

# AUSTRALIAN COMMISSION ON SAFETY AND QUALITY IN HEALTH CARE

## National Patient Blood Management Collaborative Snapshot for ROYAL DARWIN HOSPITAL



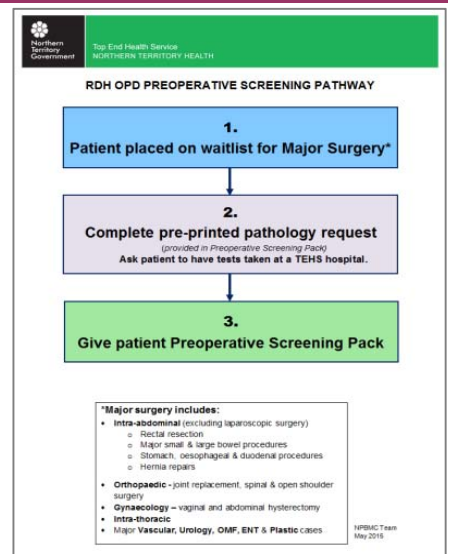
- 34.5% male and 65.5% female
- 0.3% aged under 0-19 years; 65.9% aged 20-64 years and 33.8% aged over 65 years
- 77.7% non-Indigenous Australians and 22.3% Aboriginal and Torres Strait Islander people

Table 1: Percentage of patients assessed, confirmed and managed for anaemia and iron deficiency, May 2015 to March 2017

Age Range	Gender	ASSESSED		% of assessed who were CONFIRMED		% of confirmed who were MANAGED	
		% with anaemia	% with iron deficiency	% with anaemia	% with iron deficiency	% with anaemia	% with iron deficiency
0-19	Female	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
0-19	Male	0.3%	0.0%	1.2%	0.0%	0.0%	0.0%
20-64	Female	48.6%	40.1%	48.2%	68.9%	64.7%	70.8%
20-64	Male	16.7%	15.1%	21.2%	11.1%	11.8%	12.5%
65+	Female	16.1%	19.1%	7.1%	8.9%	8.8%	8.3%
65+	Male	18.3%	25.7%	22.4%	11.1%	14.7%	8.3%

### KEY ACHIEVEMENTS

- ★ The percentage of patients assessed for anaemia and iron deficiency increased steadily during the Collaborative.
- ★ From August 2016 to March 2017 all patients in the Collaborative surgical groups were assessed for anaemia prior to surgery.
- ★ The percentage of patients with evidence their anaemia and/or iron deficiency was managed increased during the Collaborative.
- ★ The Royal Darwin Hospital Preoperative Optimisation (Fit for Surgery) Program:
  - has become established practice;
  - will continue beyond the length of the Collaborative;
  - includes all patients listed for major elective surgery:
    - Intra-abdominal (excluding laparoscopic surgery)
    - Orthopaedic
    - Gynaecology
    - Intra-thoracic
    - Major Vascular, Urology, OMF, ENT & Plastic cases.



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**Royal Darwin Hospital Fit for Surgery Program**

You have been placed on the operation waiting list at the Royal Darwin Hospital. You will see an anaesthetist at a clinic a few days before your operation. However, some health problems are better treated in the weeks and months before the operation. We would like to check if you have any of these health problems so we can help you recover faster after your operation.

We will be looking at three things that can affect your recovery after your operation:

**Anaemia (low red blood cells)**  
We will check if you have anaemia. Lots of small bleeds over a long time or not eating the right foods can cause anaemia. If you have anaemia at the time of your operation you might need a blood transfusion. Anaemia can also cause heart attacks and infections. Wounds can also take longer to heal. Luckily, anaemia can be easily treated but it takes time.

**Diabetes (Sugar disease)**  
We are also testing for diabetes. Early diabetes may not make you feel sick but it can still cause problems with your operation. If you already know you have diabetes, we will test how well your blood sugar is being controlled.

**Smoking**  
Smoking gives you a higher chance of getting pneumonia (lung infection), wound infections, or a blood clot during or after your operation. If you are a smoker please stop smoking. The longer you stop before your operation, the better. At least 6 weeks before is best. You can get help from the QUILINE, 137548 or from your local doctor or GP.

This is also a good time to control any other health problems, such as high blood pressure or heart disease. Please see your local doctor or GP to check if these problems are under control.

You have been given a blood test form with this letter. Please go to the Pathology Collection Room at the Royal Darwin Hospital, Katherine Hospital or Gove District Hospital between 9:00 am and 3:00 pm Monday to Friday to have your blood tests taken. We will check the results and phone you if you need any treatment. We will also send a copy of the results to your local doctor or GP if you give us their details.

The hospital will send you a letter to let you know what date you are having the operation.

Yours sincerely  
*D.P. Holmes*  
Dr Dan Holmes and Dr Indra Kumarasena  
Department of Anaesthetics and Perioperative Medicine  
Royal Darwin Hospital

**Royal Darwin Hospital**  
**FIT FOR SURGERY**  
**Preoperative Screening Pack**

**Request Form**

Northern Territory Government | RCPA | NATA

Royal Darwin Hospital: 0922 6296  
Alice Springs Hospital: 0891 7748  
Katherine Hospital: 0897 9235  
Tennant Creek Hospital: 0892 4024  
Gove District Hospital: 0897 3234

14.00-1012

Tests requested: (for methodology & interpretation please include site and specimen type)

FBC, CRP  
Blood Urea, Electrolytes, Creatinine  
Hb A1C  
Iron Studies

Perioperative optimisation

Referring Doctor: Royal Darwin Hospital

