

Surgical Patient Optimization Collaborative (SPOC)

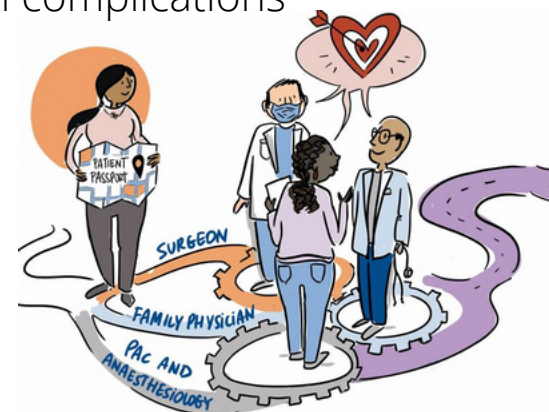
"To utilize the patient's pre-operative surgical wait time to create multi-disciplinary, structured, personalized programs to support improved outcomes after surgery"

Why?

The COVID-19 pandemic has backlogged surgeries worldwide, including Canada. Based on a report by BC's Ministry of Health, the stagnation has increased surgery wait time by 30%. However, we can utilize the wait time to our advantage with prehabilitation to optimize our surgery outcome and minimize the chance of post-operation complications.

Benefits of the program

- 100% free of charge for all services provided during the program
 - Help people build a sustainable healthier lifestyle, encouraging positive changes
- 84% of patients increased their physical activity prior to surgery
- 79% of smoking patients decreased or stopped smoking before surgery
 - Which increases the chances for positive surgical outcomes by 10X through a reduction in the number of surgical complications
- 42% of patients improved their nutritional status prior to surgery
- These interventions, alone or combined, can decrease people's length of hospital stay by up to 2 days

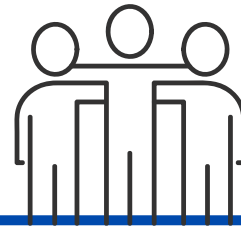


The team

All patients will be supported by our multi-disciplinary staff for their surgical care, including surgeons, anesthesiologists, nurses, operational leaders, general practitioners, specialists, and allied care providers.

How we can help

As a team, we will be working towards an optimization process fueled by acknowledging your experiences and a desire to improve your surgical outcomes.



What to expect

We will study your current health through 7 main components, including sleep apnea, frailty, physical activity, mental health, nutrition, smoking, and pain. Then based on the results, we will suggest interventions to improve your health prior to operation.

Questions/Want more information?

For any questions related to the program, please contact Dr. Emmanuel Abreu at Eabreu@Changepain.ca or call 604-566-9101 ext. 109

Want to get into the study or our services?

For non-CHANGEpain patients

Ask your physician to fax your referral to 604-566-9102

For CHANGEpain patients

No referral needed

References

1. BC Ministry of Health. A commitment to surgical renewal in BC: spring-fall. Vancouver (BC): 2020. May 7, [accessed 2021 July 21]. Available: <https://www2.gov.bc.ca/assets/gov/health/conducting-health-research/surgical-renewal-plan.pdf>.
2. Specialist Service Committee. Surgical Patient Optimization Collaborative - Outcomes Congress 2021. May 3, [accessed 2021 July 22]. Available: <https://sscbc.ca/programs-and-initiatives/transform-care-delivery/surgical-patient-optimization-collaborative-spoc-2>
3. Gillis C, Buhler K, Bresee L, et al. Effects of Nutritional Prehabilitation, With and Without Exercise, on Outcomes of Patients Who Undergo Colorectal Surgery: A Systematic Review and Meta-analysis. *Gastroenterology* 2018; 155: 391-410.e4.

