Optimizing Patients Prior to Surgery
Strong for Surgery Objectives

Offer resources to hospitals and clinics to help them optimize patient health

- Pre-surgery checklists for surgical patients in **Eight target areas**
- Implementation support to standardize best practices in clinical practice

Drive improvements to make surgery safer by getting research results back into health care practice to facilitate system change
First Four Modifiable Areas:

**Nutrition**
- Screening for malnutrition
- Testing Albumin levels for risk stratification
- Evaluating for evidence-based use of immunonutrition

**Blood Sugar**
- Screening for risk of diabetes
- Screening for blood sugar
- Monitoring perioperative glucose management

**Smoking**
- Screening to identify smoking habits & history
- Advising patient on how to establish a quit plan

**Medications**
- Identification of drugs that could cause bleeding & cardiac risks
- Reconciling herbal medications
Next Four Modifiable Areas:

**Pain Control**
- Appropriate Pain Control
- Strategies for those w/ Chronic Pain
- Return of unused pain medications

**Prehabilitation**
- Screening for frailty
- Screening for Cardiac disease
- Screening for Pulmonary disease
- Enhancing physical function

**Patient Directives**
- Advance Directive
- Financial Health
- Shared Decision Making

**Delirium Screening**
- Assessment
- Review medications
Patient’s Journey

1. Patient
2. Doctor’s Office
3. Operating Room
Traditional Surgical Efforts

Focused decision making in Hospital
Strong for Surgery Efforts

Focus Decision Making in Clinic
Instead of Readiness....

Why not Optimize?
Raising Awareness
Changing Practice
Behavior Change in the 21st Century

Public health campaign focused on surgeons, patients and other important stakeholders

Implementation Bundles

- Interactive tools (checklists) to help optimize patients prior to surgery
- Integrated into workflow
- Surveillance and data feedback
Hospital/Clinic Expectations:

- Workflow Mapping
- Change team formation
- Commitment through post-implementation

Strong For Surgery:

- Workflow Mapping
- Access to Online toolkit/Implementation guide

https://www.facs.org/quality-programs/strong-for-surgery/access
Change Team

- Clinic Teaching
- Pre-Anesthesia & Anesthesia
- Pain Service
- Surgery
- Physical Therapy
- Nursing
- Nutrition
- Pharmacy
- Social Work & D/C Coord
Workflow Mapping

• Maximize patient value + eliminate waste

• Optimize the flow of services through the system
  ✓ Map out processes
  ✓ Identify value & non-value steps
  ✓ Create implementation bundles incl. Checklists
  ✓ Empower staff
Phases of Implementation

- **Explore**
  - Needs Assessment
  - Engage with stakeholders, Form relationships, Identify local barriers

- **Initiate Action**
  - Convene Change Team
  - Focus on initial team & infrastructure

- **Learn Together**
  - Surveillance and Feedback
  - Action plans for maintenance
Factors for Success

- Recent completed QI projects
- Leadership support
- Alignment
  - ERAS
  - SSI programs
- Change team met at frequent intervals, surveillance & feedback
Barriers

• EMR or other projects competing for staff time & attention

• Change in Leadership

• Friction b/w surgeon and hospital

• Independent surgeon practices
Phases For Perioperative Care

Pre Op, Immediate Pre Op, Intraoperative, Post Op, Post Discharge
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Enhanced Recovery Program
Thank you for your interest in Strong for Surgery.

The American College of Surgeons (ACS) is now the new home for Strong for Surgery, and will administer and promote it as a quality initiative aimed at identifying and evaluating evidence-based practices to optimize the health of patients before surgery.

Access the Toolkit

Strong for Surgery was originally developed by surgeons across Washington State and empowers hospitals and clinics to integrate checklists into the preoperative phase of clinical practice for elective operations. The checklists are used to screen patients for potential risk factors that can lead to surgical complications, and to provide appropriate interventions to ensure better surgical outcomes. The checklists target four areas known to be highly influential determinants of surgical outcomes:

- Nutrition
- Glycemic Control
- Medication Management
- Smoking Cessation
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