

HealthLink BC: \*811 <https://www.healthlinkbc.ca/>  
BC Surgical Prehabilitation Tool Kit (comprehensive): <https://sscbc.ca/sites/default/files/SPOC%20Change%20Package.pdf>

**ANEMIA:** [BC Surgical Prehabilitation Toolkit](#) pg 57 - 58  
**Screen:** Screening Hgb / Ferritin closest to Surgical Referral Date  
**Anemia Treatment Algorithm:** [BC Surgical Prehabilitation Toolkit](#) pg 58  
**Treatment Change Ideas:** Oral Iron / IV Iron / Erythropoietin  
**Measure:** Preoperative Hgb / Ferritin Lab work closest to Surgical Date  
Post Treatment change from referral Hgb / difference from Hgb Target

**ANXIETY / MENTAL HEALTH:** [BC Surgical Prehabilitation Toolkit](#) pg 53  
**Screen:** All patients should be optimized for pre-operative anxiety  
**Mental Health Meter:** <https://cmha.ca/mental-health-meter>  
**Treatment Change Ideas:** [BC Surgical Prehabilitation Toolkit](#) pg 53  
**Smoking Cessation Resources:**

- Here to Help BC: <https://www.heretohelp.bc.ca/>
- Bounce Back BC: <https://bouncebackbc.ca/> Anxiety BC: <https://www.anxietybc.com/>

**CARDIAC:** [BC Surgical Prehabilitation Toolkit](#) pg 35 - 37  
**Screen:** Revised Cardiac Risk Index: <https://www.mdcalc.com/revised-cardiac-risk-index-pre-operative-risk>  
**Treatment Change Ideas:** FP / Internal Medicine Consult BNP or NT-proBNP DASI Questionnaire: <https://www.mdcalc.com/duke-activity-status-index-dasi>  
**Cardiac Algorithm:** [BC Surgical Prehabilitation Toolkit](#) pg 36

**FRAILTY:** [BC Surgical Prehabilitation Toolkit](#) pg 59 - 62  
**Screen:** Clinical Frailty Scale: [BC Surgical Prehabilitation Toolkit](#) pg 61 - 62  
[http://www.managingmdds.com/content/Clinical\\_Frailty\\_Scale.pdf](http://www.managingmdds.com/content/Clinical_Frailty_Scale.pdf)  
**Treatment Change Ideas:** [BC Surgical Prehabilitation Toolkit](#) pg 59  
**Frailty Algorithm:** [BC Surgical Prehabilitation Toolkit](#) pg 60  
**Frailty Resources:**

- Staying Active as You Age YouTube: <https://www.youtube.com/watch?v=zypblBcgQZY>
- Medication Review Services: <https://www.bcparmacy.ca/resource-centre/health-issues/medication-review-services>
- Goals of Care: <https://www.uptodate.com/contents/discussing-goals-of-care>
- Time Up & Go (TUG Test): [https://www.cdc.gov/steady/pdf/TUG\\_test-print.pdf](https://www.cdc.gov/steady/pdf/TUG_test-print.pdf)
- Nutrition Care: <http://m2e.nutritioncareincanada.ca/>

**GLYCEMIC CONTROL:** [BC Surgical Prehabilitation Toolkit](#) pg 39 - 41  
**Screen:** Pre-Operative Glycemic Control Screening Questions: [BC Surgical Prehabilitation Toolkit](#) pg 41

- HbA1c 90 days after first HbA1c
- Repeat HbA1c every 90 days or if clinically indicated

**Treatment Change Ideas:** [BC Surgical Prehabilitation Toolkit](#) pg 39  
**Glycemic Algorithm:** [BC Surgical Prehabilitation Toolkit](#) pg 40  
**Glycemic Resources:**

- Diabetes Canada - A Patient's Story - YouTube <https://www.youtube.com/user/CDA1927>
- Diabetes Canada - Managing my Diabetes <https://www.diabetes.ca/en-CA/managing-my-diabetes>

**PAIN MANAGEMENT:** [BC Surgical Prehabilitation Toolkit](#) pg 47 - 49  
**Screen:** Pain Screening Questions: [BC Surgical Prehabilitation Toolkit](#) pg 49  
**Treatment Change Ideas:** [BC Surgical Prehabilitation Toolkit](#) pg 47

- Brief Pain Inventory: [http://www.npcrc.org/files/news/briefpain\\_short.pdf](http://www.npcrc.org/files/news/briefpain_short.pdf)
- Self Management BC: <https://www.selfmanagementbc.ca/>
- Pain BC: <https://painbc.ca/>
- CHANGE Pain Clinic: <https://www.changepain.ca/our-story>
- Change Pain – How CHANGE Pain Can Help You YouTube: <https://www.youtube.com/watch?v=lxPEvXilSw4>

**Pain Management Algorithm:** [BC Surgical Prehabilitation Toolkit](#) pg 40  
**Pain Management Resources:**

- Medication Review Services <https://www.bcparmacy.ca/resource-centre/health-issues/medication-review-services>
- CHANGE Pain – Signing Up for Group Medical Visits: <https://www.changepain.ca/scheduling-appointments-online>

**PHYSICAL ACTIVITY:** [BC Surgical Prehabilitation Toolkit](#) pg 43 - 45  
**Screen:** Physical Activity Vital Sign Calculator: [BC Surgical Prehabilitation Toolkit](#) pg 45  
**Treatment Change Ideas:** [BC Surgical Prehabilitation Toolkit](#) pg 43

- HealthLink BC: <https://www.healthlinkbc.ca/>
- Canadian Physical Activity Guidelines: [https://csep.ca/CMFiles/Guidelines/CSEP\\_PAGuidelines\\_0-65plus\\_en.pdf](https://csep.ca/CMFiles/Guidelines/CSEP_PAGuidelines_0-65plus_en.pdf)

**Physical Activity Algorithm:** [BC Surgical Prehabilitation Toolkit](#) pg 44  
**Physical Activity Resources:**

- ParticipACTION: <https://www.participaction.com/en-ca>
- 24 Hour Fitness – 23 ½ Hours YouTube <https://www.youtube.com/watch?v=3F5Slv9JQao&list=PLC2cab2YsYtWgKOj5nNT6w7ZKBqaN7UJ&index=5&t=0s>
- Sit to Stand YouTube: <https://www.youtube.com/watch?v=9peUmlJckS4&feature=youtu.be>
- Walking Up Stairs YouTube <https://www.youtube.com/watch?v=Y-Md2YsxdO4&feature=youtu.be>
- Knee Bends YouTube [https://www.youtube.com/watch?v=i\\_wqRQsYBP8&feature=youtu.be](https://www.youtube.com/watch?v=i_wqRQsYBP8&feature=youtu.be)

**SLEEP APNEA:** [BC Surgical Prehabilitation Toolkit](#) pg 31 - 33  
**Screen:** STOP-Bang Questionnaire: [BC Surgical Prehabilitation Toolkit](#) pg 33  
**Treatment Change Ideas:** [BC Surgical Prehabilitation Toolkit](#) pg 31  
**Sleep Apnea Algorithm:** [BC Surgical Prehabilitation Toolkit](#) pg 32  
**Physical Activity Resources:**

- Sleep Apnea YouTube <https://www.youtube.com/watch?v=i6lxO6W2-m8>
- Sleep Apnea Patient Care and Health Information – Mayo Clinic <https://www.mayoclinic.org/diseases-conditions/sleep-apnea/symptoms-causes/syc-20377631>

**SMOKING CESSATION:** [BC Surgical Prehabilitation Toolkit](#) pg 55 - 56  
**Screen:** Has patient used any form of tobacco in the last 6 months?  
**Treatment Change Ideas:** [BC Surgical Prehabilitation Toolkit](#) pg 55

- Quitnow.ca: <https://www.quitnow.ca>
- HealthLinkBC.ca or \*811 BC211.ca or \*211

**Smoking Cessation Algorithm:** [BC Surgical Prehabilitation Toolkit](#) pg 56  
**Smoking Cessation Resources:**

- Dr. Mike Evans - Smoking Cessation YouTube: <https://www.youtube.com/watch?v=z16vhtWKL0&list=PLC2cab2YsYtWgKOj5nNT6w7ZKBqaN7UJ&index=3&t=0s>
- QuitNow BC – Quit Plan Registration: [https://www.quitnow.ca/join?qclid=EAlalQobChMlqvq5AIVEMZkCh0oTwrmeEAYASAAEqIPfD\\_BwE](https://www.quitnow.ca/join?qclid=EAlalQobChMlqvq5AIVEMZkCh0oTwrmeEAYASAAEqIPfD_BwE)

**NUTRITION / MALNUTRITION:** [BC Surgical Prehabilitation Toolkit](#) pg 19 - 21  
**Screen:** Canadian Nut Screening Tool: [BC Surgical Prehabilitation Toolkit](#) pg 21  
<https://nutritioncareincanada.ca/sites/default/uploads/files/CNST.pdf>  
**Treatment Change Ideas:** [BC Surgical Prehabilitation Toolkit](#) pg 19  
HealthLink BC or \*811  
**Nutrition Algorithm:** [BC Surgical Prehabilitation Toolkit](#) pg 20  
**Nutrition Resources:**

- Healthy Eating for Seniors <https://www2.gov.bc.ca/gov/content/family-social-supports/seniors/health-safety/active-aging/healthy-eating/healthy-eating-for-seniors-handbook>
- Healthy Eating 101 YouTube [https://www.youtube.com/watch?v=wn1D\\_vbnXTc](https://www.youtube.com/watch?v=wn1D_vbnXTc)

**SUBSTANCE USE:** [BC Surgical Prehabilitation Toolkit](#) pg 23 - 25  
**Screen:** CAGE-AID [BC Surgical Prehabilitation Toolkit](#) pg 25  
<https://www.hiv.uw.edu/page/substance-use/cage-aid>  
**Treatment Change Ideas:** [BC Surgical Prehabilitation Toolkit](#) pg 23 - 25

- HealthLinkBC.ca or \*811 BC211.ca or \*211

**Substance Use Algorithm:** [BC Surgical Prehabilitation Toolkit](#) pg 24  
**Substance Use Resources:**

- TAPS Tool: <https://www.drugabuse.gov/taps/#/>
- Alcohol Abuse Intervention: <https://www2.gov.bc.ca/gov/content/health/practitioner-professional-resources/bc-guidelines/problem-drinking>

**SOCIAL SUPPORTS:** [BC Surgical Prehabilitation Toolkit](#) pg 51  
**Screen:** All patients should be optimized to ensure Post-Surgical Social Supports in place  
**Treatment Change Ideas:** [BC Surgical Prehabilitation Toolkit](#) pg 51

- BC211.ca or \*211 HealthLinkBC.ca or \*811
- Connect with Community Supports

**Social Supports Resources:**

- Multidimensional Scale of Perceived Social Support Scale [https://www.researchgate.net/publication/311534896\\_Multidimensional\\_Scale\\_of\\_Perceived\\_Social\\_Support\\_MSPSS\\_-\\_Scale\\_Items\\_and\\_Scoring\\_Information](https://www.researchgate.net/publication/311534896_Multidimensional_Scale_of_Perceived_Social_Support_MSPSS_-_Scale_Items_and_Scoring_Information)
- Your Surgery Journey: Back Home YouTube <https://www.youtube.com/watch?v=HITWRVvQfqs&list=PLC2cab2Ys-YtWgKOj5nNT6w7ZKBqaN7UJ&index=12&t=0s>
- Island Health Home & Community Care Services <https://www.islandhealth.ca/our-services/home-care-services/home-support-services>

**VTE PROPHYLAXIS:** [BC Surgical Prehabilitation Toolkit](#) pg 27 - 31  
**Screen:** Caprini Risk Assessment Model:  
**Treatment Change Ideas:** [BC Surgical Prehabilitation Toolkit](#) pg 27  
**Social Supports Resources:**

- Caprini Risk Assessment Model <http://thrombosiscanada.ca/wp-content/uploads/2017/04/VTE-Risk-Assessment-Tool-Caprini-Score-Card-Eng-30Apr2018.pdf>