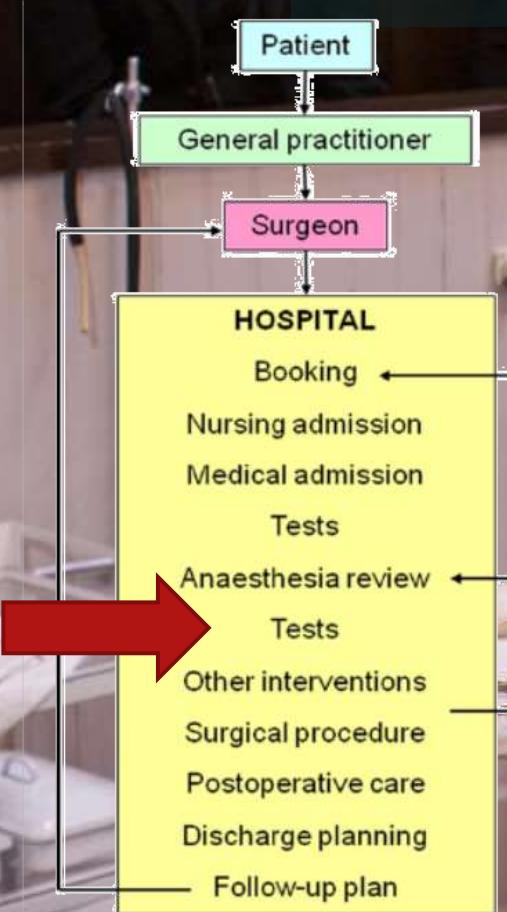




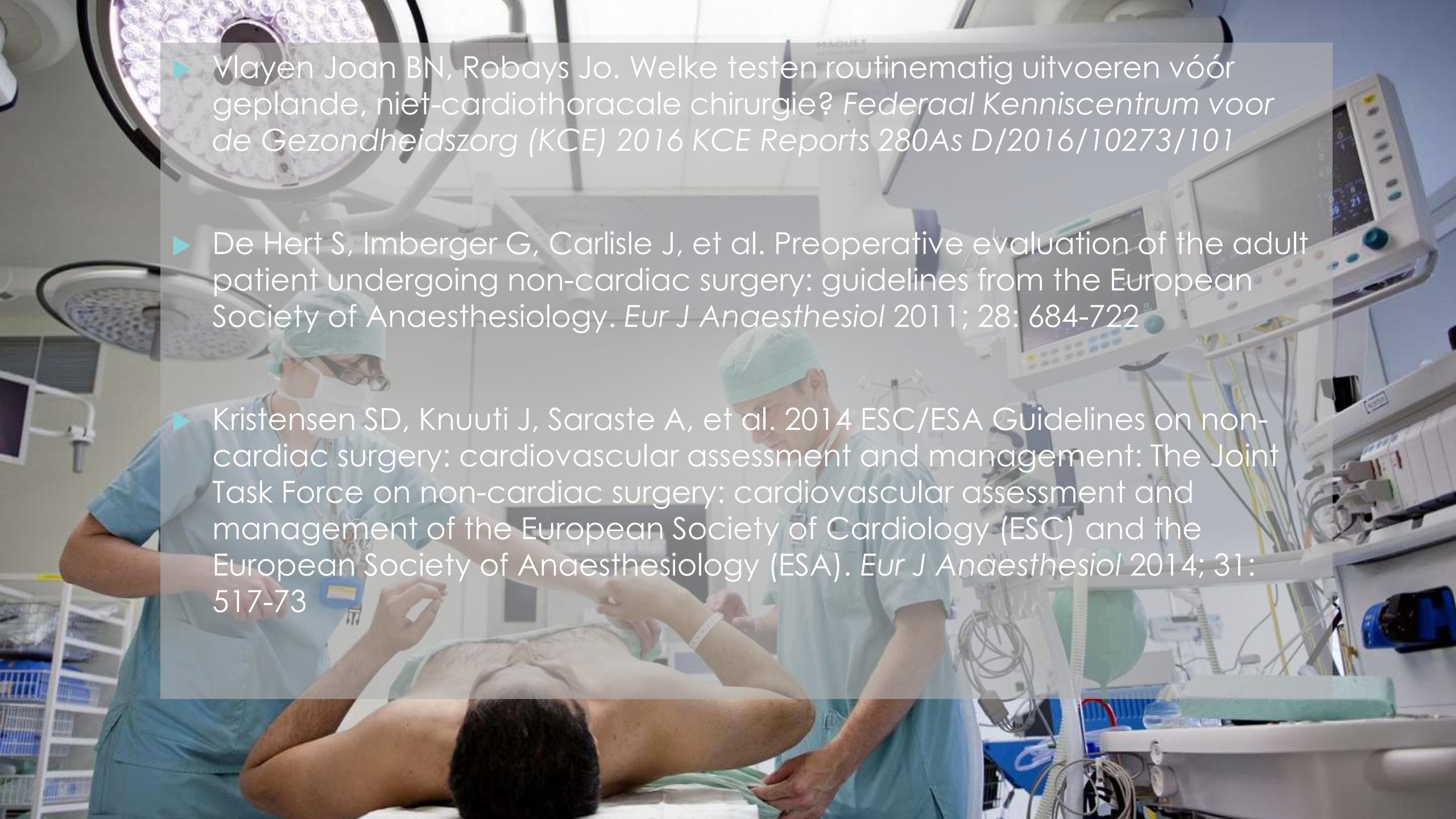
# **Improving Quality in Anaesthesia: Preoperative Evaluation and Optimisation: What,when and how ?**

**Marc COPPENS  
University Hospital Gent**

# Traditional system of surgical care



Lee A, Kerridge RK, Chui PT, Chiu CH, Gin T.  
Perioperative Systems as a quality model of perioperative medicine and surgical care.  
*Health Policy* 2011; **102**: 214-22

- 
- ▶ Vluyen Joan BN, Robays Jo. Welke testen routinematig uitvoeren vóór geplande, niet-cardiothoracale chirurgie? *Federaal Kenniscentrum voor de Gezondheidszorg (KCE)* 2016 KCE Reports 280As D/2016/10273/101
  - ▶ De Hert S, Imberger G, Carlisle J, et al. Preoperative evaluation of the adult patient undergoing non-cardiac surgery: guidelines from the European Society of Anaesthesiology. *Eur J Anaesthesiol* 2011; 28: 684-722
  - ▶ Kristensen SD, Knuuti J, Saraste A, et al. 2014 ESC/ESA Guidelines on non-cardiac surgery: cardiovascular assessment and management: The Joint Task Force on non-cardiac surgery: cardiovascular assessment and management of the European Society of Cardiology (ESC) and the European Society of Anaesthesiology (ESA). *Eur J Anaesthesiol* 2014; 31: 517-73

# Preoperative anaesthesia clinic

- ▶ Identifying patients at increased risk for perioperative complications
- ▶ Risk reduction to improve patient outcome
  - ▶ Pharmacologic interventions preoperatively
  - ▶ Choice of anesthetic technique + consent
    - ▶ Neuraxial/locoregional vs general
    - ▶ Airway evaluation
    - ▶ Total intravenous vs inhalational anaesthesia (PONV risk )
    - ▶ Monitoring depth of anaesthesia
- ▶ Accepting for surgery or referring for more conventional treatment if patient's risk does not match the benefit of the procedure

ASA  
NSQIP Surgical Risk

# Informed consent / Patiëntenparticipatie

- ▶ Het team hanteert een beleid met betrekking tot informed consent dat voldoet aan vigerende wet- en regelgeving.
- ▶ De teamleden informeren cliënten en familieleden tijdig, volledig en nauwkeurig om hen te helpen keuzes te maken ten aanzien van de behandeling.
- ▶ Het team controleert of de cliënt en zijn familie de verstrekte informatie over de behandeling begrijpen en legt de uitkomst van die controle vast in het dossier van de cliënt.

ASA Classification		Examples:
ASA I	A normal healthy patient	Healthy; no smoking, no or very minimal drinking.
ASA II	A patient with mild systemic disease	Smoker; more than minimal drinking; pregnancy; obesity; well controlled diabetes, well controlled hypertension; mild lung disease.
ASA III	A patient with severe systemic disease, not incapacitating	Diabetes, poorly controlled hypertension; distant history of MI, CVA, TIA, cardiac stent; COPD, ESRD; dialysis; active hepatitis; implanted pacemaker; ejection fraction below 40%; congenital metabolic abnormalities.
ASA IV	A patient with severe systemic disease that is a constant threat to life	Recent history of MI, CVA, TIA, cardiac stent; Ongoing cardiac ischemia or severe valve dysfunction; implanted ICD; ejection fraction below 25%.
ASA V	A moribund patient who is not expected to survive without the operation	Ruptured abdominal or thoracic aneurism; intracranial bleed with mass effect; ischemic bowel in the face of significant cardiac pathology..
ASA VI	A patient who has already been declared brain-dead and whose organs are being removed for transplant.	
The addition of an 'E' indicates emergency surgery.		

# Cruciaal

- ▶ Preoperatieve vragenlijst: alle antwoorden zijn neen bij een ASA 1 gezonde patiënt
- ▶ Optimalisatie van de toestand van de patiënt
- ▶ Voldoende op voorhand

**UZ** ● kritieke diensten  
Universitair Ziekenhuis Gent

UNIVERSITEIT GENT

DIENST ANESTHESIE  
Diensthoofd  
Prof. dr. P. Wouters

CHIRURGISCHE DAGCENTRUM  
Afdelingshoofd  
Dr. M. Coppens

**Preoperatieve vragenlijst voor volwassenen**

**CONTACT CHIRURGISCHE DAGCENTRUM**

TELEFOON +32 (0)9 332 53 84	FAX +32 (0)9 332 53 85	E-MAIL chr.dagcentrum@uzgent.be
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**ADREMA**

DOCNR      VERSIE      PAGINA  
05/11      1/4

Voor de artsen: richtlijnen preoperatieve onderzoeken: [www.riziv.fgov.be/zorgverleners/artsen/kwaliteitspromotie/feedbackcampagnes/feedback%20preoperatieve%20onderzoeken%20Medflash%20september%202005](http://www.riziv.fgov.be/zorgverleners/artsen/kwaliteitspromotie/feedbackcampagnes/feedback%20preoperatieve%20onderzoeken%20Medflash%20september%202005)

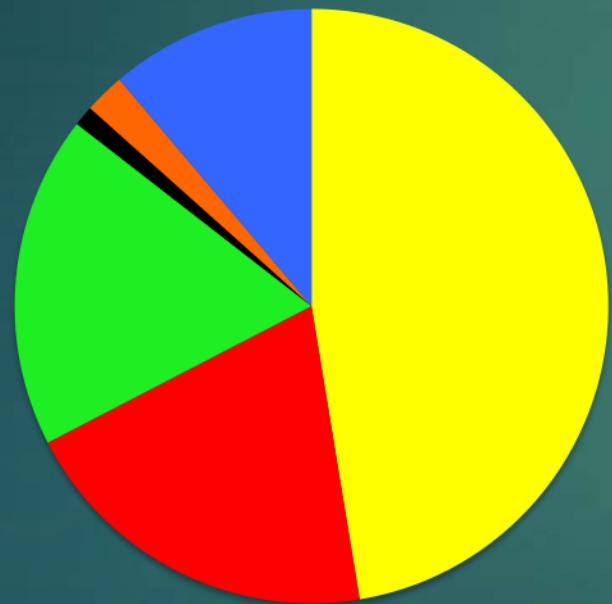
Deze vragenlijst dient om uw gezondheidstoestand voor de geplande heelkundige ingreep, het onderzoek of de behandeling te kennen. Ze maakt deel uit van het preoperatief onderzoek en is strikt vertrouwelijk. Via dit formulier geeft u door ondertekening ook toestemming tot anesthesie. In te vullen door de patiënt of zijn vertegenwoordiger.

<b>Patiëntgegevens</b> Naam _____ Geboortedatum: ____ / ____ / ____ Telefoon: _____	<b>Contacten</b> Naam contactpersoon: _____ Telefoon contactpersoon: _____ Huisarts: _____ Telefoon huisarts: _____
<b>Aanvullende patiëntgegevens</b> Leeftijd: ____ jaar Gewicht: ____ kg Lengte: ____ cm Bloedgroep: _____	<b>Operatie, onderzoek of behandeling waarvoor u wordt opgenomen</b> Datum: ____ / ____ / ____ Operatie: _____ rechts - links*  Naam begeleider: _____ Telefoon begeleider: _____
<b>Bent u allergisch aan of overgevoelig voor:</b> Latex ja - neen* Huisstofmijt of huisstofjaar ja - neen* Verdovingsstoffen bij de tandarts ja - neen* Planten, pollen of bomen ja - neen* Ontsmettingsmiddelen/jood ja - neen* Medicatie ja - neen* welke? _____ Voedsel of andere? ja - neen* welke? _____	

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De Pintelaan 185, B-9000 Gent  
[www.uzgent.be](http://www.uzgent.be)

\*enzinkel vat van toepassing is en geef indien mogelijk uitgelegd

# Anafylactische shock

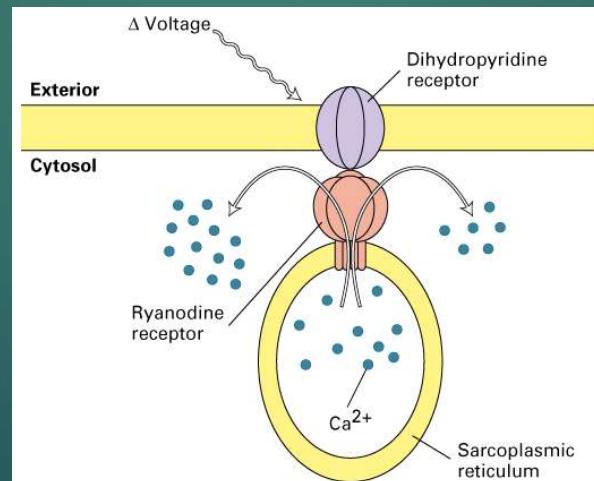


- NMBDs 47%
- Latex 20%
- Antibiotics 18%
- Hypnotics 1%
- Opioids 2%
- Others 11%

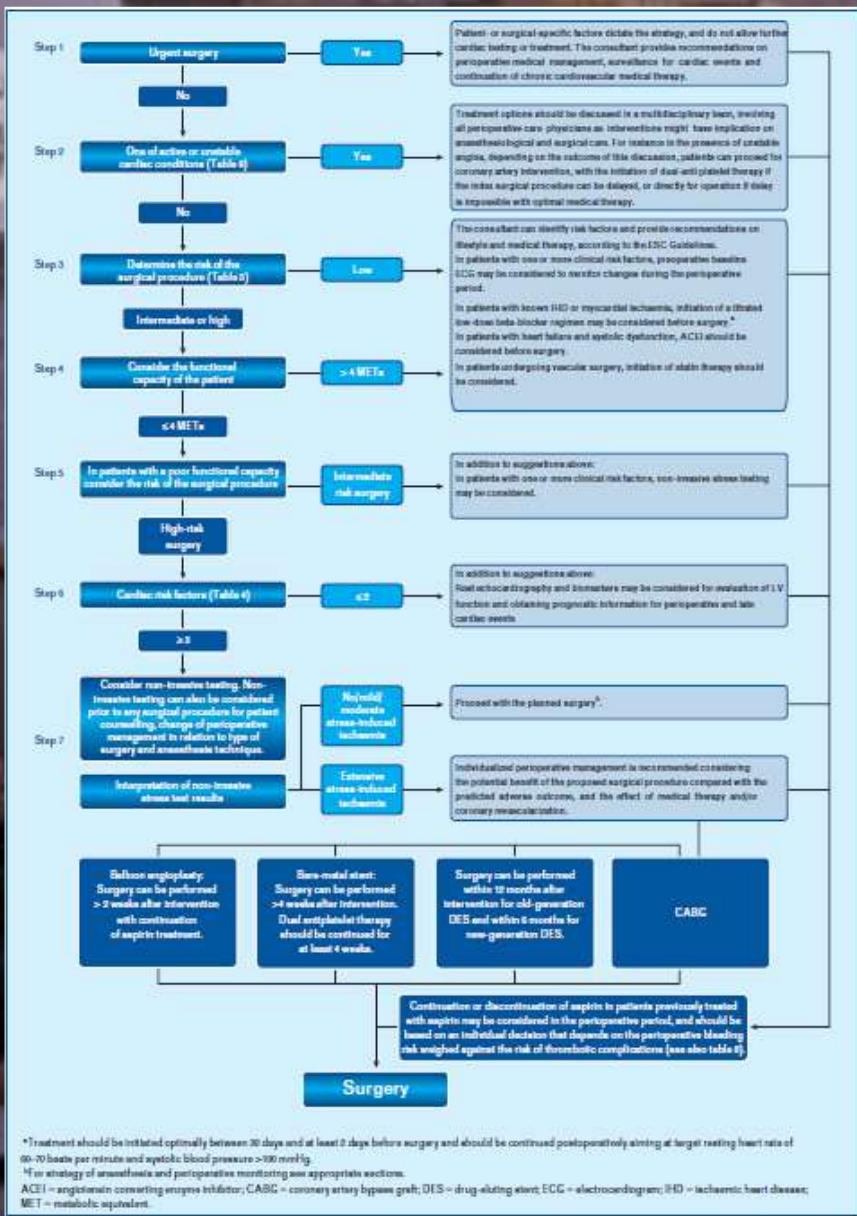


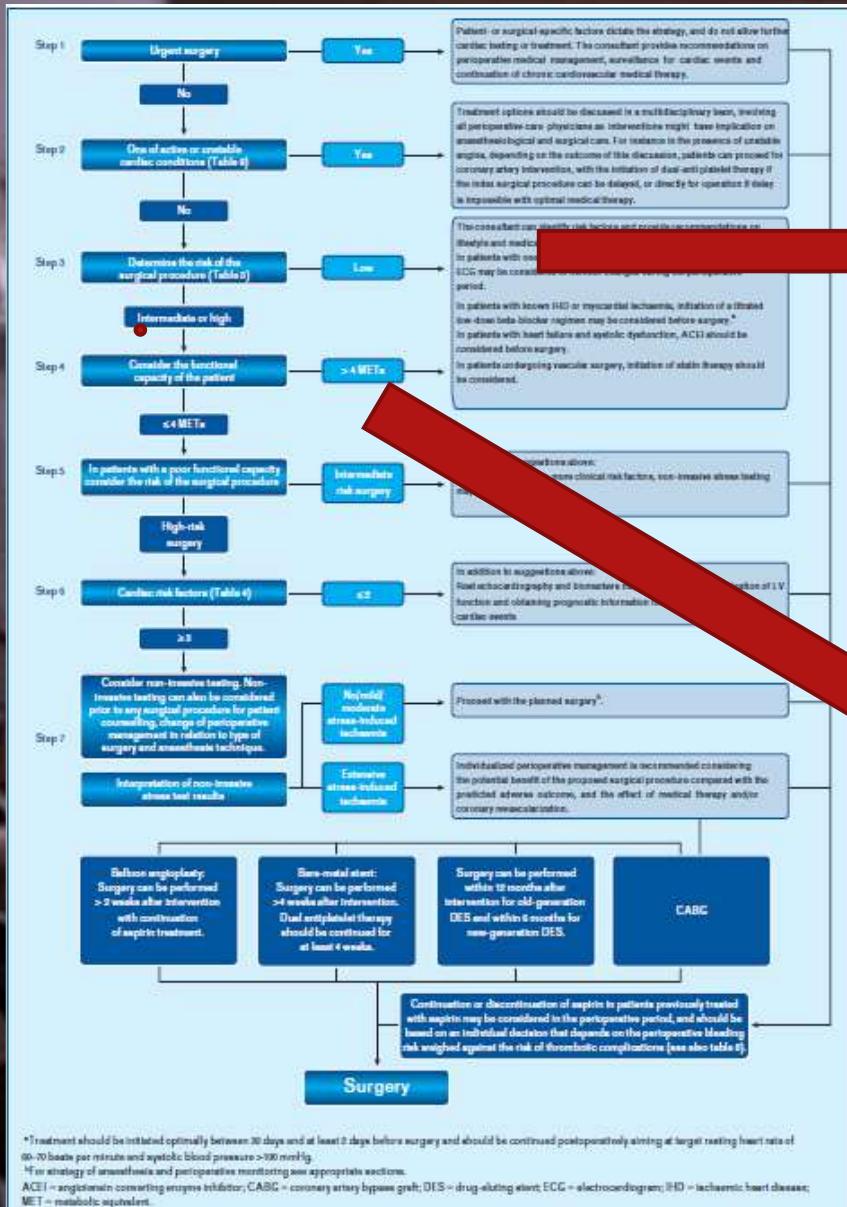
# Maligne hyperthermie

- ▶ Pharmacogenetic disorder of calcium homeostasis in skeletal muscle
- ▶ Prevalence 1:15000-1:50000
- ▶ Accumulation of Ca in the sarcolemma: sustained contractures of skeletal muscle



# Practical stepwise evaluation integrating clinical risk factors and test results with the estimated stress of the planned procedure



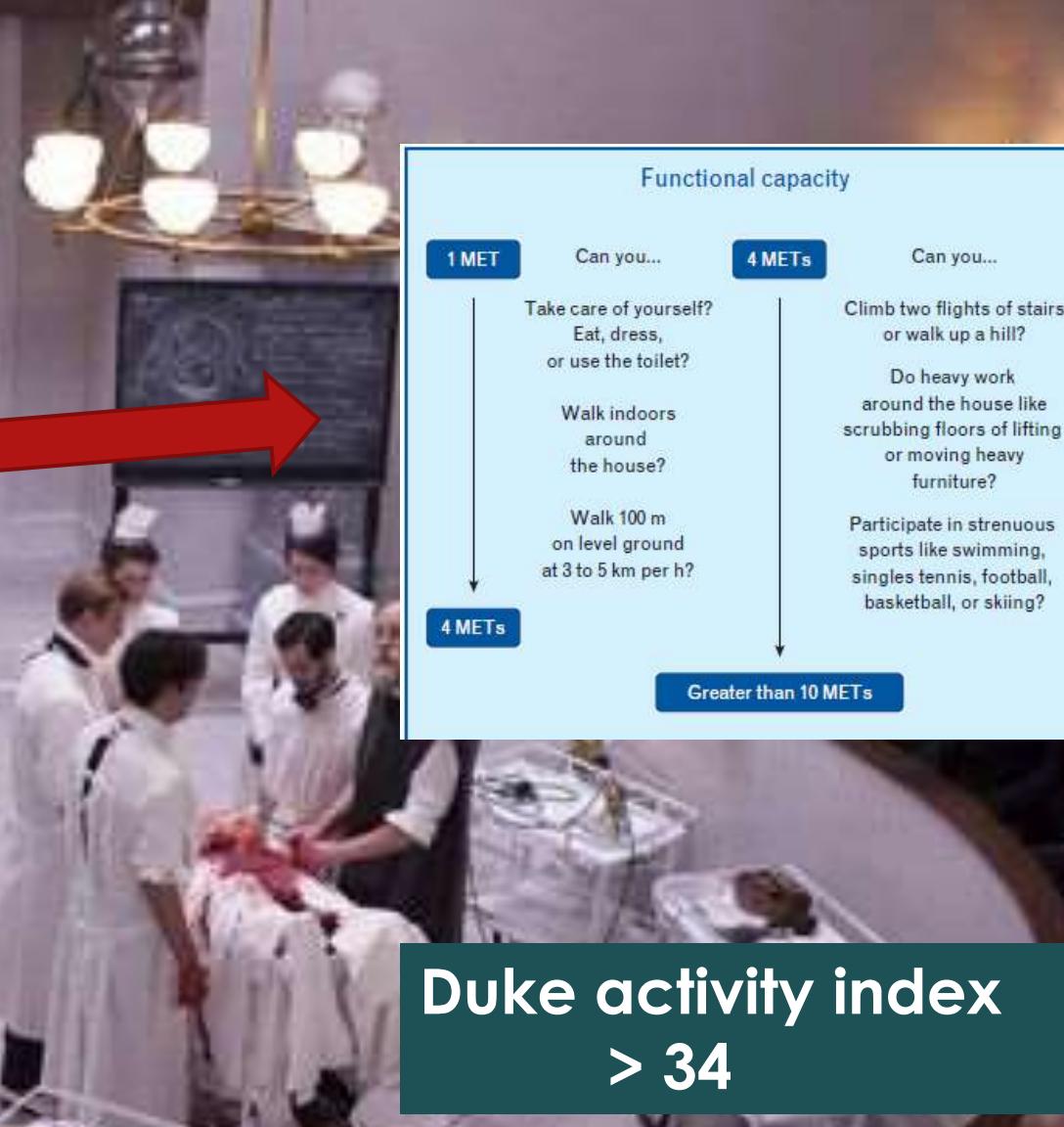
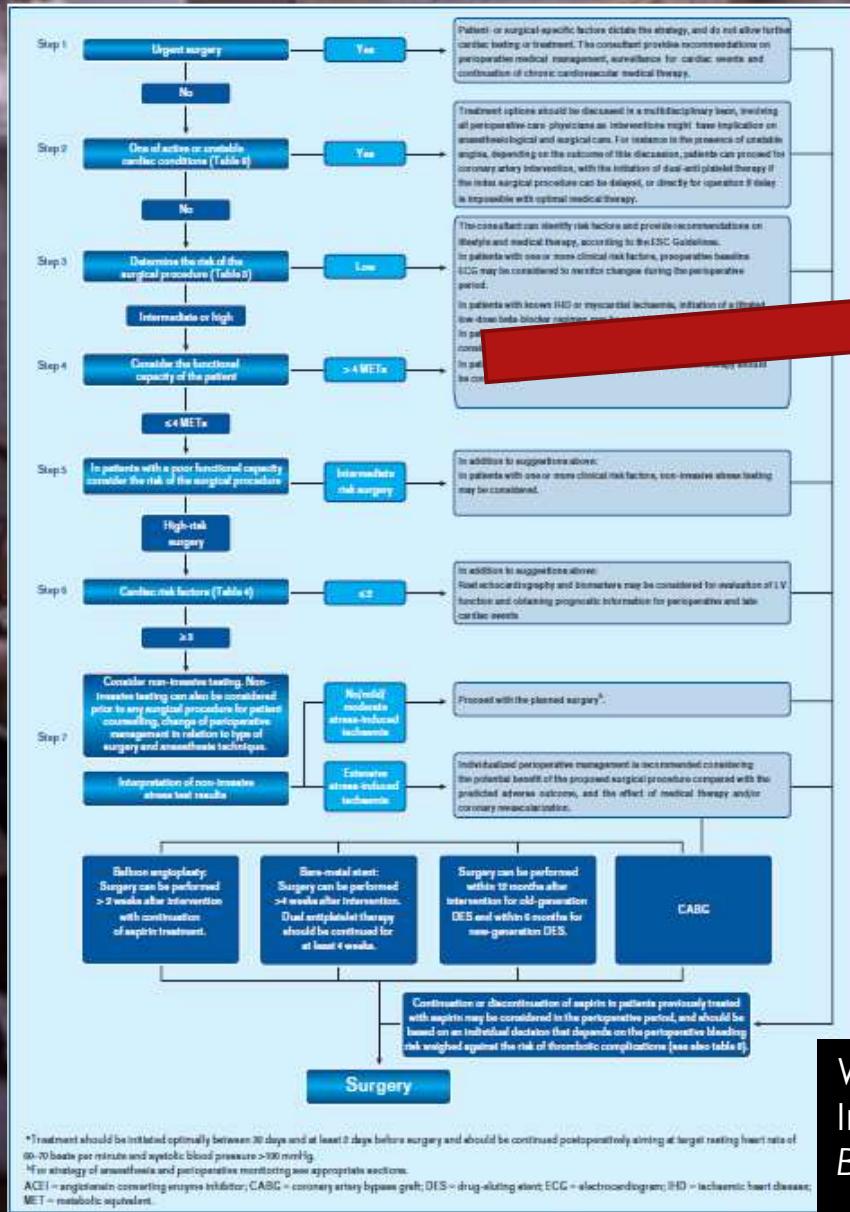


- Unstable angina pectoris
- Acute heart failure
- Significant cardiac arrhythmias
- Symptomatic valvular heart disease
- Recent myocardial infarction<sup>a</sup> and residual myocardial ischaemia

Low-risk: <1%	Intermediate-risk: 1–5%	High-risk: >5%
<ul style="list-style-type: none"> <li>• Superficial surgery</li> <li>• Breast</li> <li>• Dental</li> <li>• Endocrine: thyroid</li> <li>• Eye</li> <li>• Reconstructive</li> <li>• Carotid asymptomatic (CEA or CAS)</li> <li>• Gynaecology: minor</li> <li>• Orthopaedic: minor (meniscectomy)</li> <li>• Urological: minor (transurethral resection of the prostate)</li> </ul>	<ul style="list-style-type: none"> <li>• Intrapерitoneal: splenectomy, hiatal hernia repair, cholecystectomy</li> <li>• Carotid symptomatic (CEA or CAS)</li> <li>• Peripheral arterial angioplasty</li> <li>• Endovascular aneurysm repair</li> <li>• Head and neck surgery</li> <li>• Neurological or orthopaedic: major (hip and spine surgery)</li> <li>• Urological or gynaecological: major</li> <li>• Renal transplant</li> <li>• Intra-thoracic: non-major</li> </ul>	<ul style="list-style-type: none"> <li>• Aortic and major vascular surgery</li> <li>• Open lower limb revascularization or amputation or thromboembolectomy</li> <li>• Duodeno-pancreatic surgery</li> <li>• Liver resection, bile duct surgery</li> <li>• Oesophagectomy</li> <li>• Repair of perforated bowel</li> <li>• Adrenal resection</li> <li>• Total cystectomy</li> <li>• Pneumonectomy</li> <li>• Pulmonary or liver transplant</li> </ul>

CAS, carotid artery stenting; CEA, carotid endarterectomy. <sup>a</sup>Surgical risk estimate is a broad approximation of 30-day risk of cardiovascular death and myocardial infarction that takes into account only the specific surgical intervention without considering the patient's comorbidities. <sup>b</sup>Adapted from Glance et al.<sup>11</sup>

The majority of patients with stable heart disease can undergo low and intermediate risk surgery without additional evaluation



**Duke activity index  
> 34**

Wijeysundera et al.  
 Integration of the Duke Activity Status Index into preoperative risk evaluation  
*British journal of anaesthesia* 2020; **124**: 261-70

# Q of the consultation



- ▶ The actual anaesthesia provider has to trust the anaesthesia consultant
- ▶ The PAC-file has to reflect sufficient and adequate information
- ▶ Consensus based guidelines

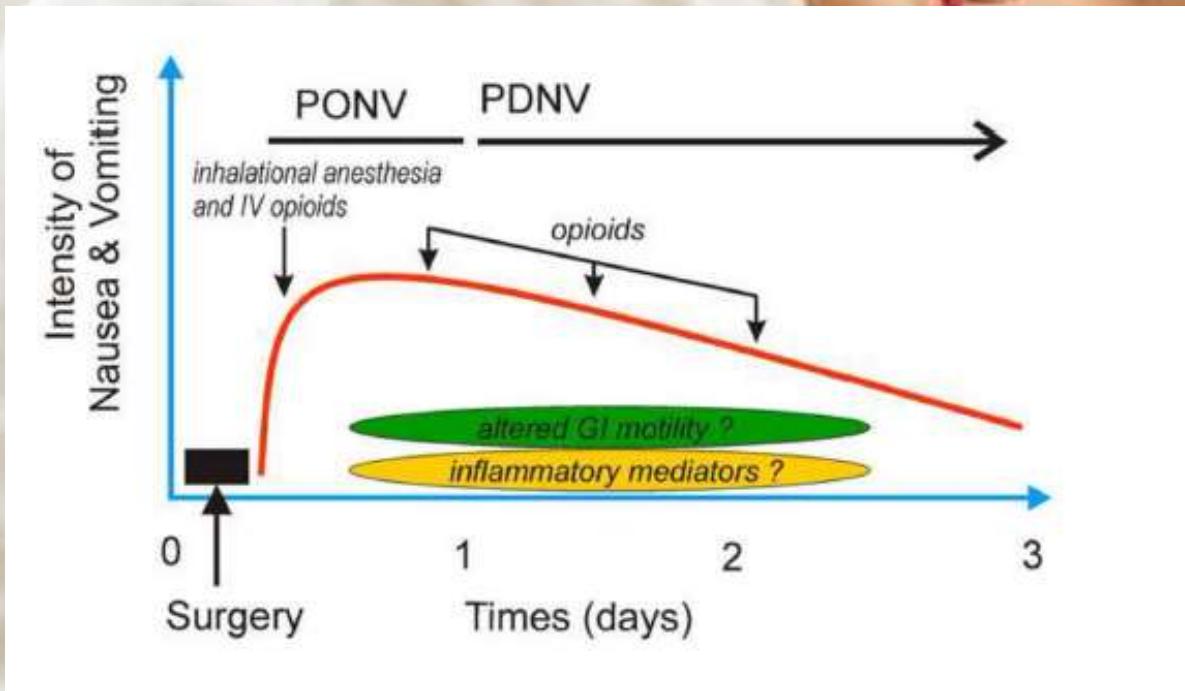
Kristensen SD, Knuuti J, Saraste A, et al. 2014

ESC/ESA Guidelines on non-cardiac surgery: cardiovascular assessment and management: The Joint Task Force on non-cardiac surgery: cardiovascular assessment and management of the European Society of Cardiology (ESC) and the European Society of Anaesthesiology (ESA).  
*Eur J Anaesthesiol* 2014

De Hert S, Imberger G, Carlisle J, et al.

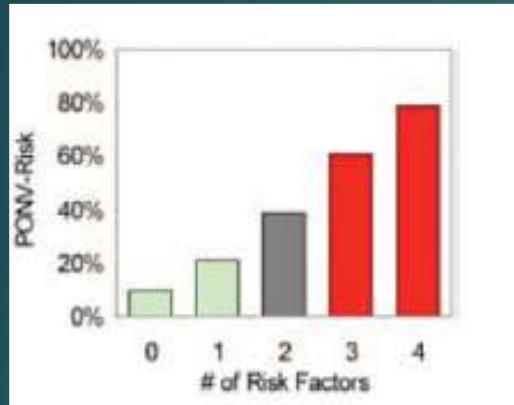
Preoperative evaluation of the adult patient undergoing non-cardiac surgery:  
guidelines from the European Society of Anaesthesiology.  
*Eur J Anaesthesiol* 2011; **28**: 684-722

# PONV-PDNV



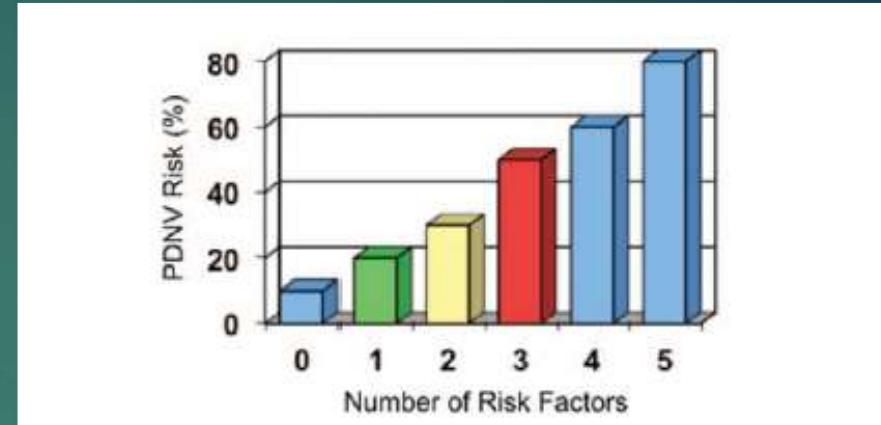
General anaesthesia is the clinical use of potent and potentially lethal drugs, to produce a state of controlled, reversible poisoning to achieve narcosis, analgesia and reflex suppression administered with professional skill,...

# Risk scores for PONV and PDNV



Risk Factors	Points
Female Gender	1
Non-Smoker	1
History of PONV	1
Postoperative Opioids	1
Sum =	0 ... 4

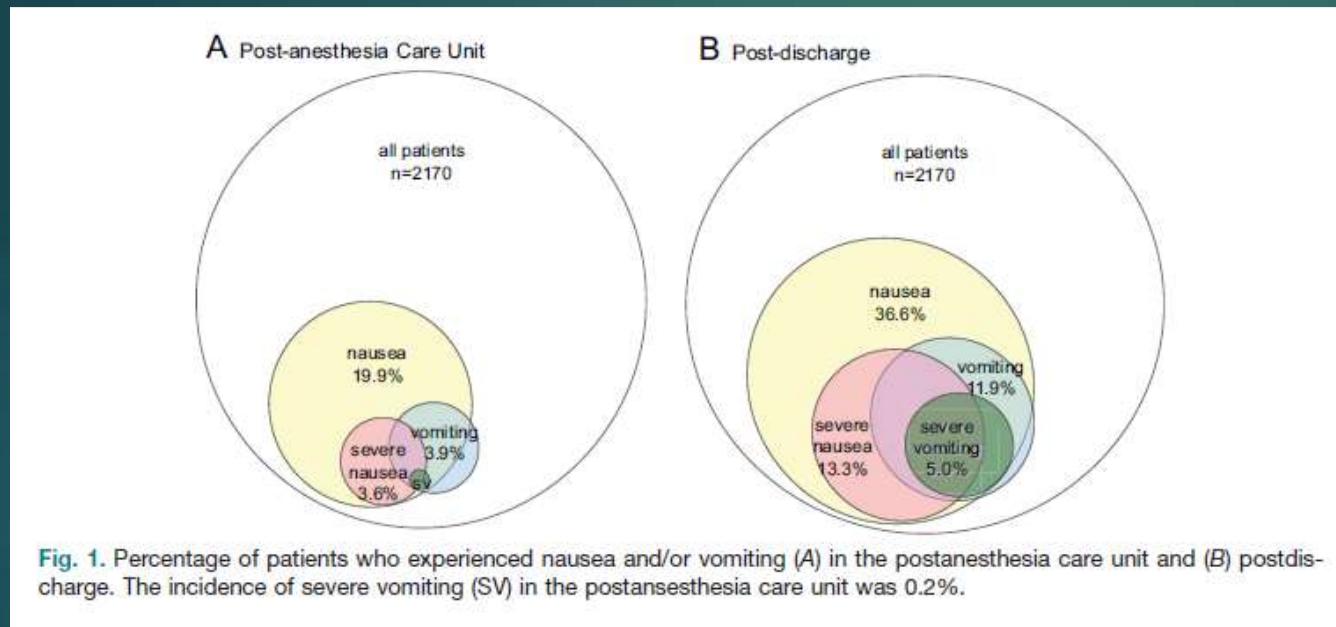
**Figure 1.** Risk score for PONV in adults. Simplified risk score from Apfel et al.<sup>9</sup> to predict the patient's risk for PONV. When 0, 1, 2, 3, and 4 of the risk factors are present, the corresponding risk for PONV is about 10%, 20%, 40%, 60%, and 80%, respectively. PONV = postoperative nausea and vomiting.



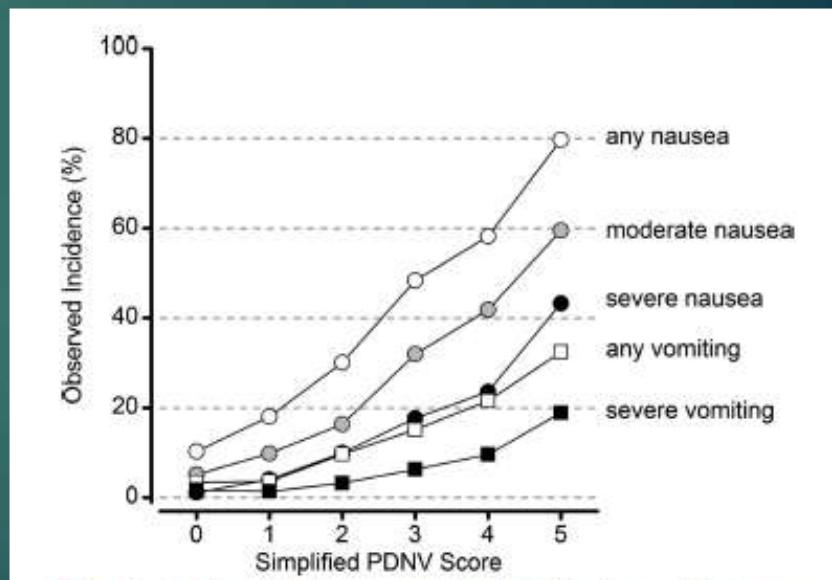
Risk Factors	Points
Female sex	1
History of PONV	1
Age <50 years	1
Use of opioids in the PACU	1
Nausea in the PACU	1
Sum	0...5

**Figure 2.** Simplified risk score for PDNV in adults. Simplified risk score from Apfel et al.<sup>19</sup> to predict the risk for PDNV in adults. When 0, 1, 2, 3, 4, and 5 risk factors are present, the corresponding risk for PDNV is approximately 10%, 20%, 30%, 50%, 60%, and 80%, respectively. PDNV = postdischarge nausea and vomiting; PONV = postoperative nausea and vomiting; PACU = postanesthesia care unit.

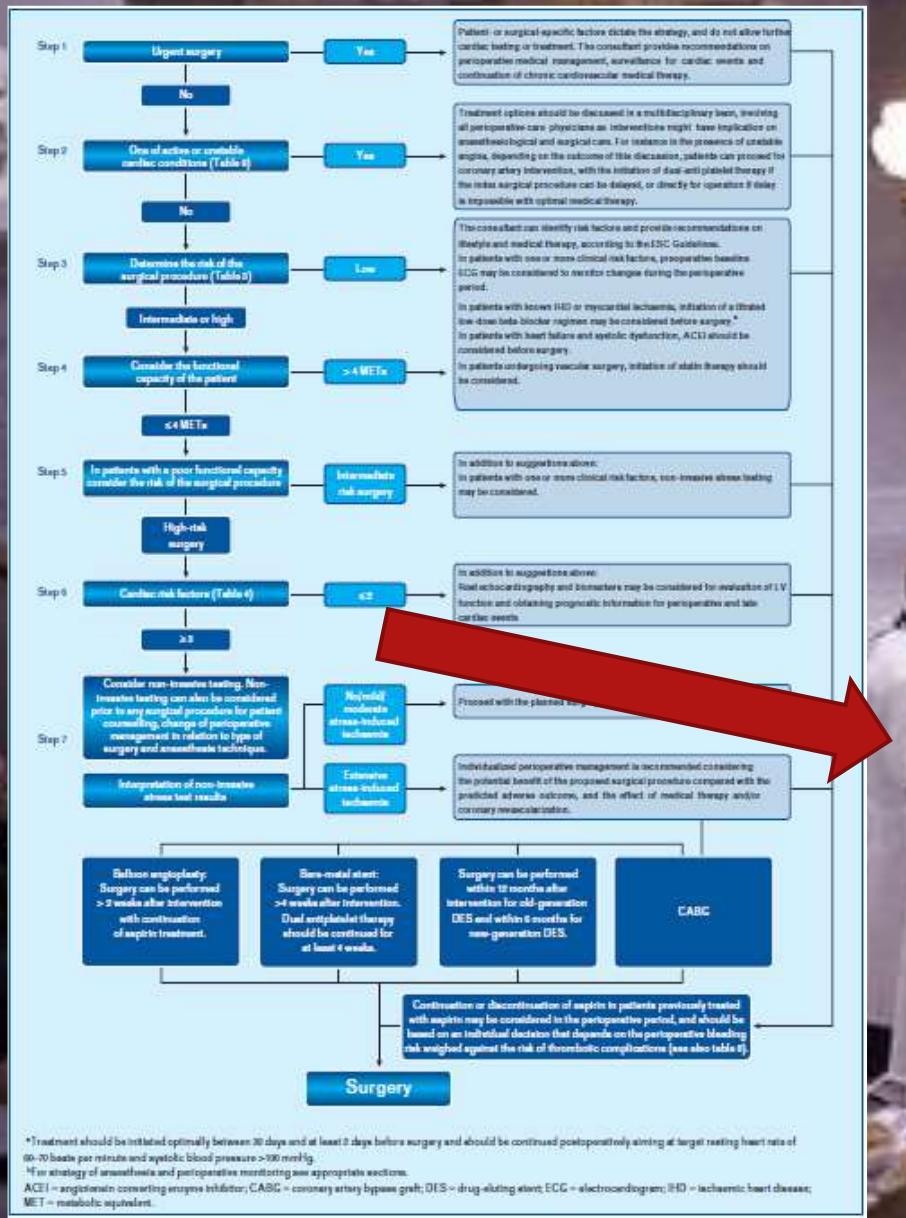
# Risk factors for PDNV



Female	1,54
< 50 yrs	2,17
History PONV	1,5
Opioid in PACU	1,93
Nausea in PACU	3,14



**Fig. 6.** Relationship between the simplified postdischarge nausea and vomiting (PDNV) risk score and the incidence of PDNV in the validation dataset.



## Revised Cardiac Risk Index

1. History of ischemic heart disease
  2. History of congestive heart failure
  3. History of cerebrovascular disease (stroke or transient ischemic attack)
  4. History of diabetes requiring preoperative insulin use
  5. Chronic kidney disease (creatinine > 2 mg/dL)
  6. Undergoing suprainguinal vascular/intraperitoneal, or intrathoracic surgery
- Risk for cardiac death, nonfatal myocardial infarction, and nonfatal cardiac arrest:  
 0 predictors = 0.4%, 1 predictor = 0.9%, 2 predictors = 6.6%, ≥3 predictors = >11%

## ARISCAT – Using the Model

Predictor	Multivariate Analysis OR	Risk score
Age 51-80	1.4	3
Age >80	5.1	16
Preop SpO2 91-95	2.2	8
Preop SpO2 <= 90	10.7	24
Resp infection w/in 1 mo	5.5	17
Preop hemoglobin <=10	3.0	11
Upper abdominal incision	4.4	15
Intrathoracic incision	11.4	24
Surgery >2-3 hrs	4.9	16
Surgery >3 hrs	9.7	23
Emergency procedure	2.2	8

Risk category	PPC rate
Low risk <26 points	1.6%
Intermediate risk 26-44 points	13.3%
High risk >= 45 points	42.1%

[Back](#)

# Frailty as independent risk factor

- ▶ Adverse health outcome
- ▶ Mortality
- ▶ Increased length of stay
- ▶ Inability to be discharged home : institutionalization
  
- ▶ Many frailty assessment tools: > Edmonton Frailty Scale





# Surgical Risk Calculator



**Procedure**  **Clear**

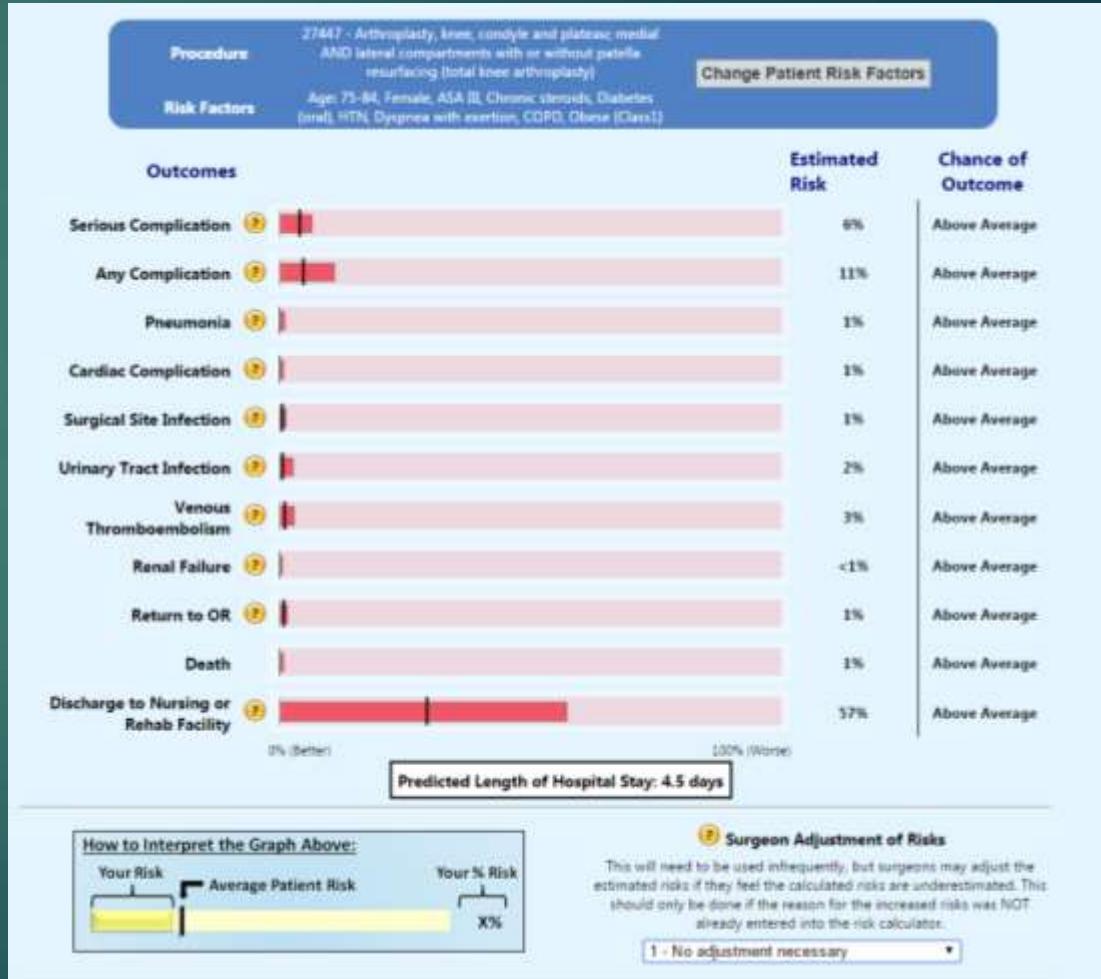
Begin by entering the procedure name or CPT code. One or more procedures will appear below the procedure box. You will need to click on the desired procedure to properly select it. You may also search using two words (or two partial words) by placing a '+' in between, for example: "cholecystectomy+cholangiography"

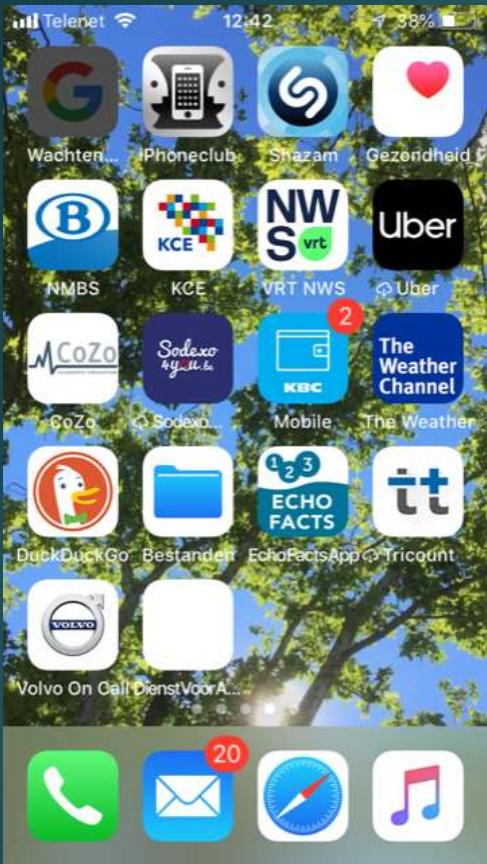
**Reset All Selections**

**Are there other potential appropriate treatment options?**  Other Surgical Options  Other Non-operative options  None

Please enter as much of the following information as you can to receive the best risk estimates. A rough estimate will still be generated if you cannot provide all of the information below.

Age Group	<input type="text" value="75-84 years"/>	Diabetes	<input type="text" value="Oral"/>
Sex	<input type="text" value="Female"/>	Hypertension requiring medication	<input type="text" value="Yes"/>
Functional status	<input type="text" value="Independent"/>	Previous cardiac event	<input type="text" value="No"/>
Emergency case	<input type="text" value="No"/>	Congestive heart failure in 30 days prior to surgery	<input type="text" value="No"/>
ASA class	<input type="text" value="III - Severe systemic disease"/>	Dyspnea	<input type="text" value="With Moderate exertion"/>
Wound class	<input type="text" value="Clean"/>	Current smoker within 1 year	<input type="text" value="No"/>
Steroid use for chronic condition	<input type="text" value="Yes"/>	History of severe COPD	<input type="text" value="Yes"/>
Ascites within 30 days prior to surgery	<input type="text" value="No"/>	Dialysis	<input type="text" value="No"/>
Systemic sepsis within 48 hours prior to surgery	<input type="text" value="None"/>	Acute Renal Failure	<input type="text" value="No"/>
Ventilator dependent	<input type="text" value="No"/>	BMI Calculation:	<input type="text" value="Height (in) 67"/>
Disseminated cancer	<input type="text" value="No"/>	Weight (lbs)	<input type="text" value="209"/>





12:42 38% NL

KCE

Welke testen routinematig uitvoeren bij volwassenen voor geplande, niet-cardiothoracale chirurgie?

- Aanbevolen
- Worden niet aanbevolen:
- Cardiopulmonale inspanningstest
- Röntgenopname van de thorax
- Polysomnografie of slaaptest
- Geglyceerd hemoglobine (HbA1c)
- Leverfunctietesten

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1 Normale gezondheid

2 Niet-ernstige systemische aandoening

een aandoening of gewoonte waarvan de patiënt in het dagelijkse leven niet veel hinder ondervindt, maar die problemen kan veroorzaken bij een ingreep.

Voorbeelden: roken; regelmatig alcoh...

3 Ernstige systemische aandoening

een aandoening die de normale activiteiten van de patiënt verhindert, maar die niet levensbedreigend is.

Voorbeelden: slecht gecontroleerde ...

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KCE

2 Kleine operatie

Voorbeelden: verwijderen van huidletsel, verwijderen van bartholinklier, drainage van borstabcse, carpal tunnel operatie, correctie van neustussenschot, besnijdenis van de voorhuid, herstel van hydrocoele, cataractchirurgie, ...

Intermediaire operatie

Voorbeelden: primair herstellen van illesbreuk, verwijderen van spataders in het onderste lidmaat, tonsillectomie of aden(otonsill)ectomie, kniearthroscopie, verwijderen van submandibulaire klier, conisatie, trommelvlieusherstel, keizersnede, ...

Grote of complexe operatie

Voorbeelden: volledige abdominale hysterectomie, borstresectie, endoscopisch verwijderen van de prostaat, lumbale discectomie, thyroidectomie, plaatsen van een

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■ Telenet 12:43 38%

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2 Bijkomende vragen

Uw patiënt heeft minstens één risicofactor volgens de hartrisico index.

• Is minstens één van de volgende puntjes van toepassing op uw patiënt? >

Uw patiënt is minstens 65 jaar oud

Uw patiënt heeft een geschiedenis van abnormale bloedingen, spontaan, of na trauma of chirurgie

Bij uw patiënt kan een nierfunctiestoornis worden vermoed

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■ Telenet 12:54 35%

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2

Als op basis van anamnese en klinisch onderzoek bijkomende problemen worden vastgesteld, kunnen aanvullende testen uiteraard nodig zijn. Deze vallen dan echter buiten de routine.

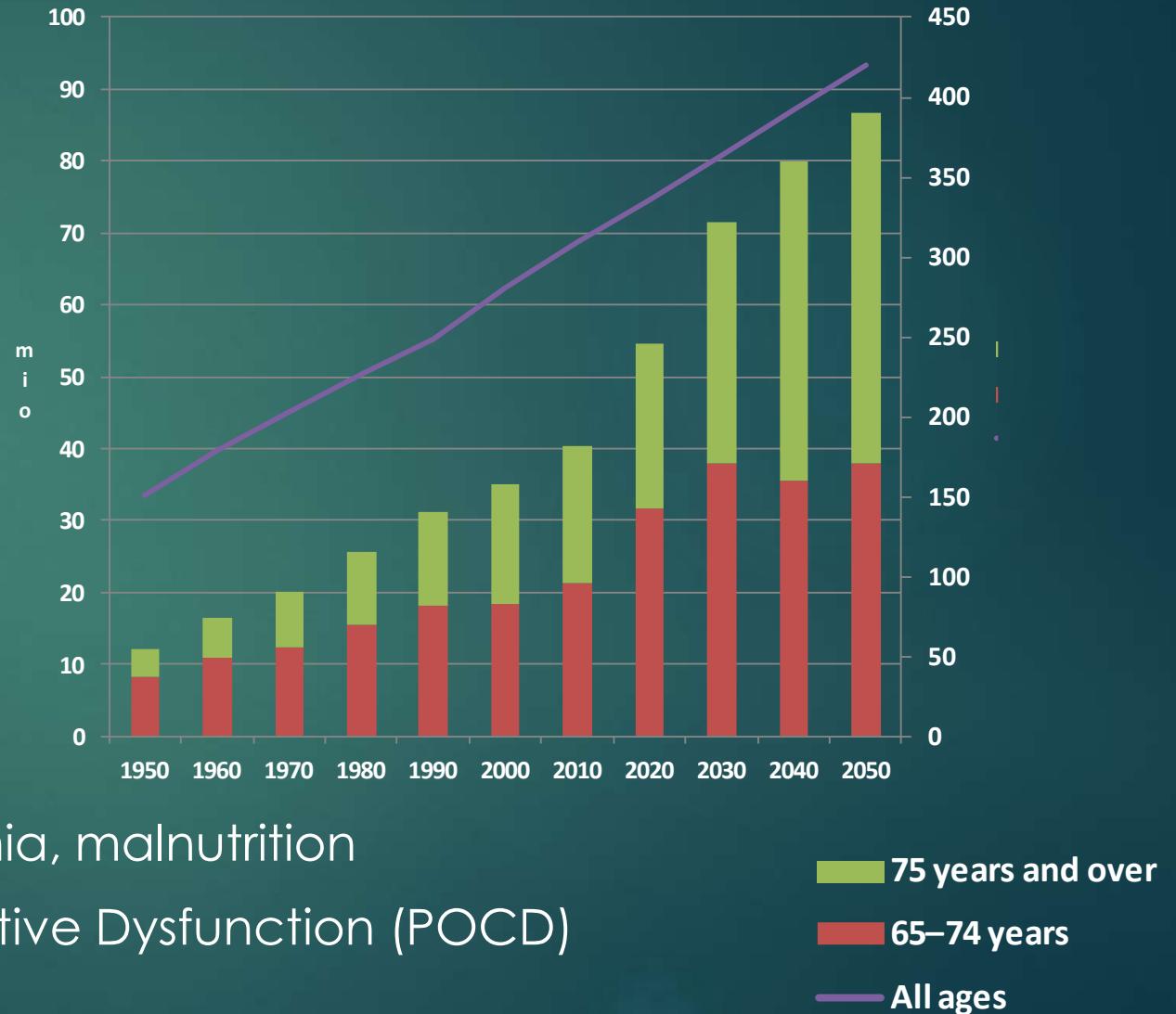
Te overwegen

Rust ECG >

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# Reduced mortality and morbidity

- ▶ Medical optimisation
  - ▶ Statins
  - ▶ B-blockers
  - ▶ ...
- ▶ Smoking cessation
- ▶ Alcohol abstinence
- ▶ Incentive spirometry
- ▶ Screening for OSAS
- ▶ Screening for 'frailty'
- ▶ Preoperative correction of anaemia, malnutrition
- ▶ Reduction of Postoperative Cognitive Dysfunction (POCD)



# Vragenlijsten voor anamnese medicatie anamnese (accreditering)

- ▶ Het team verifieert samen met de cliënt de medicatie bij opname in de instelling (inclusief de spoedeisende hulp of intramurale afdeling).
- ▶ Het protocol omvat een lijst van de meest actuele medicatie die de cliënt gebruikt (de best mogelijke medicatiegeschiedenis).
- ▶ Het protocol omvat een vergelijking van deze medicatielijst vóór opname met de nieuwe door de instelling voorgeschreven medicatie.
- ▶ Het protocol stelt duidelijk dat medicatieafstemming een gedeelde verantwoordelijkheid is van de cliënt en de zorgverlener.

# Cardiac risk factors

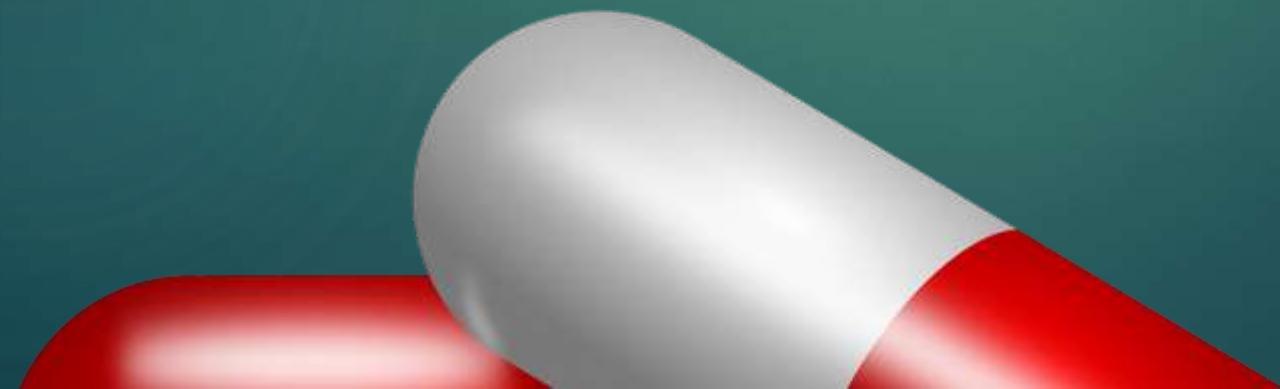
- ▶ Refer to cardiologist  
 $\beta$  blockers and statins should be started between 30 days and at least 1 week before surgery
- ▶ In patients currently taking  $\beta$  blockers and statins: continue !

# Statins

- ▶ Lipid-lowering effect
- ▶ Coronary plaque stabilisation
  - ▶ Decreased lipid oxidation
  - ▶ Decreased inflammation
  - ▶ ...

Lipitor  
Pravastatine  
Crestor  
Simvastatine  
Zocor  
...

Non-lipid or pleiotropic effects may prevent plaque rupture and subsequent MI and stroke



# Short term mortality & statins

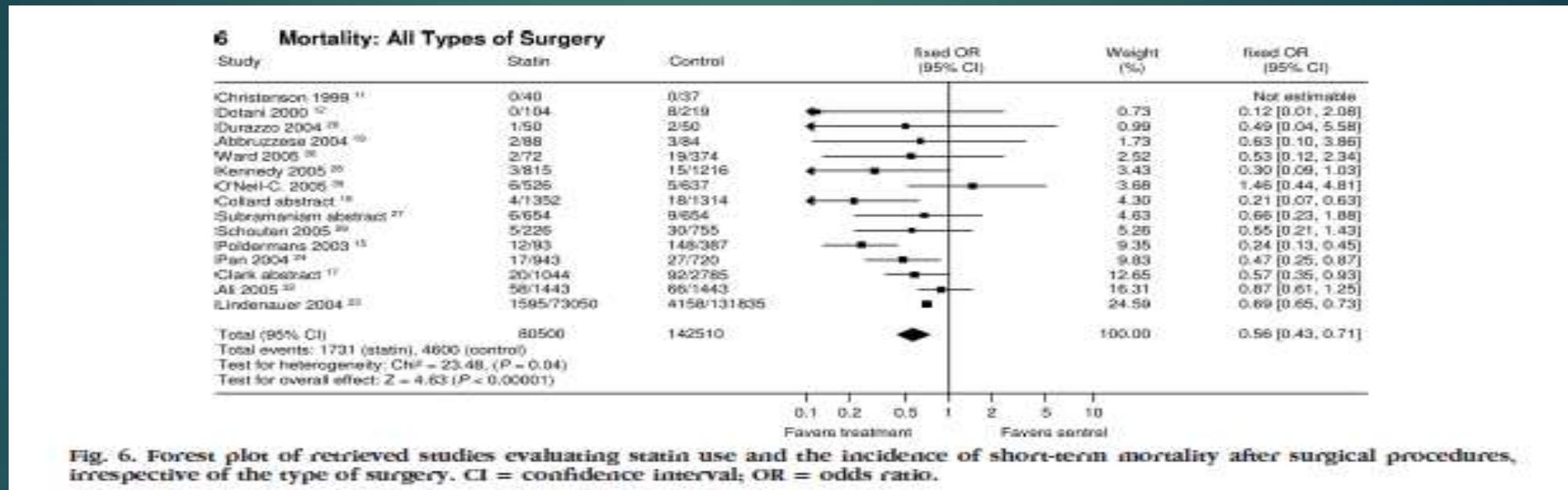


Fig. 6. Forest plot of retrieved studies evaluating statin use and the incidence of short-term mortality after surgical procedures, irrespective of the type of surgery. CI = confidence interval; OR = odds ratio.

Hindler, Anesthesiology 2006

# ACE inhibitors

- ▶ Blood-pressure lowering effects
- ▶ Preserve organ function
  - ▶ Improvement of endothelial function
  - ▶ Ant-inflammatory effects
  - ▶ Direct interference with atherogenesis
  - ▶ ....

Capoten  
Inhibace  
Zestril  
Coversyl  
Tritace  
....

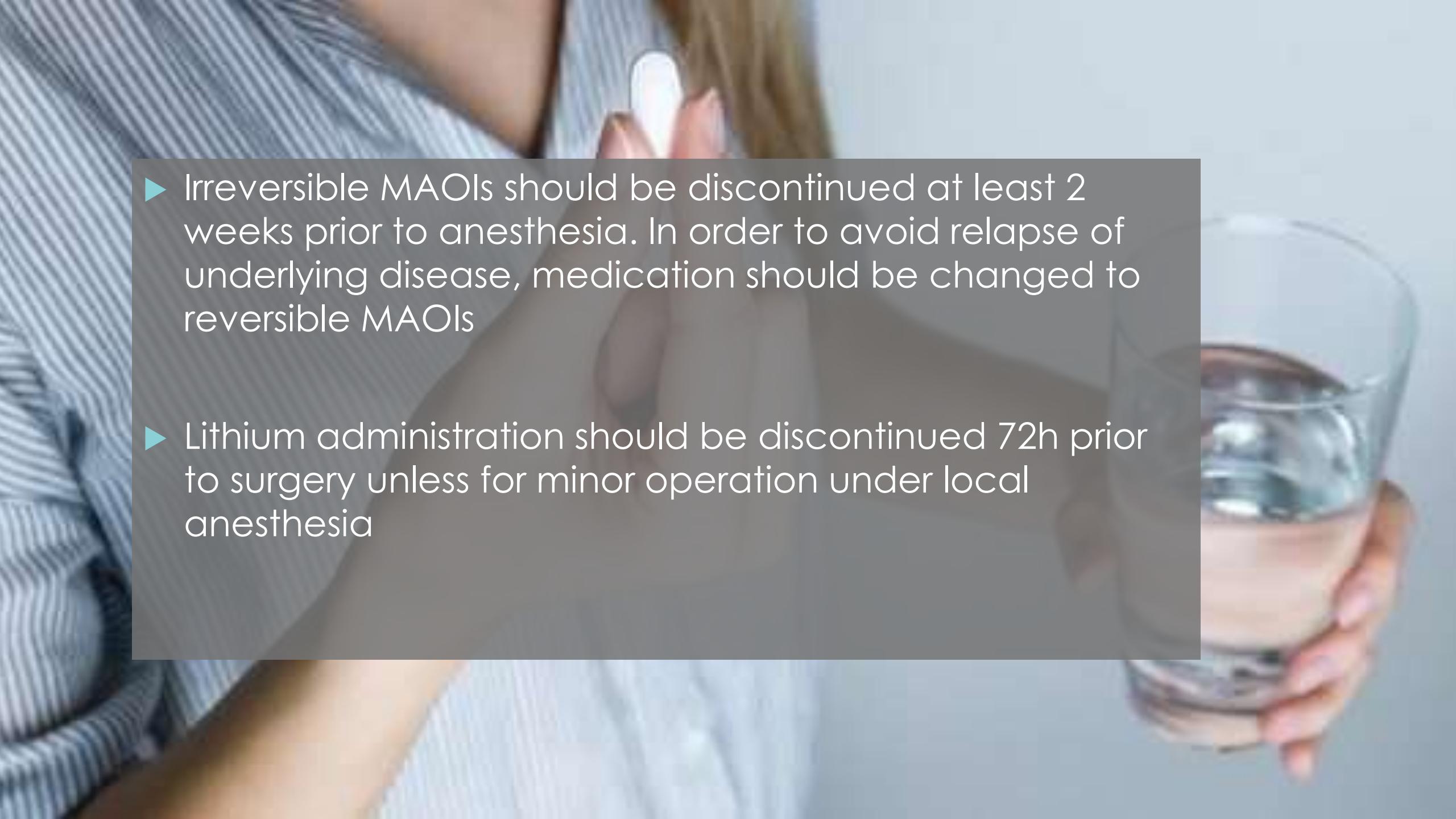
# ACE inhibitors

- ▶ It is recommended that ACE inhibitors be continued in stable patients with LV systolic dysfunction
- ▶ ACE inhibitors should be considered in stable patients with LV systolic dysfunction for low/intermediate risk surgery
- ▶ Discontinuation should be considered before non-cardiac surgery in hypertension

# Tricyclic antidepressants

- ▶ Patients chronically treated with TCAs should undergo cardiac evaluation prior to anesthesia:
  - ▶ Effects on the cardiac conduction system
  - ▶ Potentiation of (nor-) epinephrine: hypertensive crisis
  - ▶ Discontinuation can lead to cholinergic symptoms, movement disorders, cardiac arrhythmia
  - ▶ Relapse rate ( X 2 to X4 )

Redomex  
Prothiaden  
Tofranil  
Cymbalta  
Trazolan  
....

- 
- A close-up photograph of a person's hand holding a clear glass filled with water. The person is wearing a blue and white striped shirt. The background is blurred.
- ▶ Irreversible MAOIs should be discontinued at least 2 weeks prior to anesthesia. In order to avoid relapse of underlying disease, medication should be changed to reversible MAOIs
  - ▶ Lithium administration should be discontinued 72h prior to surgery unless for minor operation under local anesthesia

# Herbal medication

<u>herb</u>	<u>effect</u>	<u>stop</u>
Echinacea (48%)		
Aloe vera (30%)		
Ginseng (28%)	Bleeding/effect VKA ↓	-24 hrs
Garlic (27%)	bleeding	-7 days
Ginkgo biloba (22%)	bleeding	-36 hrs
St-John's wort	Enzyme induction	-5 to -9 days

- ▶ Patients chronically treated with TCAs should undergo cardiac evaluation prior to anesthesia
- ▶ Antidepressant treatment should not be discontinued prior to anesthesia
- ▶ Discontinuation of SSRI treatment perioperatively is not recommended
- ▶ Antipsychotic medication should be continued in patients with chronic schizophrenia perioperatively.

**Procedures met laag bloedingsrisico**

**Cardiologie**

- Ablatie, HVS opstand
- Catheterablatie
- PM/CTD-aanval
- Gastrografie
- PTCA (overhead, radial)
- Behandeling katheretisch

**Huid**

- Oppervlakkige melanome
- Melanoctasie

**Orthopedie**

- Corpus tunnel
- Spineprothese
- Arthroscopische prothese

**Anesthesie**

- Local anaesthesia
- Opioiden
- Propofol
- Ketamine
- Atropine
- Succinylcholine

**Tandheelkunde**

- Extracitie tot 3 tanden
- Tandziekte meeting

**Stap 2: Welke NOAC neemt uw patiënt?**

Eliquis® (apixaban)

Lixiana® (edoxaban)

Pradaxa® (dabigatran)

Xarelto® (rivaroxaban)

**Ingreep EN patiënt met LAAG bloedingsrisico**

**Stop XARELTO®**

- 1 dag vóór de procedure
- geen preoperatieve LMWH
- Uitz. Ablatie VKF: Zie advies cardioloog
- Cr Cl < 15 ml/min: niet geïndiceerd

**Postoperatief beleid**

 **UZ GENT**



Peri-operatieve richtlijnen

Peri-operatieve overbruggingstherapie

ANTI-AGGREGANTIA

ANTI-COAGULANTIA **VKA**

ANTI-COAGULANTIA **NOACs**

Dit widget is enkel bestemd voor medische zorgverleners

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**Stap 1: Bloedingsrisico ingreep of patiënt**

Ingreep **EN** patiënt **LAAG** bloedingsrisico

Ingreep **OF** patiënt **HOOG** bloedingsrisico



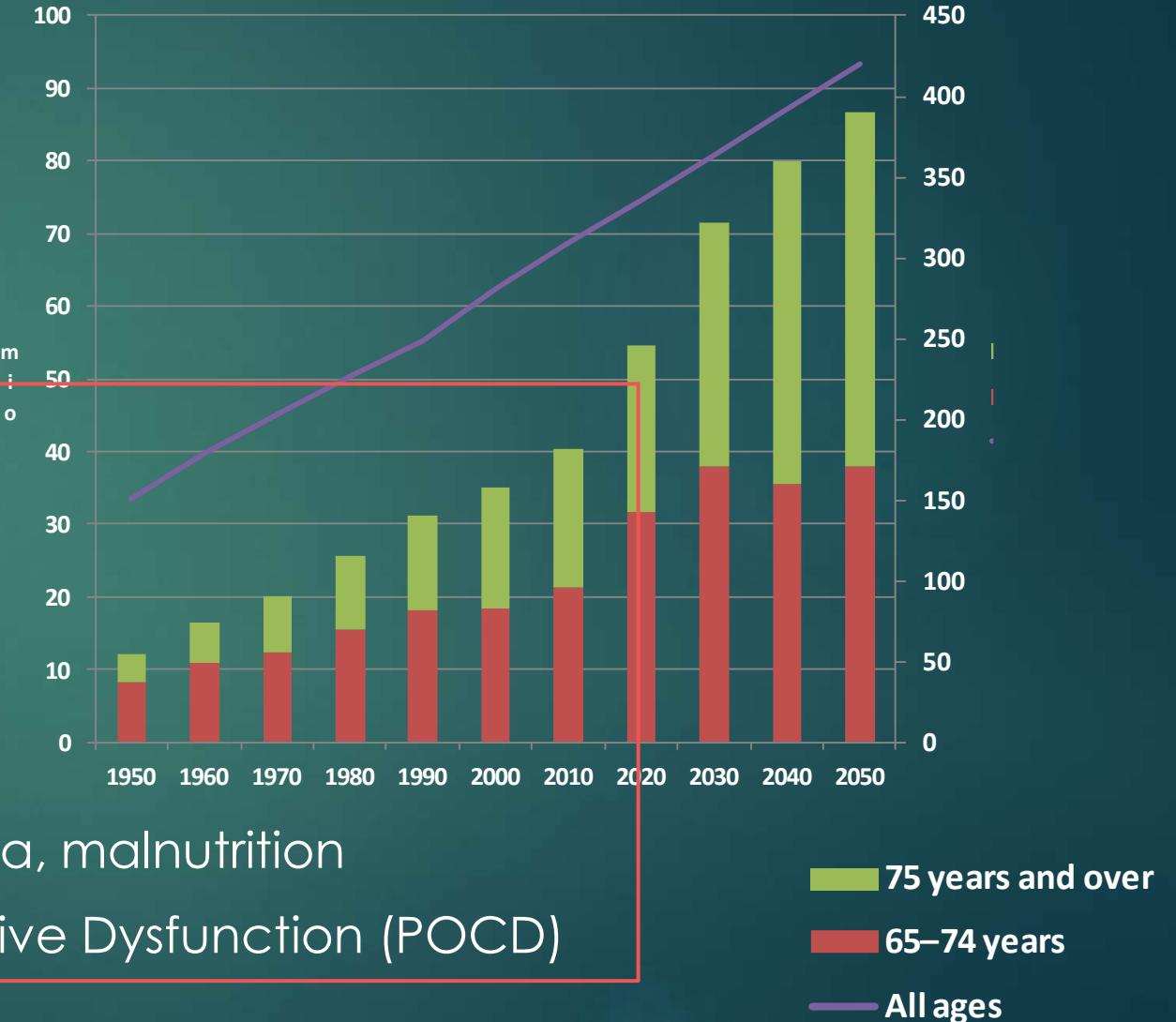
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# Preanesthesia evaluation and optimisation (perioperative medicine)

- ▶ ASA III and IV
- ▶ At least 8 days before surgery (optimisation and additional investigations)
- ▶ Locoregional – general anesthesia
- ▶ In/Out the hospital
- ▶ In hospital patient and ambulatory patient
- ▶ Anesthesiologist as perioperative physician

# Reduced mortality and morbidity

- ▶ Medical optimisation
  - ▶ Statins
  - ▶ B-blockers
  - ▶ ...
  
- ▶ Smoking cessation
- ▶ Alcohol abstinence
- ▶ Incentive spirometry
- ▶ Screening for OSAS
- ▶ Screening for 'frailty'
- ▶ Preoperative correction of anaemia, malnutrition
- ▶ Reduction of Postoperative Cognitive Dysfunction (POCD)



# Fasting recommendations for healthy patients undergoing elective procedures.

## Ingested material

Clear liquids (water, fruit juices without pulp, carbonated beverages, clear tea, black coffee)

Breast milk

Infant formula

Non-human milk

Light meal (toast and clear liquids)

## Minimal Fasting Period (applied to all ages)

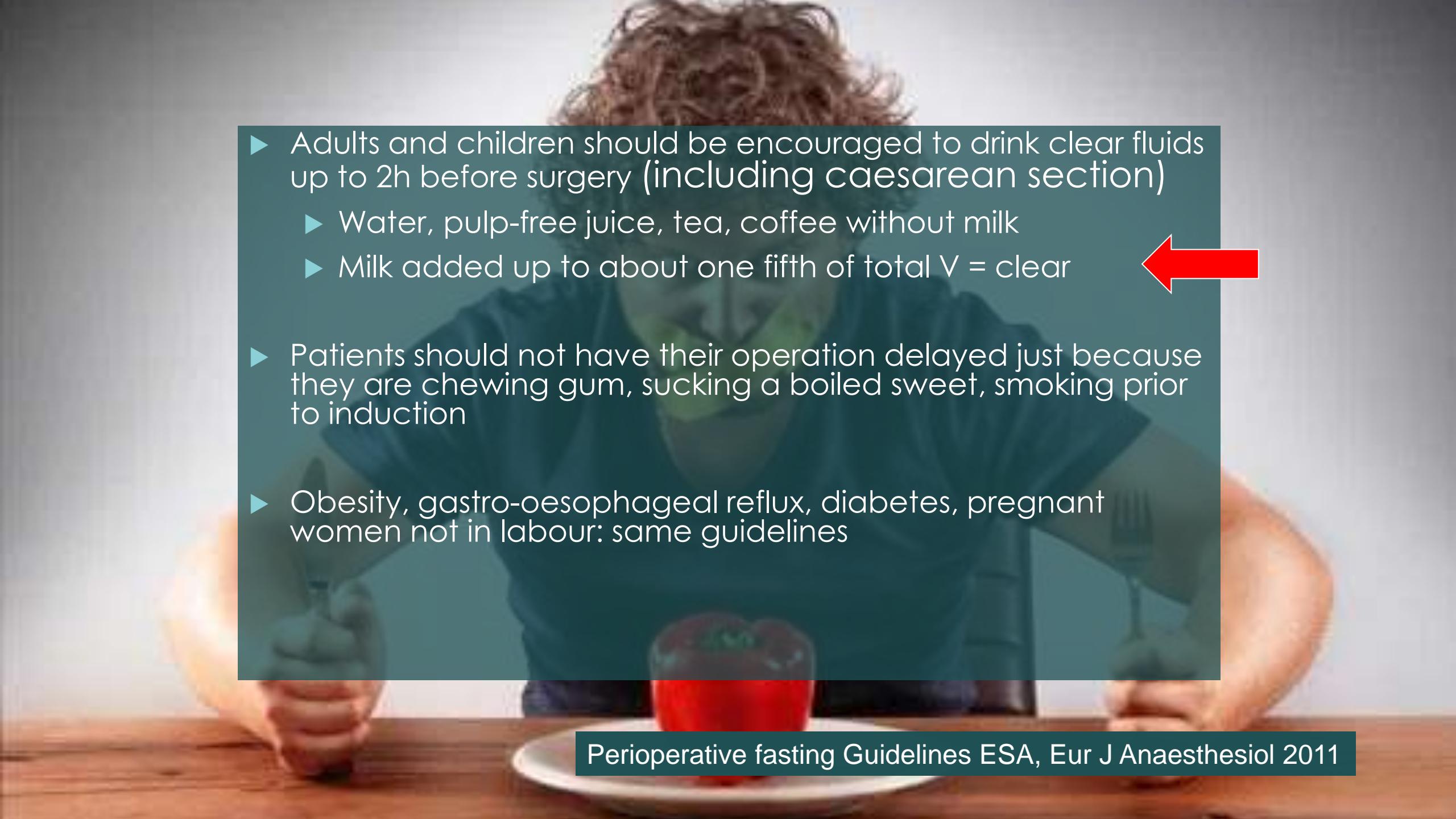
2 hours

4 hours

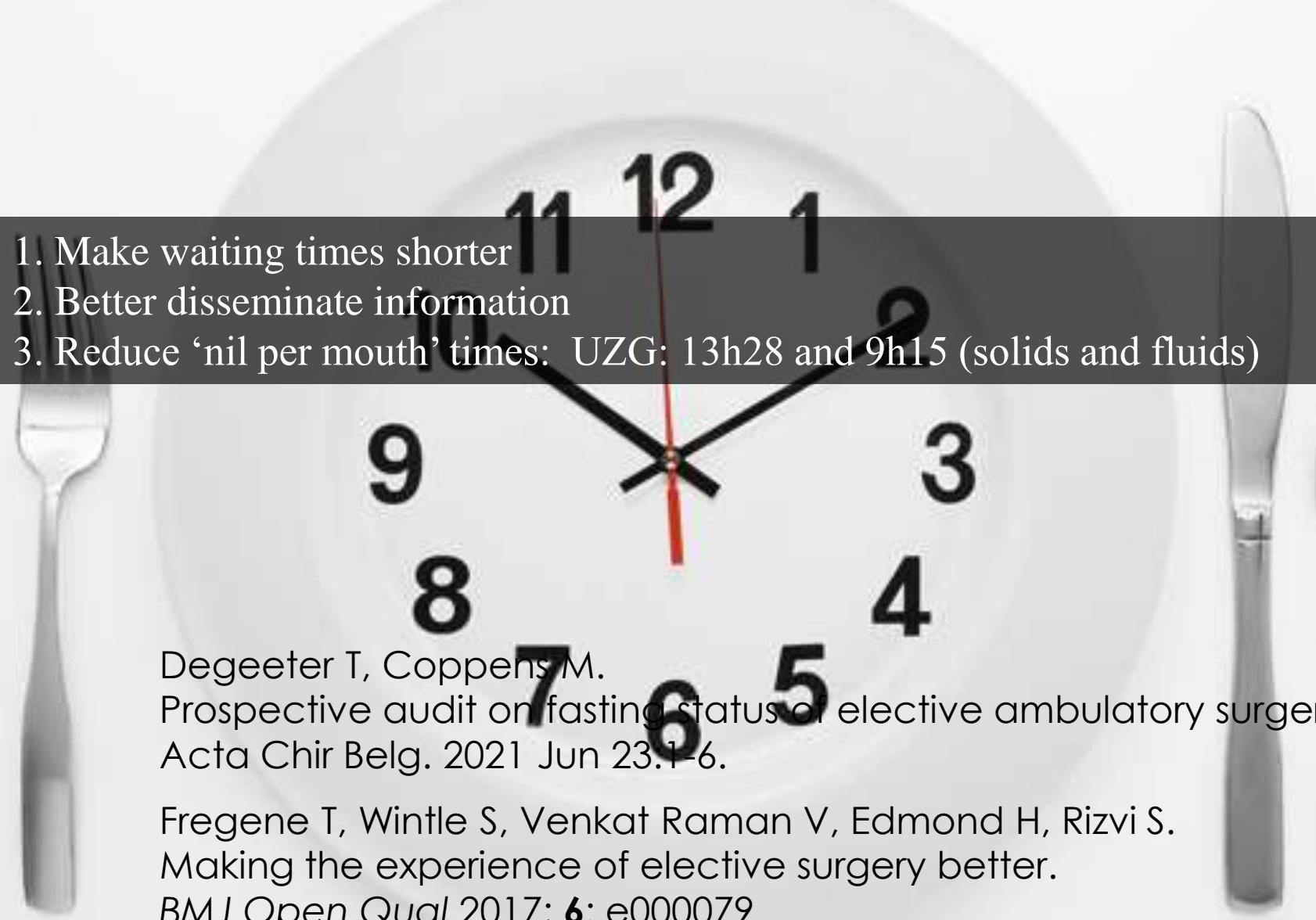
6 hours

6 hours

6 hours

- 
- ▶ Adults and children should be encouraged to drink clear fluids up to 2h before surgery (including caesarean section)
- ▶ Water, pulp-free juice, tea, coffee without milk
  - ▶ Milk added up to about one fifth of total V = clear
- ▶ Patients should not have their operation delayed just because they are chewing gum, sucking a boiled sweet, smoking prior to induction
- ▶ Obesity, gastro-oesophageal reflux, diabetes, pregnant women not in labour: same guidelines

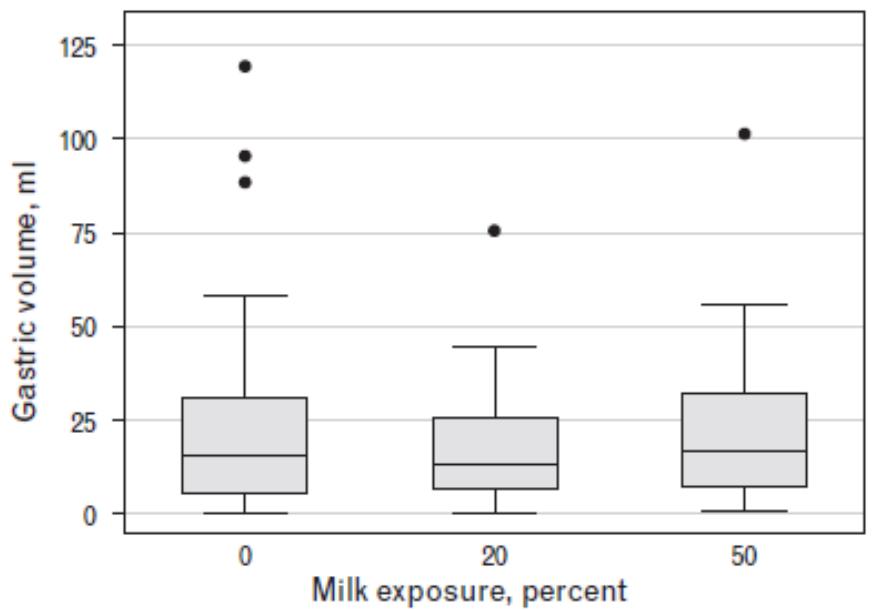
# Making the experience of elective surgery better

- 
1. Make waiting times shorter
  2. Better disseminate information
  3. Reduce 'nil per mouth' times: UZG: 13h28 and 9h15 (solids and fluids)

Degeeter T, Coppens M.  
Prospective audit on fasting status of elective ambulatory surgery patients,  
Acta Chir Belg. 2021 Jun 23:1-6.

Fregene T, Wintle S, Venkat Raman V, Edmond H, Rizvi S.  
Making the experience of elective surgery better.  
BMJ Open Qual 2017; 6: e000079

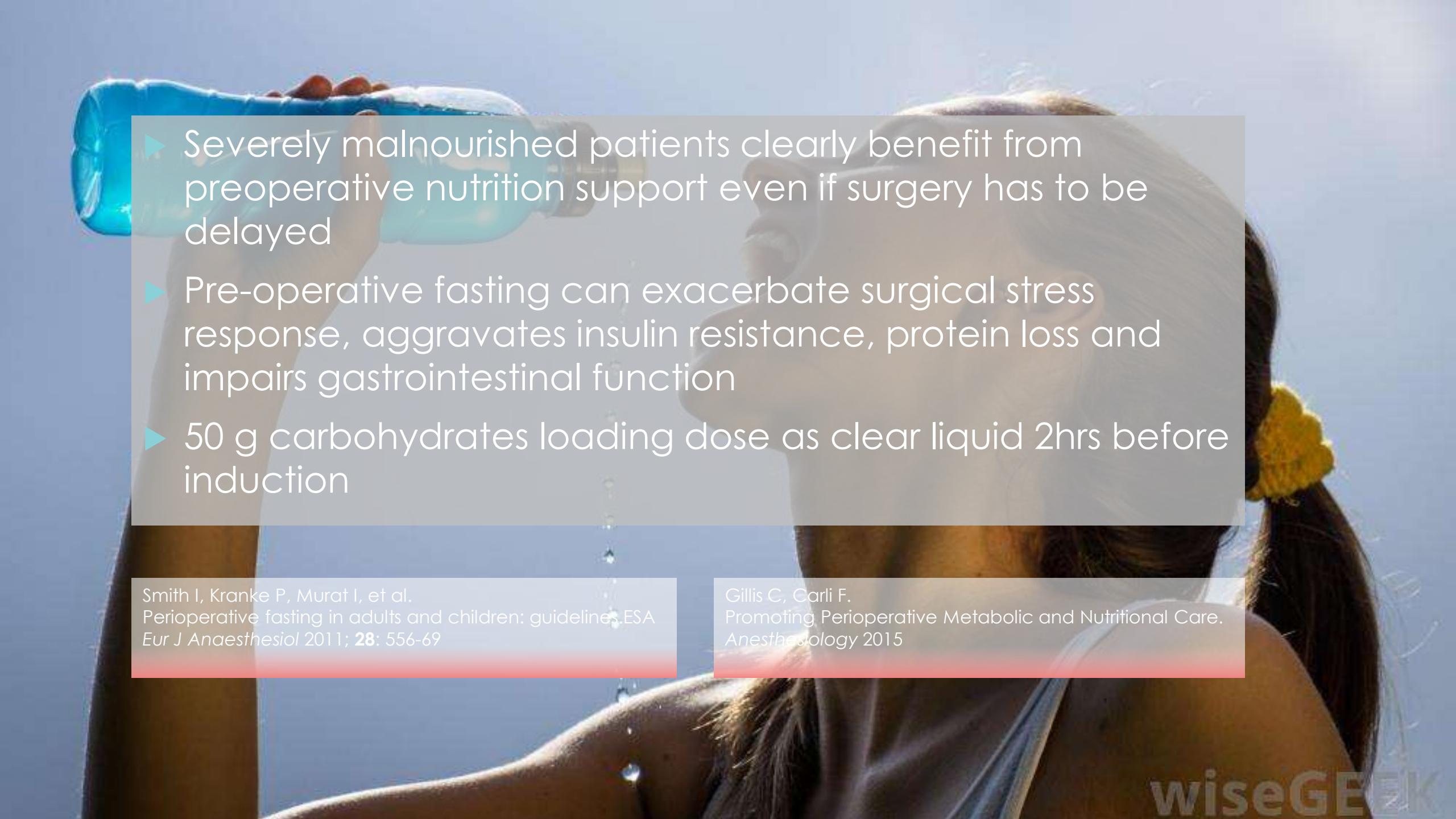
# Preoperative fasting



Gastric volume distribution at three milk exposure levels.



Larsen B, Larsen LP, Sivesgaard K, Juul S.  
Black or white coffee before anaesthesia?: A randomised cross-over study  
*Eur J Anaesthesiol* 2016; **33**: 457-62

- 
- A close-up photograph of a woman's face. She has dark hair pulled back and is wearing a yellow flower in her hair. She is looking slightly to the side with a neutral expression. A blue plastic water bottle is held up in front of her face, partially obscuring it. The background is a soft-focus outdoor scene.
- ▶ Severely malnourished patients clearly benefit from preoperative nutrition support even if surgery has to be delayed
  - ▶ Pre-operative fasting can exacerbate surgical stress response, aggravates insulin resistance, protein loss and impairs gastrointestinal function
  - ▶ 50 g carbohydrates loading dose as clear liquid 2hrs before induction

Smith I, Kranke P, Murat I, et al.  
Perioperative fasting in adults and children: guidelines.ESA  
*Eur J Anaesthesiol* 2011; **28**: 556-69

Gillis C, Carli F.  
Promoting Perioperative Metabolic and Nutritional Care.  
*Anesthesiology* 2015

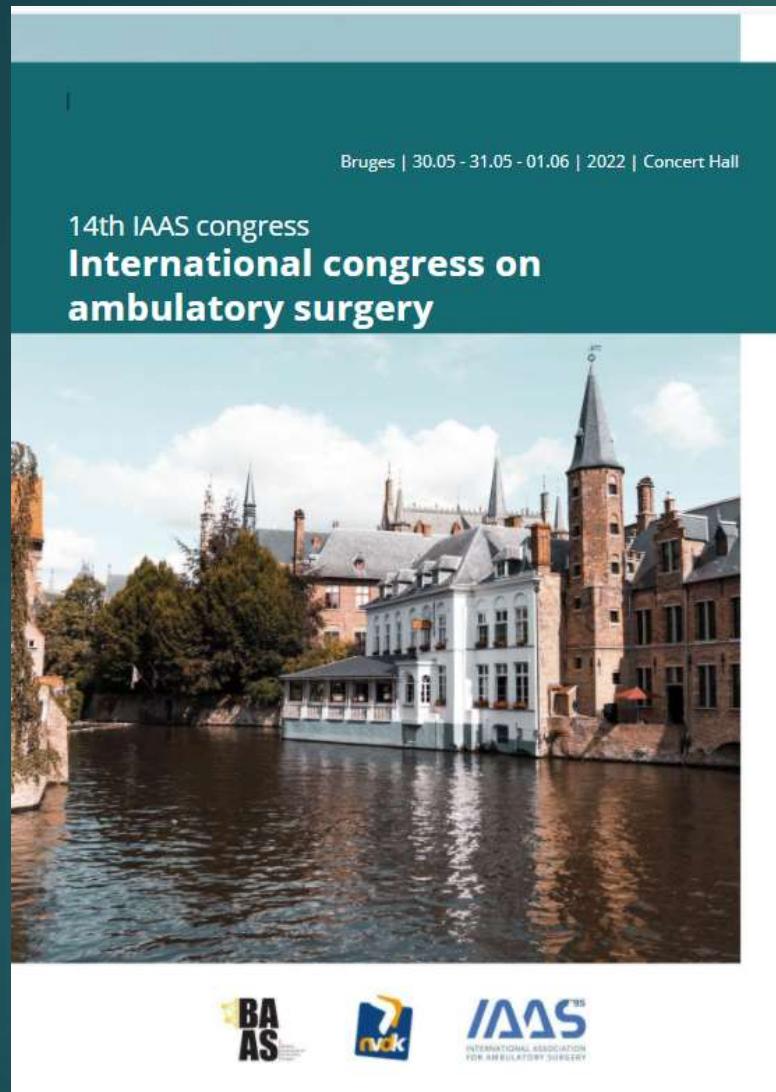
Unexpected preoperative anemia should be considered an indication for rescheduling any elective major surgical procedure until evaluation and treatment are completed.

Munoz M, Gomez-Ramirez S, Kozek-Langeneker S, et al.  
'Fit to fly': overcoming barriers to preoperative haemoglobin optimization in surgical patients.  
*British journal of anaesthesia* 2015; **115**: 15-24



A standardized, complete preoperative assessment of the vulnerable patient by the anesthesiologist with subsequent preoperative risk reduction:

**Saves lives  
Improves quality of life**



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tonight !!!

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