

1 in 20
LUHFT surgical
patients are
NOT FIT
at preop

10-20%
of current
preops are
repeated
work

When listing for surgery, please consider if further optimisation is needed if...



Early Signposting

B

Blood Pressure > 160/100

- Advise to see GP
- >180/110 = not fit. **Do not** list for elective surgery until optimised

E

Elevated BMI >40

- = ASA 3. Refer to <https://www.nhs.uk/better-health/lose-weight/>
- MDT review re suitability for 1° hip and knee arthroplasty

D

Diabetes HbA1C 70 or more*

- **Do not** list for elective surgery.
- See GP or refer to community diabetes team via PENS form <https://cpoc.org.uk/guidelines-resources-guidelines-resources/guideline-diabetes>

A

Anaemia Hb<130

- Check Ferritin and Iron studies, B12/folate and CRP
- Ferritin <50 or iron sats <20% - investigate and optimise ICE referral for iron infusion if urgent major surgery <https://cpoc.org.uk/guidelines-resources-guidelines/anaemia-perioperative-pathway>

F

Clinical Frailty Scale 5 or more

- If age >65 and no learning difficulty = do Clinical Frailty Scale (CFS)
- If CFS 5 or more **and** major surgery = refer to POPS team #

T

Tobacco

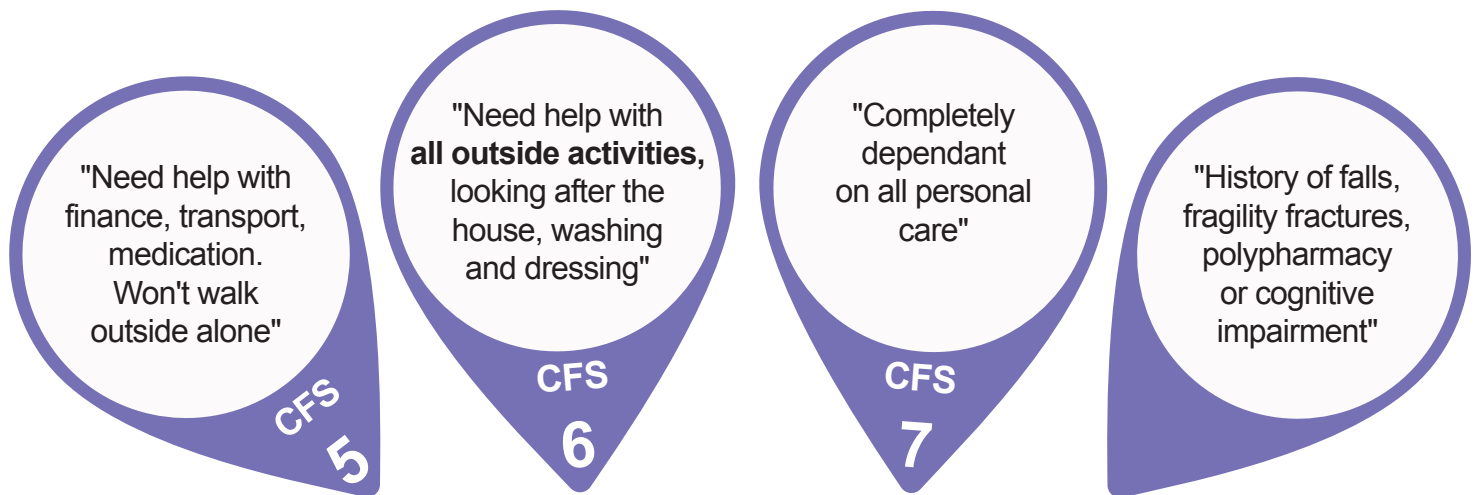
- Stop smoking at least 4 weeks before surgery "Refer via email" cureteam@liverpoolft.nhs.uk
- sats <95% - is there scope to optimise? Advise to see GP.

*Lower threshold for HbA1C of 60 or more for 1° THR and TKR agreed by Lower Limb MDT 2023

#See "Quick guide to Frailty"

Quick Guide to Frailty

If over 65 and no learning disability



Refer early to POPS

- Help with decision making
- Optimising
- Supporting peri-operative care

POPS = Peri-operative care of Older People undergoing Surgery

Shared decision making

What matters to the patient?

- **B**enefits
- **R**isks
- **A**lternatives
- Doing **N**othing

Please refer via ICE to LUHFT POPS (pre-op)

NB In addition to the ICE referral, an email can also be sent to POPS@liverpoolft.nhs.uk