

Member Briefing

Number: 1094

Title: Health Optimisation - get fit for your operation

Summary: West Cheshire and Vale Royal Clinical Commissioning Groups (CCGs) are launching a new policy on 1 November which will support patients, who are scheduled to have surgery, to become as fit as possible prior to their operation, to give them the best chance of successful outcomes and a speedy recovery.

Health Optimisation

West Cheshire and Vale Royal CCGs are launching a Health Optimisation policy on 1 November 2017. Health Optimisation aims to support all patients who are being referred for routine surgery to become as fit as possible prior to surgery. Patients who smoke or who are overweight will be offered support to stop smoking or achieve a healthy weight.

Why the policy is being implemented

The policy wants patients to be fitter, recover more quickly and stay healthier for longer.

Patients who do not smoke at the time of surgery:

- have a lower risk of infection
- have faster wound healing
- have a lower risk of re-admission.

Patients who are a healthy weight before surgery:

- have a lower chance of complications arising from aesthetic
- are less likely to develop deep vein thrombosis
- require shorter hospital stays.

Will this policy delay surgery?

No, referral to surgery will be made as normal, but extra advice and support will be offered in the period prior to surgery to encourage patients to be as fit as possible for their operation.

What it means for Council services

Some patients will be offered support from the Council's wellbeing services such as the Stop Smoking Service, Quit 51 or weight management advice via Brio, though patients may choose to make the change without this support. The patient leaflets and advice for this service will carry the Council's logo alongside the NHS logo.

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