

## **Surgery School - Preparing Patients and Families for Major Cancer Surgery**

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Surgery School is part of Manchester's innovative ERAS+ programme for major surgical patients. We deliver a weekly multiprofessional education event for patients and their families who are about to undergo a variety of major surgical procedures. The intention of Surgery School is to help patients prepare for surgery with the aim that this will reduce post-operative complications which we know significantly impact on long term survival and quality of life (1).

During Surgery School patients and families are encouraged to interact with staff during a presentation which takes between 45 minutes and 1 hour. Topics covered include:

### **Preoperative Health**

1. Increasing activity (prehabilitation)
2. Inspiratory Muscle Training
3. Nutritional Advice
4. Oral Health

### **Information about Postoperative Care and Responsibilities – ICOUGH (2)**

1. Analgesia techniques
2. Early Mobilisation
3. Incentive Spirometry
4. Recovery at Home

The interactive session ends with patients being given leaflets and incentive spirometers to take home. This is followed by a tour of the critical care areas. Finally, patients and relatives are shown web-based resources ICOUGH UK which they can access at home (3).

Feedback from staff and patients has been very encouraging and we have demonstrated a significant reduction in Postoperative Pulmonary Complications since the establishment of the ERAS+ programme (4). Over 450 patients have attended Surgery School, which is firmly embedded in our perioperative pathway, and we see it as a valuable element of informed consent.

### **References**

1. Moonesinghe SR, Harris S, Mythen MG, et al. Survival after postoperative morbidity: a longitudinal observational cohort study. *Br J Anaesth* 2014; 113: 977-84
2. Cassidy MR, Rosenkranz P, McCabe K, Rosen JE, McAneny D I COUGH: reducing postoperative pulmonary complications with a multidisciplinary patient care program. *JAMA Surg* 2013; 148: 740-5.
3. <https://www.youtube.com/channel/UCvOamR8Sb4RXENr56fvRehA>
4. Moore JA et al *Anaesthesia* 2017