcome to the Surgery Optimization Clinic (SOC)

At UPMC our goal is to make sure you are as healthy as possible. Surgery and anesthesia can be very stressful on your body and your health. Your surgery and recovery may be more successful if you know what to do before surgery to get as healthy as possible. This is called optimization.

Our Surgery Optimization Clinic (SOC) can help you get ready for your surgery by providing you with a personalized plan prepared by a team of expert care providers. We connect you with the resources and support you may need to make lifestyle changes that can lead to a better and healthier recovery.

Turn to page 9 for a checklist that will help you through your optimization journey.

Before Your Appointment

We will call you to schedule your appointment at the SOC. At that time we will let you know how long your appointment will take (usually 1 hour).

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Make sure you bring these items with you to your appointment:

- Your insurance card(s)
- A list of the medicines you are currently taking
- The names and phone numbers of your doctors, including your primary care doctor (PCP)

What to Expect at Your Appointment

Our team is here to help and support you through every step of the surgical process. When you come to the SOC, you will meet with an Advanced Practice Provider (APP). APPs include nurse practitioners, who have advanced education and clinical training. They are important members of your personal care team. You will also have the support of a nurse navigator who will help you before your surgery.

The nurse practitioner and nurse navigator will:

- Evaluate your medical health and ability to safely receive anesthesia
- Talk with you about your current lifestyle to help put together your optimization care plan
- Teach you the best way to keep track of your health and any lifestyle changes that may need to be made
- Help you prepare for a safe and successful surgery and recovery

Your appointment at the SOC may have a copay depending on your insurance coverage. Please check with your insurance provider.

Your Anesthesia and Medical Evaluation

Before your surgery it is very important that you receive a medical exam, which will also include an anesthesia assessment. The nurse practitioner will speak to you about your current medical condition that requires surgery, as well as your past medical history, previous surgeries, family history, allergies, and medicines that you take. You will also receive a physical exam. You may need some further testing and treatment to make sure that you are in the best health before your surgery.

Enhanced Recovery After Surgery (ERAS)

ERAS is a very safe and effective way of taking care of patients throughout the surgery process. Your nurse practitioner and nurse navigator will talk about steps to take before your surgery so that you can recover more quickly. As the patient, you are the team leader. What you eat, how you exercise, and what your habits are before your surgery will affect your recovery. Your efforts, together with your surgeon, anesthesiologist, and care team, will help you to recover better and faster. The things that you can do to help yourself are what we call your Optimization Care Plan.

Your Optimization Care Plan

Your Optimization Care Plan will help prepare you for surgery as well as help with your health and well-being for life after surgery. Your care plan will be created based on your needs, and may include nutrition recommendations, an exercise plan, and/or medical advice on how to best manage your pain. Here you will find more information about the different parts that your care plan may include.





Healthy Eating and Managing Your Weight

Your nurse practitioner and nurse navigator will talk with you about your current weight and the food you eat to see if you need to make any nutritional changes. The care team will use education materials, teach you about nutritional supplements, and will be able to refer you to a dietitian if needed. You may also receive complimentary (free) supplements, such as Ensure[®] Surgery Immunonutrition and Ensure[®] Pre-Surgery Clear Carbohydrate beverages.



Adding Activity to Your Daily Routine

Your nurse navigator will work with you to create an exercise plan that will help you build your strength. They will find aerobic activities that are appropriate for your unique health and wellness.



Breathing Exercises

You will talk with your nurse practitioner and nurse navigator about your medical history and any current breathing problems. Your care team will share your options for pulmonary (breathing) rehab, if necessary, and the best ways to manage your breathing problems before and after surgery.



Managing Your Pain

Your SOC care team will discuss pain management strategies to use before, during, and after your surgery. This information will include how to treat your pain after surgery, how to manage chronic (long-term) pain, and other ways to manage your pain without medicine. This will help to lower your pain and improve your ability to recover and return to a better state of health. The nurse practitioner will explain the best use of any pain medicines you currently take, new ways of managing pain during your surgery, and what to do after surgery so that you have a full understanding of everything being done to manage your pain.

If you or your nurse practitioner think that managing your pain will be difficult, you may be referred to a pain management specialist or other professional. If you are currently managing your pain with a pain management specialist, we will coordinate a pain management plan before your surgery. The overall goal is to put you in control of your pain, shorten your recovery time, and support the steps you are taking to improve your health.



Supportive Care Services

Your SOC care team knows that surgery is a stressful experience for your body and your mind, and cares about how you may be feeling. You may have fears, anxiety, or even depression about your diagnosis and treatment plan. It may be helpful to talk with a professional during this time. Your nurse practitioner can refer you to a trusted specialist who can help take care of your health-related social needs. With the support of your SOC care team you can be better prepared for surgery and have a quicker recovery to get back to the people and activities you enjoy.



Quitting Smoking

The SOC can connect you with resources and treatment options to quit smoking. These resources can help you be healthy and smoke-free for surgery, and stay smoke-free after surgery.



Managing Your Blood Sugar

The stress of surgery can raise your blood sugar. The SOC team will help you keep your blood sugar levels as close to normal as possible during the weeks before and after your surgery. This will help lower your risk for infection, speed up your recovery, and help your wound(s) heal faster.



Goals of Your Care

Your nurse practitioner and nurse navigator understand that you have values, expectations, and emotions when it comes to your health and well-being. Your nurse practitioner will talk with you about advance

care planning, what your care goals are during your hospital stay, and when you can go home after surgery.



Understanding Your Health Status

Your nurse practitioner will do an assessment to fully understand your health care needs. The SOC care team will share all of this information with your surgeon to make sure that you are as healthy as possible for surgery.

After Your Appointment

Your nurse practitioner will share your unique Optimization Care Plan with your PCP and surgeon. If your plan includes keeping track of your health, please feel free to use the checklist in this booklet, a notebook, computer, tablet, or smartphone to help you. When you meet with your surgeon again, having these notes may help them to better understand your challenges or progress. Your nurse navigator will continue to monitor your progress and support you up until the day before your surgery.

Your Optimization Checklist

What you eat, how you exercise, and what your habits are before surgery affect your recovery.

This checklist can help you keep track before surgery, so that you physically and mentally get ready for your surgery. Your SOC care team will check the boxes that apply to your personal optimization plan.

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☐ Healthy Eating and Managing Your Weight

Following a healthy diet is important for your health. If you are preparing for an upcoming surgery, a nutritious diet is even more important for you. Eating the right foods can boost your immune system and help you heal faster.

My nutritionist is: _____

Nutritional Supplements

- Drink Ensure[®] Surgery Immunonutrition - 2 beverages each day for 7 days before surgery and 5 days after. If you are diabetic, you should divide each beverage in half to replace your snacks.
- Drink Ensure[®] Pre-Surgery Clear Carbohydrate beverages or Gatorade G2[®] as directed before your surgery and the morning of your surgery.

Nutritional Calendar

Put a check mark on the days that you drink your Ensure[®] Surgery and Pre-Surgery drinks.

Month:						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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❑ Adding Exercise to Your Daily Routine

Walking is a proven way to improve your health and wellness.

Your care team recommends you walk 3,000 steps a day, or 30 minutes in a row a day, before surgery. You can use a pedometer to track your steps.



Walking Calendar

Check each day that you walk before your surgery. You can mark how many steps that you were able to walk based on your pedometer reading.

Month:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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❑ Breathing Exercises

Just as you can build up your arm and leg muscles with exercise, you can strengthen your lungs, chest, and abdominal muscles with breathing exercises. It is important to practice taking slow deep breaths and coughing before your surgery.



Increasing your lung capacity and training the muscles around them before surgery will lower your risk of developing pulmonary (breathing) problems, such as pneumonia and infection, after surgery.

Breathing Exercises Calendar

Check each day that you do breathing exercises like coughing and deep breathing before your surgery.

Month:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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❑ Quitting Smoking

Quitting smoking can help you to have a more successful surgery. Oxygen is needed for your tissues to heal. Smoking can lower the amount of blood, oxygen, and nutrients that go to your surgical site. Quitting 4 to 8 weeks before your surgery reduces complications after surgery by 20 to 30%.



Cigarette Calendar

Write down a mark for each cigarette you smoke a day and then count before bedtime. Try to lower the number of cigarettes smoked each day before your surgery.

Month:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Surgery Optimization Clinic Locations

Medical Office Building 2

(Located in the UPMC Pulmonary and Sleep Medicine Office)

2005 Technology Parkway

Suite 300

Mechanicsburg, PA 17050

2501 North 3rd St.

Landis Building, Third Floor

Harrisburg, PA 17110

366 Alexander Spring Road, Suite 2

(Located in the UPMC Endocrinology Office)

Carlisle, PA 17015

2690 Southfield Drive, Suite A

(Located in the UPMC Specialty Care Gastric Associates Office)

York, PA 17403

UPMC Outpatient Center

(Located in the UPMC Heart and Vascular Institute Office)

2201 Brunswick Drive

Suite 2200

Hanover, PA 17331

Phone: **717-782-4785**

Fax: **717-782-6471**

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