

Perioperative optimisation: Top seven interventions

The Centre for Perioperative Care (CPOC) has developed seven pages dedicated to perioperative optimisation, proven to reduce complications by up to 50% for patients.



Assessment, optimisation,
shared decision making



Smoking cessation



Exercise



Mental wellbeing



Alcohol moderation



Nutrition



Practical preparation

SCAN



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Disclaimer: CPOC has not undertaken a full review of these resources, unless it specifically states CPOC endorsement has been granted. CPOC is simply providing links to these resources.