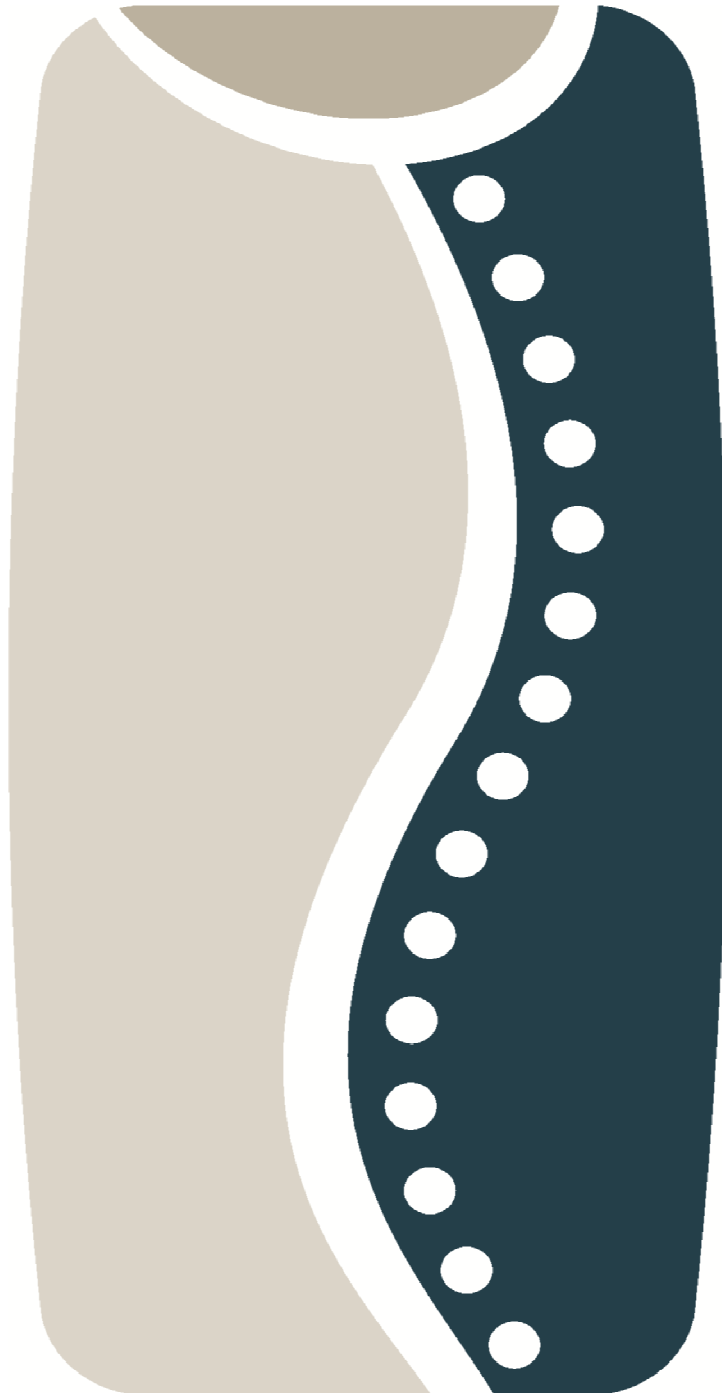


CAPITAL NEUROSURGERY

Prehabilitation Programme for Spinal Surgery
Self-Assessment Form



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What is Prehab and how does it help?

“Prehab” is a general term that describes a variety of strategies to enhance general health and wellbeing prior to major surgery.

The aim of prehab is to improve **postoperative recovery, identify and reduce risk factors and promote overall wellbeing and quality of life.**

Setting and achieving **realistic health goals** prior to surgery will not only help your recovery but will make it easier to continue to improve your health after surgery and into the future.

What are the important aspects of prehab?

Recognising and addressing any **risk factors** that might slow down your recovery.
Some or all of these goals of prehab may be applicable to you.

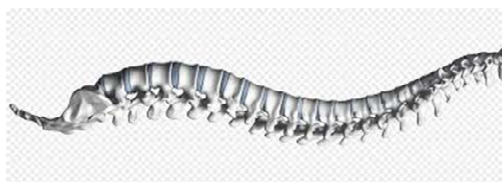
1. Managing your **pain** as best you can before surgery
2. Improving your **mobility, strength** and ability to perform daily activities
3. Aiming for a **healthy weight** and **good nutrition**
4. **Psychological** preparation
5. Reducing or eliminating **smoking and alcohol** use
6. Improving **sleep**

The Capital Neurosurgery Prehab Programme

In our experience, patients who identify the need, and have a strong desire, to improve their health will have the most success in recovery.

Please complete the following self-assessment to identify potential areas of improvement and then contact our nurse to discuss whether you require any assistance to improve these measures before surgery. Our nurse can help you to set some achievable health goals using written and online resources and/or referrals to allied health providers.

On the last page are some simple exercises that we would encourage everyone to do daily in preparation for surgery. These exercises will improve your ability to move around independently after surgery, which reduces recovery time and the risk of postoperative complications. Please contact our nurse if you require an explanation or demonstration of the exercises.



Managing pain before surgery

My pain score is:

0-----1-----2-----3-----4-----5-----6-----7-----8-----9-----10 at rest

0-----1-----2-----3-----4-----5-----6-----7-----8-----9-----10 with movement/at its worst



Improving mobility, strength and ability to perform daily activities

Currently I can WALK _____ metres and CLIMB _____ stairs independently / with assistance

I can STAND from a chair with: no / minimal / moderate / maximum assistance (circle one)



Reducing or eliminating smoking/vaping

Do you currently smoke/use E-cigarettes? **Y / N** How many cigarettes per day? _____

Reducing or eliminating alcohol use

How many standard drinks (285mL beer/100mL wine / 30mL spirit) do you have per day/week?

_____ per _____ Is it more than 10 per week? **Y / N**

Aiming for a healthy weight

STEP 1 - Calculate your Body Mass Index using your weight in kg divided by height² in metres: _____

Online BMI calculators are available or contact our staff for assistance

My BMI is:

- _____ underweight (<18.5)
- _____ normal weight (18.5-25)
- _____ overweight (25-30)
- _____ obese (>30)



STEP 2 - Measure your waist midway between the top of your hip bone and bottom of your ribs: _____ cm

My waist measurement is: _____

- _____ healthy (<80cm women <94cm men)
- _____ at risk (80-88cm women 94-102cm men)
- _____ high risk (>88cm women >102cm men)

Improving Sleep

- Do you sleep well? Y / N
- Do you have difficulty falling asleep or staying asleep? Y / N
- Do you snore, wake choking or gasping for breath or stop breathing during sleep? Y / N
- Do you wake feeling refreshed? Y / N
- Are you often sleepy during the day? Y / N



Managing stress and anxiety

Surgery can be a stressful event for many people and it is therefore important to optimise your mental health prior to your operation. Education regarding your surgery can assist with mental preparation so please make sure you read the information provided by our practice regarding the surgery and postoperative instructions and consider booking a preoperative information session with our nurse.

If you have any concerns or past history of anxiety, depression or other mental health issues that may affect your recovery please discuss with your GP or usual healthcare provider whether you require any additional support or treatment strategies during this period.



In answering the questions above hopefully you have identified areas for improvement in your health. Please speak with our nurse or your GP about your results. They will be able to provide you with information, resources or referrals to assist you in addressing any health issues.

DAILY HOME EXERCISE PROGRAMME

These exercises will help to increase your strength, endurance and balance before surgery. Make sure you have adequate pain relief prior to starting the exercises. Use a STURDY support to ensure your safety. Gradually build up the distance and number of exercises according to your pain and ability. Take breaks during the exercises as required, you do not need to complete them all at once.

1. Walking

Aim to walk 1-2 times daily for up to 30 minutes as your pain allows.



2. Active hip flexion in standing - with support

Lift one knee slowly to 90 degrees / hip height, hold for 3 seconds then lower slowly. Keep your standing hip strong and avoid swaying sideways while lifting the opposite leg. Repeat x 5-10 each leg.



3. Standing from sitting – with support

Sit on a sturdy dining chair with your hands on a table/bench for support. Lean forward and stand straight, then lower. Repeat x 5-10.



4. Step ups – with support

Find a flight of stairs with a handrail to hold. Step up and down from the lowest step. Repeat x 5-10 each leg.

5. Getting out of bed – in preparation for surgery

Practice this each time you get out of bed. Bring one knee up and use that foot to help you roll to the opposite side. Slide your feet over the edge of the bed and use your upper hand to help push you up to sitting. Do the same in reverse to get back into bed.



DATE	Walking time	Sit to stand with support How many?	Step ups with support How many?	Standing balance exercises How many?