



## ***PATIENT INFORMATION***

### **Pre Operative Assessment Clinic**

Outpatients  
Level 2  
Torbay Hospital  
Lowes Bridge  
Torquay  
TQ2 7AA

Telephone contact details: 01803 655597

#### **What happens at preoperative assessment clinic?**

Pre operative assessment clinic specialises in assessing patients' fitness for planned surgery for patients having procedures requiring a general anaesthetic.

When patients are informed at clinic that they need an operation, a basic assessment needs to be carried out prior to their procedure.

The purpose of your visit to the preoperative assessment clinic is to check that you are fully prepared for your hospital admission, treatment and discharge home again. The aim is to ensure you are fit and well prior to your operation and that you know what to expect around the time of your surgery.

Depending on the operation you may be asked to attend the clinic a few weeks prior to your surgery. You may spend an hour or two being assessed. Sometimes it is possible to offer you an appointment on the same day as your initial Outpatient visit. This is called "One-Stop" and may save you having to visit the hospital on a separate occasion

Sometimes we are quite busy and we advise that patients bring something to occupy themselves with. Patients can bring someone with them to the clinic to help with the process.

#### **Assessment stages:**

You may go through various assessment stages depending on your individual fitness and the type of surgery you are having.

During your visit you will be seen by a member of nursing staff who will ask questions about your general health, what medication you take and your social

circumstances so that we can make the best plan for your admission and discharge. They will record some measurements such as blood pressure and heart rate. It may be necessary for them to perform ECG's, blood tests or MRSA screening. If indicated, they may ask a preoperative clinic doctor to see you, or this may be organised for a different day.

If you are seen by a preoperative assessment doctor they may, at the same time, perform an exercise test on a bicycle to help in the planning of your care (called cardiopulmonary exercise testing or 'CPET'). You will be informed in advance if this is the case. The consultation may also just be a time for discussion of your care.

Following your visit to the Clinic, all the results from your investigations will be reviewed and, if necessary, your GP will be contacted by letter and informed of any issues that have been identified. If the admission date has to be cancelled because of problems identified a new date will be offered when all further investigations have been satisfactorily completed.

### **What to bring with you:**

It would be helpful if you could bring a list of medications with you. Any glasses or hearing aids if worn would be useful.

### **About the team:**

Our POA team consists of specialist clinical nurses, health care assistants, administrative support staff and consultants in anaesthesia with an interest in pre operative assessment.

If you have any queries please contact us and we would be happy to help.