



Royal Darwin Hospital



Fit for Surgery

Preoperative Optimisation for Major Surgery

Have you placed a patient on the waitlist for major surgery?
You will need to give them a Preoperative Screening Pack.

The RDH Department of Anaesthesia, in partnership with the RDH National Patient Blood Management Collaborative (NPBMC) Team, has introduced a screening program aimed at optimising patient health in the period leading up to their elective surgery.

Performing tests at the time of waitlisting rather than at pre-admission for procedure will allow time for assessment and optimisation of identified issues.

In order to optimise as many patients as possible we are asking that you request the following tests at the time of waitlisting a patient for major surgery:

- FBC
- CRP
- Blood urea and electrolytes
- Creatinine
- Hb A1C
- Iron Studies

An anaesthetist or NPBMC project officer will follow up the results and take appropriate action if any issues are identified.

Preoperative screening packs are available in RDH Surgical Outpatients Clinics. The packs include:

- Pathology request form with pre-printed tests
- Patient letter

The image shows a 'Request Form' for a Preoperative Screening Pack. It includes fields for patient details (Name, Date of Birth, Sex, M/F), clinical notes, and a list of tests to be requested: FBC, CRP, Blood Urea, Electrolyte, Creatinine, Hb A1C, and Iron Studies. There are also checkboxes for 'Urgent' and 'Cancel', and a section for the referring doctor's details.

For further information on the Preoperative Screening Program please contact the NPBMC Team:

- Dr Indra Kumarasena, Consultant Anaesthetist
- Dr Richard Bradbury, Consultant Surgeon
- Dr Dan Holmes, Anaesthetics and Intensive Care Specialist

