

## **Preoperative Clearance**

### Importance

Surgical complications occur frequently. For instance, one large study documented at least one complication in 17 percent of surgical patients. The purpose of preoperative evaluation is not to "clear" patients for surgery, but rather to evaluate and if necessary, implement measures to prepare higher risk patients for surgery. Preoperative outpatient medical evaluation can decrease the length of hospital stay, as well as minimize postponed or cancelled surgeries.

### Objectives

- Understand the importance of doing preoperative clearance
- Know how to take an appropriate problem-oriented history, physical exam and order laboratory investigations
- Be aware of medications and the nutritional status of the patient
- Do the cardiac risk assessment and the pulmonary evaluation
- Do an appropriate postoperative care
- Deal with special cases:
  - Hypertension
  - Diabetes
  - Pregnancy
  - The elderly
  - Laparoscopic surgery
  - One-day surgery

### Format of the Session and Program

- Interactive lecture (2 afternoons)
- Applications: discuss cases that residents have seen in the hospital over the past few months (3 hours each)

### Participants

Residents and faculty of the Department of Family Medicine