

Pre-operative assessment in NHS Scotland

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Purpose of document	Short research paper
Project detail (delete row if appropriate)	Summary of the methods for pre-operative assessment in NHS Scotland
Other detail (delete row if appropriate)	

Related projects	Names and doc reference numbers
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Pre-operative assessment in NHS Scotland

Within NHS Lanarkshire when a patient is admitted to hospital for a surgical procedure patients they will usually attend a pre-operative assessment clinic. Healthcare staff will assess patients to ensure whether they are fit and well enough to undergo their operation. During this appointment patients, will be provided with detailed written information and can ask any questions about their procedure. Pre-operative assessment ensures that you are in the best possible health prior to your operation, this is vital to your operation being a success and for your making a speedy recovery.

The clinic is run by specialist nurses with help from anaesthetists and other hospital doctors, the clinic makes suggestions for what patients can do to improve their health prior to their operation, such as:

- If you smoke, you could cut down or even stop smoking
- If you are overweight, you could try to lose some weight
- If you drink a lot of alcohol, you could try and reduce the amount you drink
- If you are physically able, you could take some light exercise

The clinic asks for patients to bring a relative/friend to the clinic, and can provide additional help by bringing:

- A urine sample
- All their medicines
- Drug treatment cards to detail any current treatment
- Contact number for next of kin
- Hospital letters regarding admission or operation

As previously stated the clinic provides patients the opportunity to ask question about their upcoming operation. Appointments can last from 30 minutes to 2 hours, depending on the tests required for the individual patient. Patients will discuss:

- Previous operations
- Problems with previous anaesthetics
- Any health problems
- Your medications
- Any allergies

Patients may need to have certain tests on the day, such as:

- Blood tests

- A tracing of your heart (ECG)
- Other heart & lung investigations
- You may need to be seen by another healthcare specialist. This might be a doctor or a nurse

The pre-operative assessment clinic ensures that you are in the best possible health prior to your operation, this is vital to your operation being a success and for your making a speedy recovery.