
Optimizing Aging Collaborative



Pre-habilitation: Planning for Best Outcomes After Surgery

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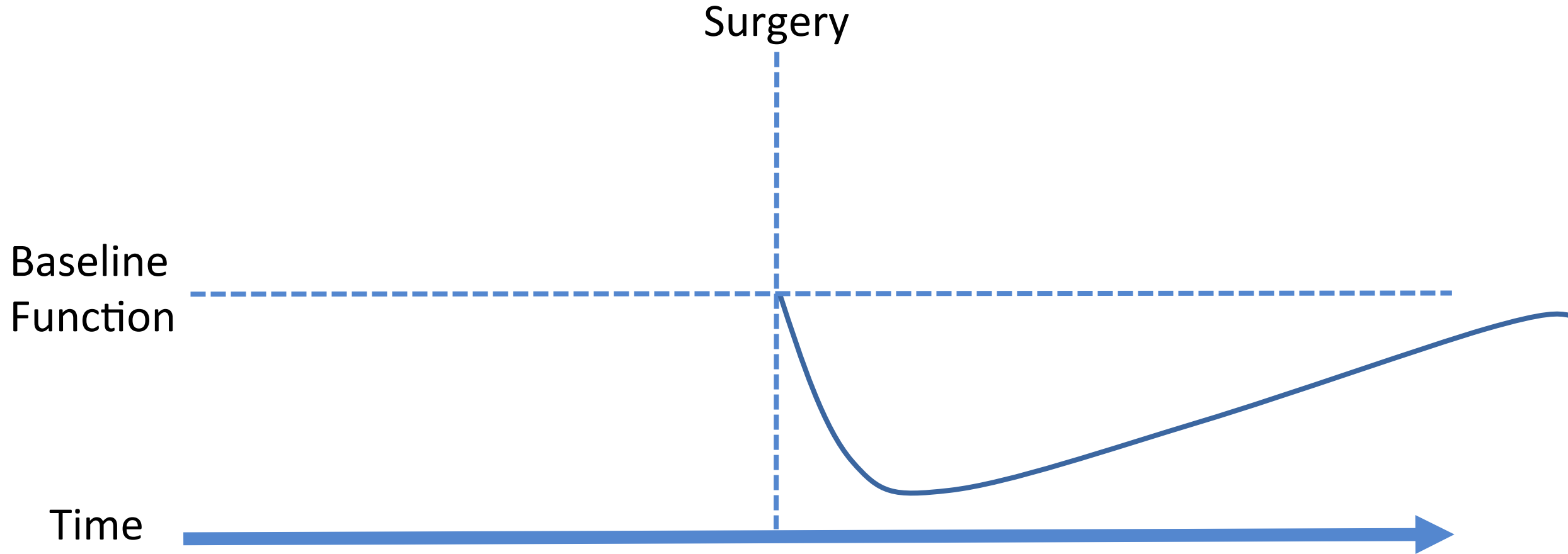
Division of Geriatrics, UCSF

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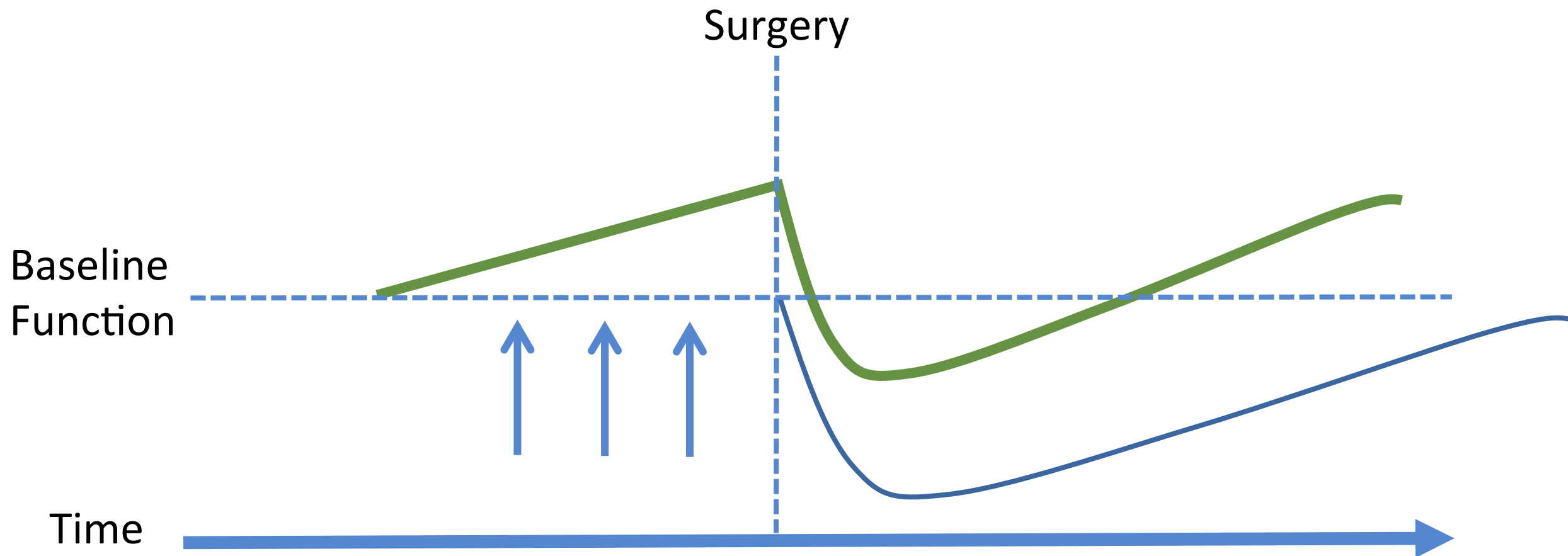
What are your goals for surgery?

- Take care of a problem before it becomes a bigger problem
- Improve symptoms
- Speed recovery

Recovery of Function After Surgery



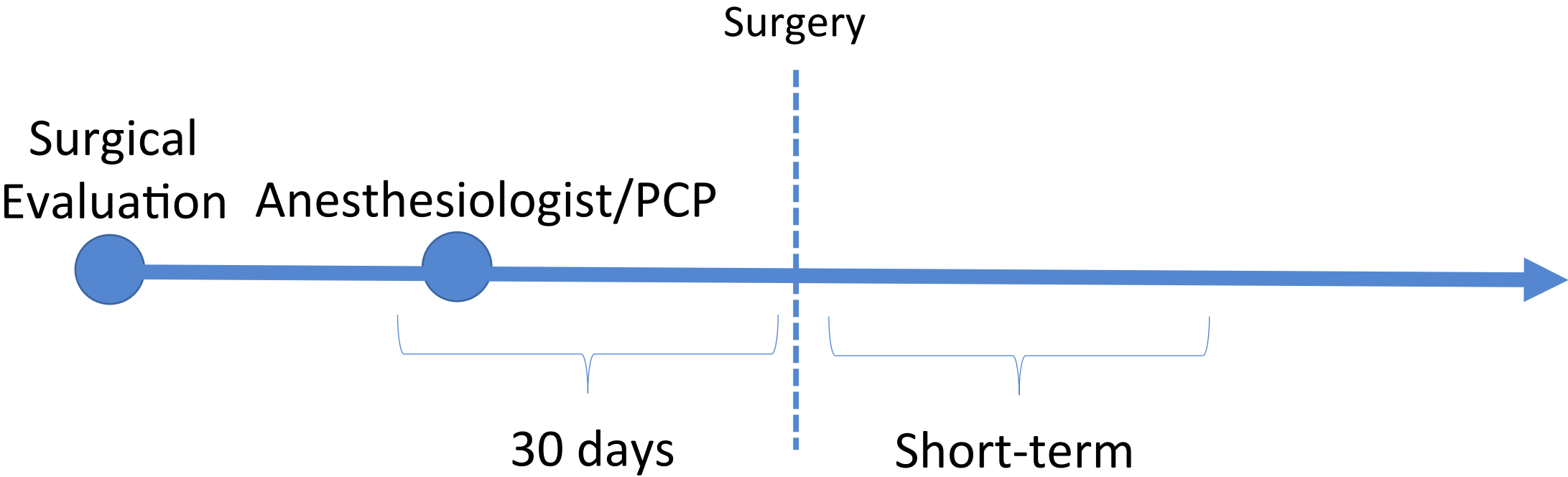
Before Surgery



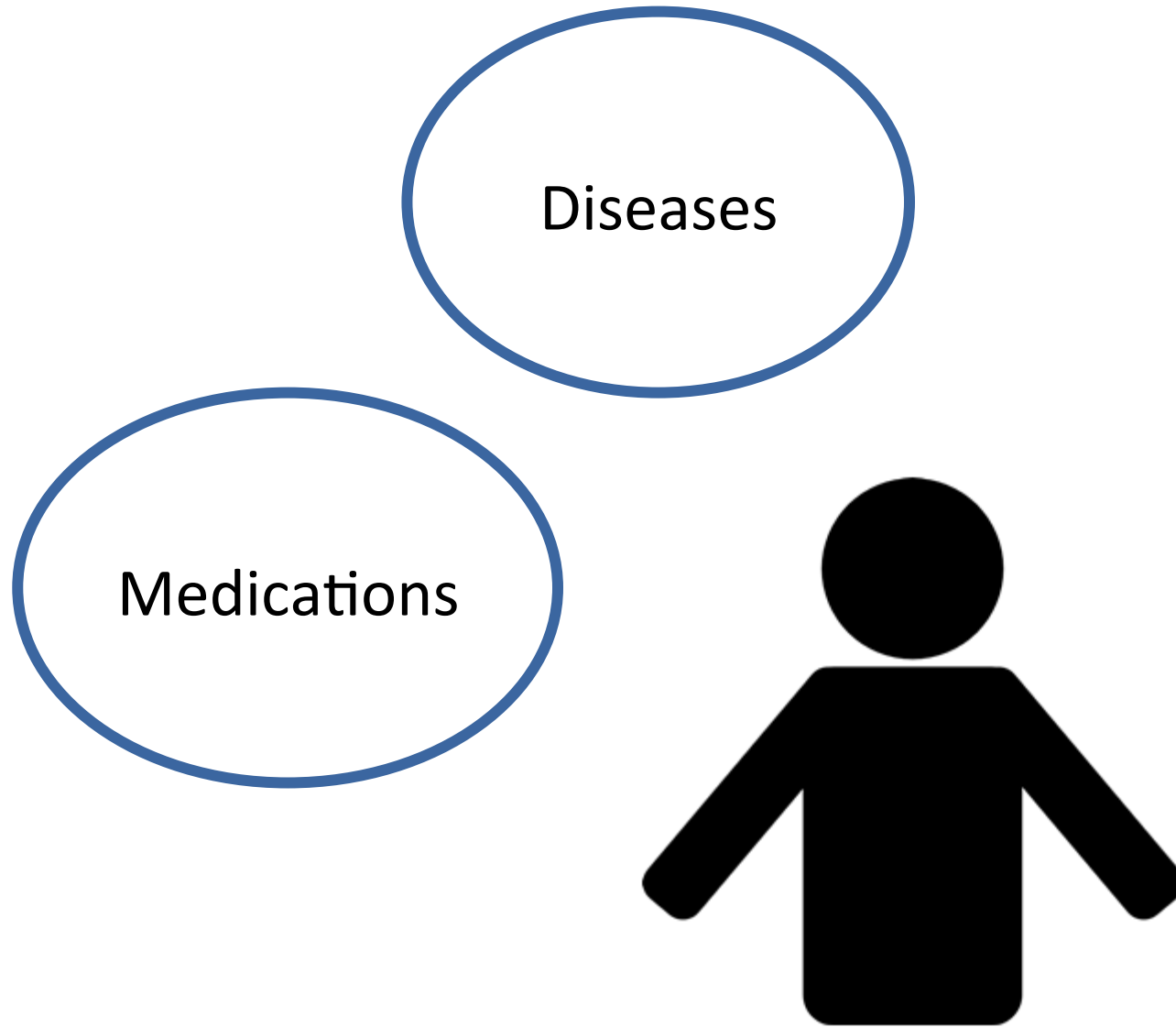
Pre-habilitation

- Concept: enhancing functional capacity before surgery to improve a person's ability to withstand an upcoming stressor
- An emerging area of research
- Pre-habilitation includes a comprehensive assessment and creation of a tailored plan for older adults before surgery

Traditional Timeline



Basic Considerations Before Surgery

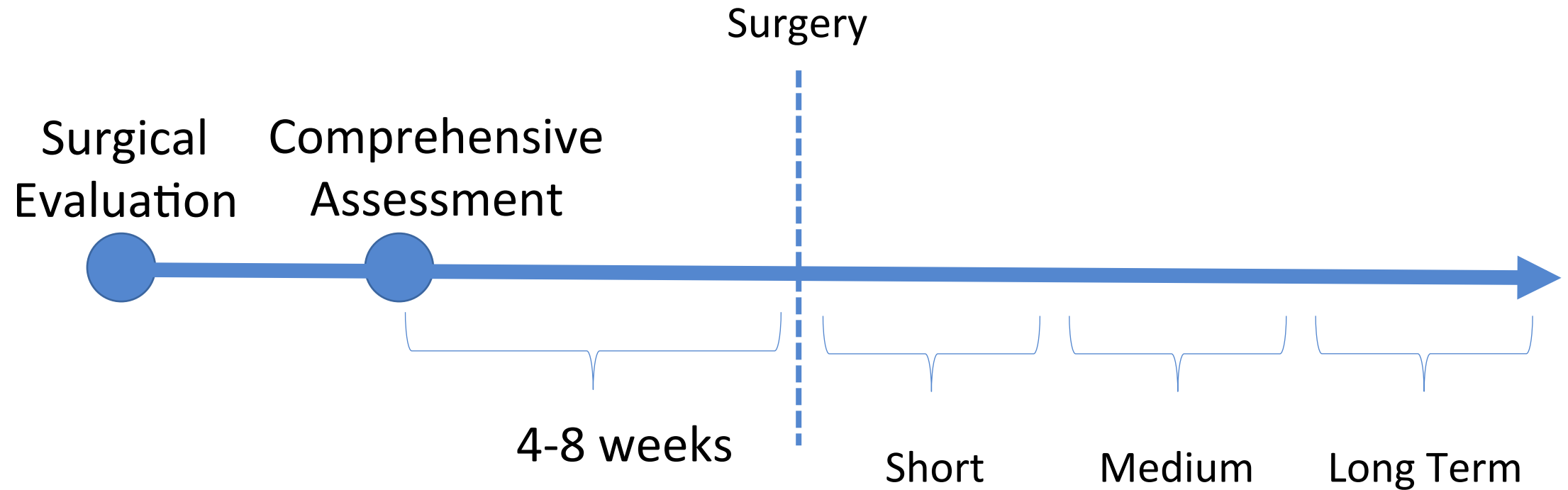


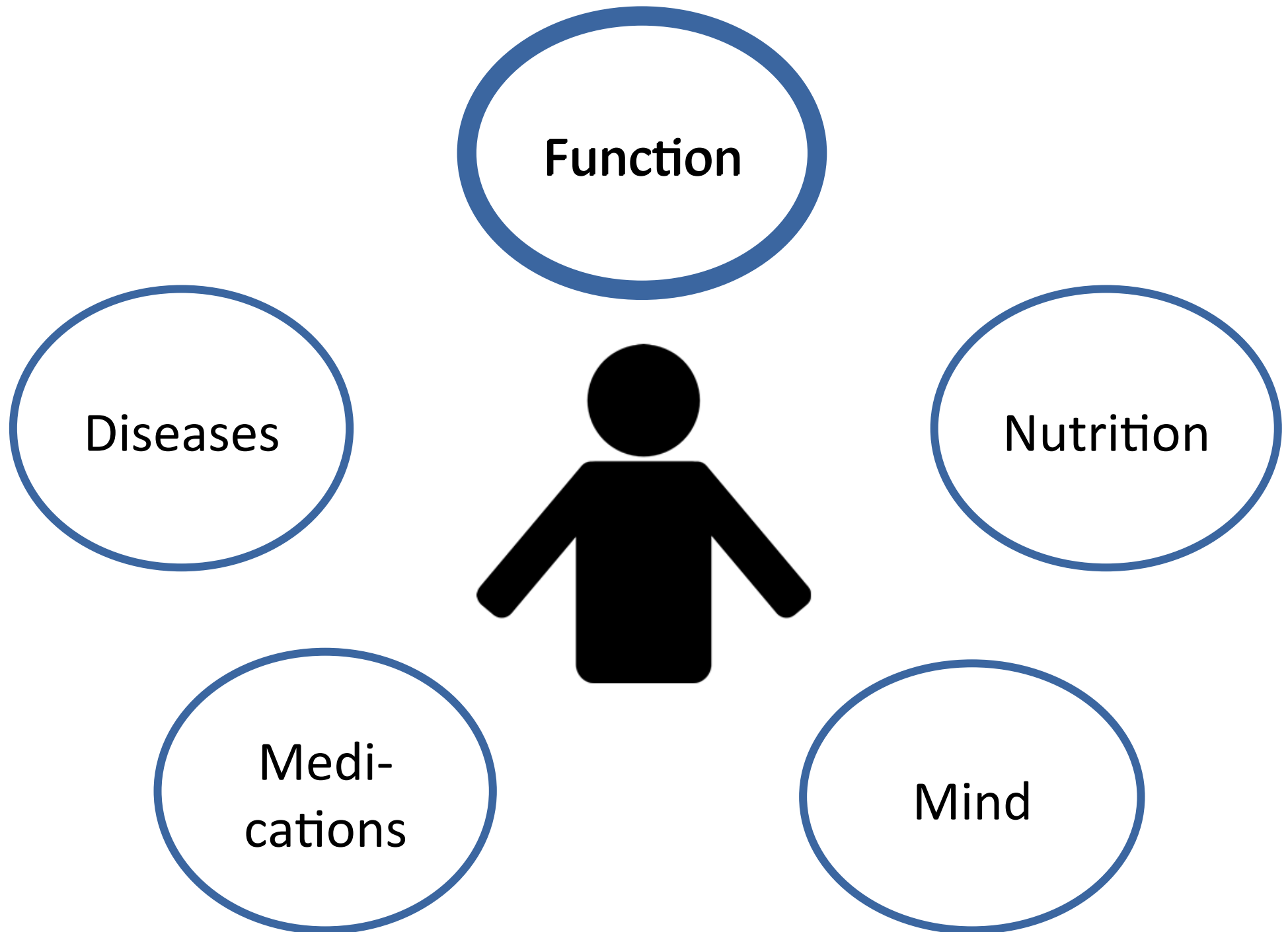
- Risk of heart and lung disease
- Blood pressure control
- Blood sugar control
- Smoking

Importance of a Comprehensive Assessment in Older Adults

- Identify strengths and potential weaknesses
- Predict impact of surgery
- Create a care plan

Pre-habilitation Timeline





What is a function?

- A person's ability to maintain independence
- Physical abilities
- Cognitive abilities

Basic Activities of Daily Living (ADL)

Function

- Eating
- Using the bathroom
- Getting dressed
- Getting out of bed or a chair
- Taking a bath or shower



Instrumental Activities of Daily Living (IADLS)

Function

- Transportation
- Managing finances
- Cooking
- Shopping
- Managing medications
- Laundry
- Housekeeping
- Using the telephone



Mobility

- Falls
 - Any falls in the past year?
- Walking speed
 - Do you use any equipment for mobility?



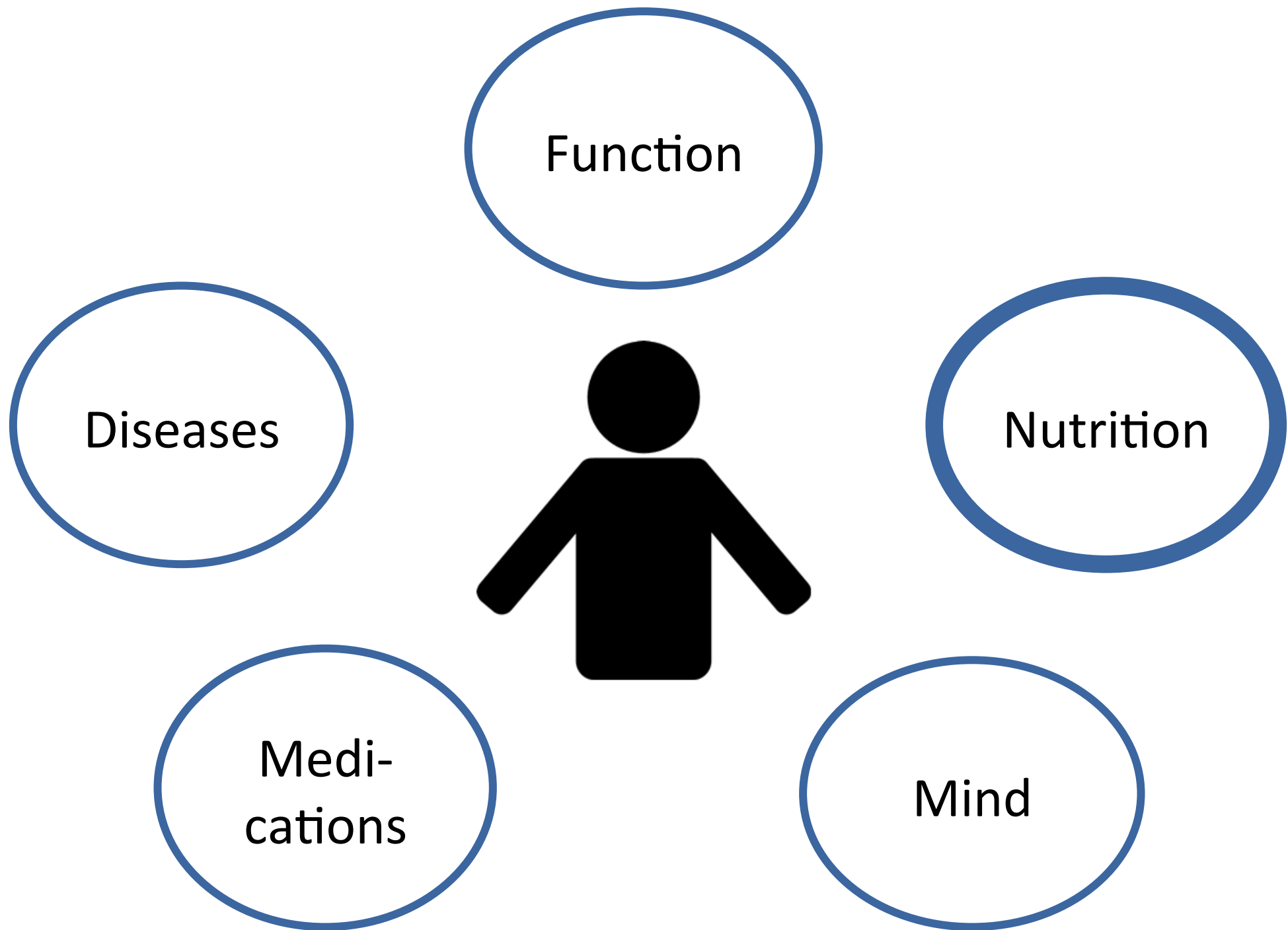
Function

A Tailored Care Plan May Include

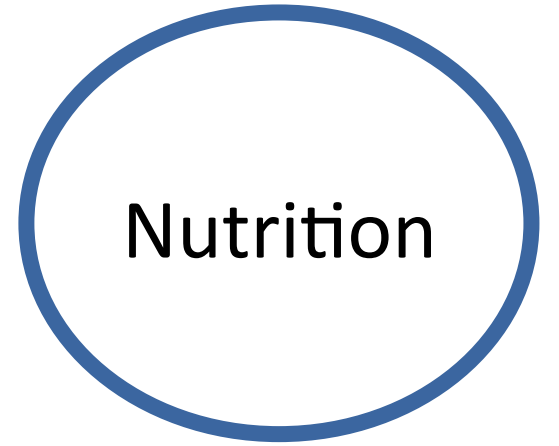
- Physical and/or occupational therapy assessment
 - Exercises
 - Adaptive strategies
 - Plans for leaving the hospital after surgery

Exercise

- Walk every day before surgery
- Stay as active as you are able now



Surgery and Nutrition



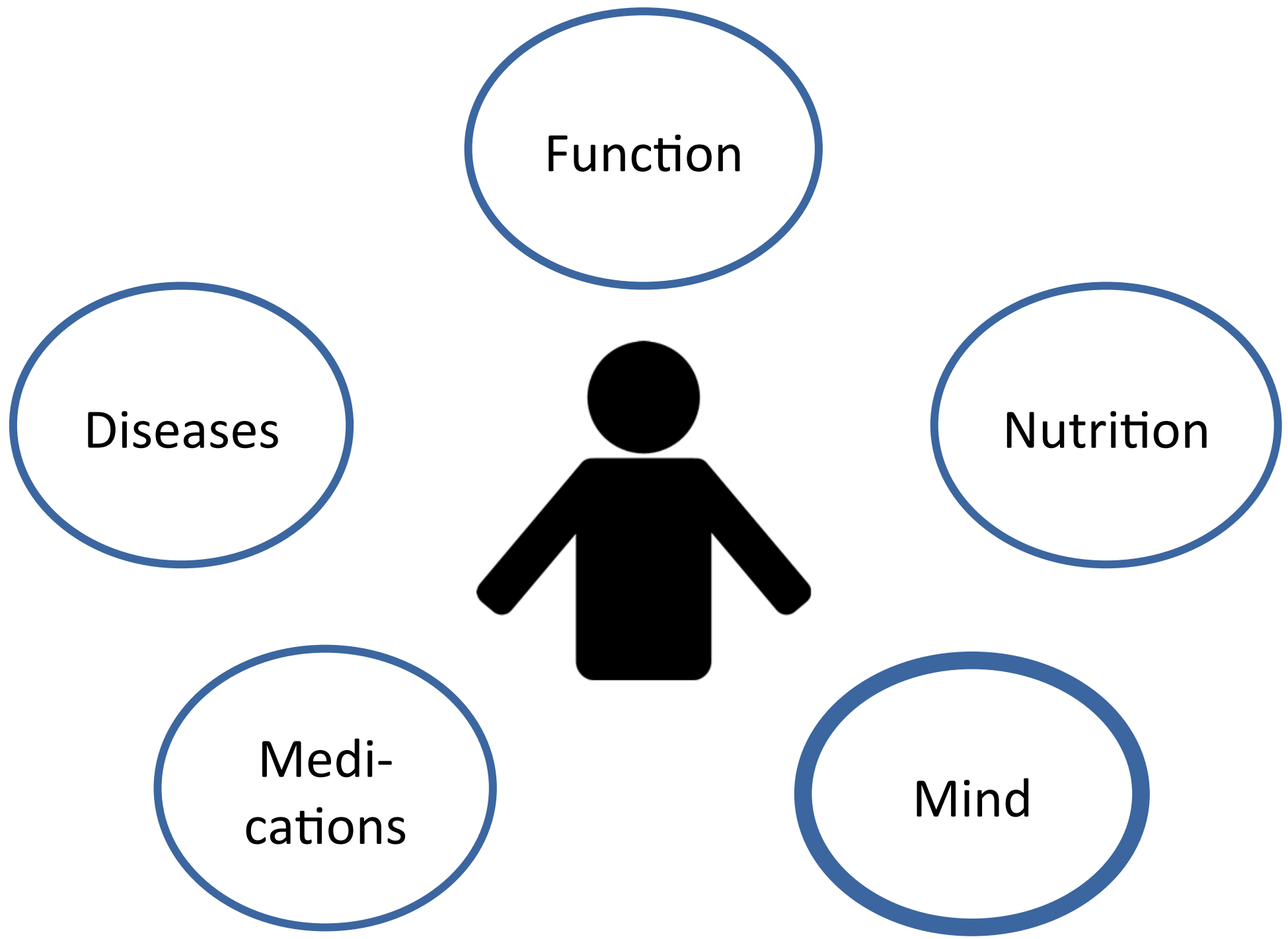
- Good nutrition is important to reduce risk of complications and aid healing
- Multiple ways to assess for nourishment
 - Have you had significant weight loss in the past 6 months?

Nourishment

Nutrition

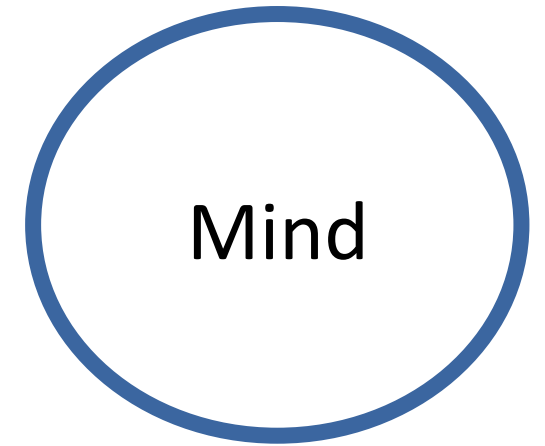
- If you are at risk of undernourishment, ask to see a nutritionist before surgery
- In general, eating at least 3 meals a day made up of protein rich foods, whole grains, fruits, vegetables and dairy can help recovery



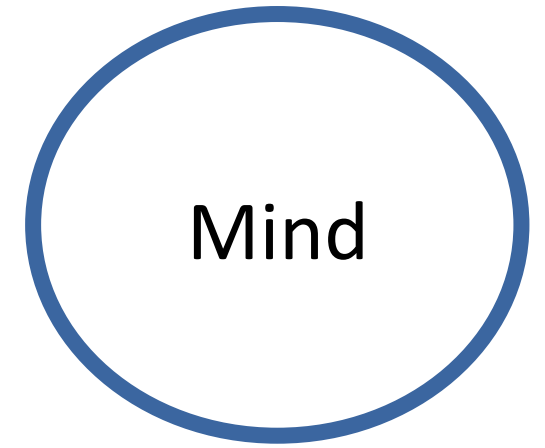


Delirium

- Delirium means “sudden confusion”
- Affects 5-60% of adults after surgery
- Delirium is associated with worse outcomes
- 30-40% of delirium is PREVENTABLE!



Evaluating for the Risk of Delirium



- Cognitive impairment
- Alcohol intake
- Vision or hearing problems
- History of delirium
- Medications



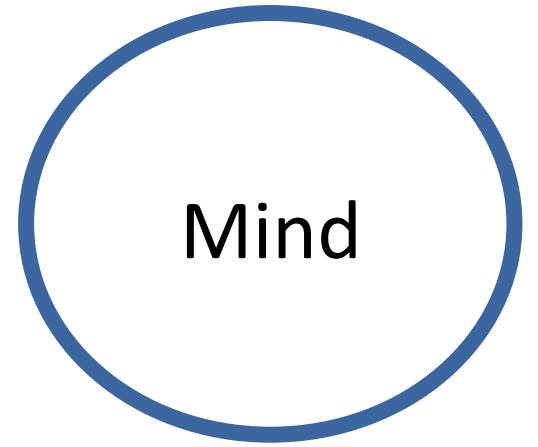
Plan to Reduce Risk of Delirium

- Bring assistive devices to the hospital (hearing aids, glasses, dentures)
- Ask if you would benefit from a specific plan in the hospital to reduce delirium
 - “Does the hospital have an Acute Care for Elders (ACE) unit or a geriatrics consultant?”



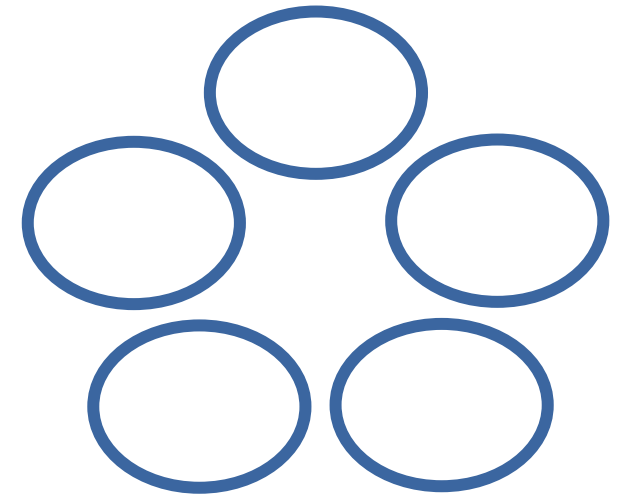
Mental Health

- Depression
- Anxiety and coping
 - Deep breathing



Be Informed and Prepare

- Know what to expect
 - “How will this surgery benefit me?”
 - “What will recovery look like for me?”
 - “What will my function and independence be in 6 months, 12 months?”
- Make arrangements for help and support after surgery



Inform Your Team

- Discuss your health goals and priorities
- Update or complete your Advance Directive

California Advance Health Care Directive

This form lets you have a say about how you want to be cared for if you cannot speak for yourself.

This form has 3 parts:

Part 1 Choose a medical decision maker, Page 3

A medical decision maker is a person who can make health care decisions for you if you are not able to make them yourself.

They are also called a health care agent, proxy, or surrogate.

Part 2 Make your own health care choices, Page 6



Professional Resources

- Primary medical and surgical team
- Physical therapist
- Occupational therapist
- Nutritionist
- Geriatrician
- Social worker

Comprehensive Pre-operative Clinics

- Surgery Wellness Clinic at UCSF
- Veterans Integrative Perioperative (VIP) Clinic at the San Francisco VA

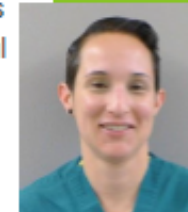
Meet our Staff



Victoria Tang, MD is our geriatrician. She is passionate about ensuring the best care for older adults in the hospital.

Meet our Staff

Alicia Rivas, MS is our occupational therapist. She loves working to meet the unique needs of each patient.



Laurie Kramer is our physical therapist. She loves helping people get stronger.



Emily Finlayson, MD, is a surgeon & the founding director of the UCSF Center for Surgery in Older Adults.



Kaitlyn Attiga, MPH, RD is our dietitian. She will give you an individualized nutrition plan.

Medical and nursing students will also be joining us as health coaches to help you get fit for surgery.

UCSF

University of California
San Francisco

The UCSF Surgery
Wellness Clinic

At The UCSF Center For
Surgery in Older Adults

A Guide To
Your Clinic
Visit

UCSF Medical Center at
Mission Bay
1825 Fourth Street, 4th Floor
San Francisco, CA 94158

(415) 476 - 3474
<http://csoa.surgery.ucsf.edu/>

Planning for the best outcomes, starting now

- Work with your doctor to manage health conditions
- Stop smoking and keep alcohol intake at healthy levels
- Be as physically and mentally active as your abilities and conditions allow!



Optimizing Aging Collaborative at UCSF



City and County of San Francisco
Department of Aging and Adult Services



For more information, visit us online at OptimizingAging.org
or email us at OAC@ucsf.edu.

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Questions?