

# Hip & Knee Optimization Passport



This is an important tool to assist you to be in optimal health.  
Please keep and bring to all appointments.

# RIH Hip & Knee Replacement Program (HKRP) Passport to Surgical Optimization

## What and Why?

“Surgical optimization” or “pre-habilitation” are terms that refer to the process of strengthening your physical, nutritional and mental conditions while you are waiting for surgery. Research has shown that successful surgery is not dependent on the actual operation alone, but also on the patient’s overall health status.

Physically and emotionally preparing for surgery can significantly reduce your risk of complications during and after surgery as well as speed up your recovery time. The Living Well Class, the Before, During and After Handbook, this Passport, and your Health Care Team are all important resources to help ensure that you have the best outcome from your surgery.

*“Surgery is like a sport and we have to be the trainers. If you’re not well trained, if you’re not ready for surgery, you’re not going to do well.”*

– David Evans, M.D., Ohio State University.

## My Care Team

Family Doctor \_\_\_\_\_

Pharmacist \_\_\_\_\_

HKRP Nurse Navigator: Charlotte/Barb 1-833-314-2303 press 1 \_\_\_\_\_

Surgeon \_\_\_\_\_

Specialist Physicians \_\_\_\_\_

Recreational Support \_\_\_\_\_

Dietician \_\_\_\_\_

Physiotherapist \_\_\_\_\_

Social Worker \_\_\_\_\_

Other \_\_\_\_\_

# Your Pre-surgical Journey

## Surgical Optimization Pathway



- ① Referral to Surgeon/Nurse Navigator Screening
- ② Living Well ← You are here
- ③ Surgeon Visit/Decision to have Surgery
- ④ Pre-Surgical Screening and Prehab
- ⑤ Your Surgery
- ⑥ Optimal Recovery

## Pain Management

Managing pain is an important first step in any pre or rehabilitation program. If you are experiencing unmanageable pain, it's unlikely that you will be able to focus on anything else.

- The key to managing pain is to:
1. Understand how pain works
  2. Understand how pain affects you and your life
  3. Learn skills to help you cope with your pain

My plan to better manage my pain includes: \_\_\_\_\_

### Resources

- **Hip & Knee Program Nurse Navigator** Charlotte/Barb 1-833-314-2303 press 1
- Your **Before, During and After** Arthroplasty Handbook
- **Your Pharmacist** or call **8-1-1** to speak to a pharmacist or Nurse
- **www.liveplanbe.ca** Free chronic pain education and self-management website
- Please visit <http://oasis.vch.ca/media/OASIS-Hand-Osteoarthritis-Protecting-Your-legs-feet.pdf> to learn more on protecting your joints in your legs and feet.
- **lifeisnow.ca** is a website designed to provide resources for people to learn how to manage their own pain. A number of their resources are available for free.
- Understanding Chronic Pain in Less than 5 Minutes (YouTube)  
[https://www.youtube.com/watch?v=C\\_3phB93rvI](https://www.youtube.com/watch?v=C_3phB93rvI)

# Exercise

Do you have to be able to run a marathon or work out in a gym to improve your outcomes after surgery? No!! Just by increasing the amount of activity you already do, by adding a walking program to your daily activities, or taking a gentle exercise class you can significantly improve your heart and lungs. Additionally, exercising will help to control high blood pressure and high blood sugars, if you have these. Work with your care team to develop an exercise plan that is best for you.

My exercise plan before surgery is: \_\_\_\_\_

## Resources

### **Kamloops Community Pools and Gyms:**

- YMCA/YWCA—Better hips, Better knees program
- Westsyde Pool and Fitness Centre
- Canada Games Aquatic Centre—at the Tournament Capital Centre

### **Indoor walking track**

- At the Tournament Capital Centre

### **Group Exercise Arthritis Programs**

- Osteofit (strong bones and stronger bones) at various locations—information found at [www.keeponmoving.ca](http://www.keeponmoving.ca)
- Private Gyms, Yoga and Pilates studios

For local and current programs in your area or rural sites please contact your local Physiotherapist or GP

### **Useful websites**

- 23 1/2 Hours—Dr. Mike Evans <https://www.youtube.com/watch?v=aUalnS6HIGo>
- <https://theprehabproject.ca/exercise>
- <http://www.csikamloops.ca/>
- <http://www.med.umich.edu/surgery/mshop/move.html>
- <http://www.keeponmoving.ca/home>

# Nutrition

Good nutrition is vital both to your preparation for and recovery from surgery. Consuming a range of key nutrients is one of the best ways to “train” for surgery and one of the best ways to lower your risk of complications and to help your body heal and recover after your procedure.

My plan to improve my nutrition before surgery is: \_\_\_\_\_

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## Resources

- Call **8-1-1** Dietician services at HealthLink BC
- <https://www.healthlinkbc.ca/healthy-eating>
- <http://www.unlockfood.ca>
- <https://theprehabproject.ca/nutrition>
- **Diabetes Canada** <http://www.diabetes.ca>

The following are links to local, affordable, and healthy meals that can be delivered to your home if you are having trouble cooking for yourself:

- <http://www.bettermeals.ca>
- Kamloops Diabetes Clinic: Ph 250-314-2457 Self Referral
- Private Practice Dieticians (Fee for Service)

# Smoking Reduction / Cessation

We know you've heard it before: Smoking is bad for your health. What you may not realize is smokers who have surgery are at higher risk for several complications. You can change this!

If you stop smoking / reduce use, 6-8 weeks before surgery and during recovery you will:

- Heal faster
- Improve your breathing
- Reduce your risk of infection (chest and wound)
- Improve blood / oxygen flow to your heart and other areas of your body
- Reduce stress on your heart / lower blood pressure
- Speed up bone fusion (healing) time
- Shorten your hospital stay, GET HOME SOONER!!

But knowing all of this doesn't make it easier to actually quit. We get that. Many smokers try to quit many times. That's okay. Talk to your care team about the best plan to quit, or reduce smoking to significantly improve your chances of having a quick and smooth recovery.

My plan to quit or decrease smoking is: \_\_\_\_\_

## Resources

- **Quit Now!**

Phone	1-877-455-2233
Web	<a href="https://www.quitnow.ca/join">https://www.quitnow.ca/join</a>
Text	QUITNOW to 654321
- **Dr. Mike Evans Stop Smoking video:**  
<https://www.youtube.com/watch?v=z16vhtjWKLO>
- **BC Smoking Cessation Program:**  
<https://www2.gov.bc.ca/gov/content/health/health-drug-coverage/pharmacare-for-bc-residents/what-we-cover/drug-coverage/bc-smoking-cessation-program>
- Free 3 month supply of either nicotine gum or patches, or a free prescription for smoking-cessation drugs with a Pharmacist or General Practitioner's prescription.

# Alcohol Reduction / Cessation

In addition to smoking cessation, alcohol cessation can reduce post-surgical complications. If hazardous drinking is stopped 3-8 weeks prior to surgery the risk of post-surgical complications decrease.

No alcohol should be consumed within 24 hours prior to surgery.

I am concerned about my drinking:  Yes  No

If yes, my plan to quit or decrease my alcohol consumption is: \_\_\_\_\_

## Resources

- <https://theprehabproject.ca/alcohol-cessation>  
(for Canada's Low-Risk Alcohol Drinking Guide-lines)
- Canadian Centre on Substance use and addiction, British Columbia  
(Alcohol and Drug Information and Referral Service)  
1-800-663-1441 or 604-660-9382
- Kamloops Mental health and Addiction services  
Address           235 Lansdowne Street  
Phone             250-377-6500  
Email              kamloops@bcss.org
- **Alcohol: Drinking and Your Health:**  
<https://www.healthlinkbc.ca/health-topics/hw130547#tj2166>
- **The Lifeline Canada Foundation, BC**  
Alcohol and Drug Information and Referral Service  
Phone 1-800-663-1441

# Mental Health

There really is a mind-body connection, and stress prior to surgery can increase your risk for complications, including higher pain levels and slower healing.

The two main goals of optimizing your mental health prior to surgery are to reduce levels of stress and anxiety and to motivate you to follow a prehabilitation plan.

It is important to feel supported during the prehabilitation period. Sometimes, simply talking about your feelings can reduce your levels of stress and anxiety.

My plan to reduce my stress is: \_\_\_\_\_

## Resources

- **Dr. Mike Evans Stress Management video:**  
<https://www.youtube.com/watch?v=l6402QJp52M>
- **Surgery Prep Meditation:** [https://www.youtube.com/watch?v=ocSj\\_3LcKuk](https://www.youtube.com/watch?v=ocSj_3LcKuk)
- Many online resources exist to help you on your mindfulness journey.
  - **www.headspace.com** is a website that will help guide you through the practice of meditation and mindfulness
  - <http://www.med.umich.edu/surgery/mshop/relax.html>
- **Kamloops Mental health, Addiction Services And Emergency Response Services**  
Address            235 Lansdowne street  
Phone             250-377-6500  
Email              kamloops@bcss.org

# Additional Factors

You may have additional factors to consider that are unique to you and your health. You and your care team will determine if there are any other tools, resources, or strategies that can help optimize your health for surgery.

Additional risks that I need to consider are: \_\_\_\_\_

## Options, tools, strategies or resources: to reduce those risks are:

- **Hip & Knee Program Nurse Navigator: Charlotte/Barb 1-833-314-2303 press 1** \_\_\_\_\_
- **Your family physician:** \_\_\_\_\_
- **Other** \_\_\_\_\_  
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