

PRE ASSESSMENT CLINIC (PAC)

Pre Assessment Clinic (PAC) – Patients that have been scheduled for surgery that requires a stay in hospital of more than 24 hours are usually booked for a Pre Assessment Clinic visit. This visit will occur anywhere from 30 days prior to the booked operation date, to the day before. At this visit you will receive in-depth pre-operative teaching and/or medical/anesthesia consultations.

Pre-Operative History and Physical

Prior to your Pre Assessment Clinic appointment you must have a visit with your family doctor up to 90 days prior to your surgery to have pre-operative history and physical completed.

- Bring the completed pre-operative history and physical form and all the medications which you take regularly, in their original labelled containers, to the hospital for your Pre Assessment Clinic visit.
- If your doctor has requested tests pertaining to your surgery, obtain those test results (e.g. blood work, x-rays, ECG, etc.) and bring them with you the morning of your Pre Assessment Clinic visit.

Purpose of PAC

The purpose of the Pre-Assessment Clinic is to ensure patients are well prepared for their operation or procedure. This clinic allows you to stay at home until the morning of your surgery, instead of being admitted to the hospital one or two days before your scheduled operation.

Patients who will stay in hospital for a minimum of one night following surgery may attend the Pre-Assessment Clinic. **Check with your physician for your expected length of stay.**

Booking

The Pre-Assessment Clinic is booked for you before your operation. In some cases this booking may be a day, a week or a month before your operation date.

What to Expect

- This clinic takes approximately three to four hours and you are welcome to bring a family member along. There are many factors that can affect the time your assessment will take so be prepared to be there for at least four hours.
- All day parking costs approximately \$20.00 or you will need change for parking meters.

Assessment Activities

During this clinic you may have any number of the following activities:

- A nursing assessment of your health needs and learning needs.
- Teaching about your operation or procedure, what you can expect and the important things you need to know.
- Blood tests, x-rays or a heart tracing.
- Consultation with a specialist such as an anaesthetist, medical internist or cardiologist. You will be told which medications to take the morning of surgery.
- Consultation with other members of the health care team as appropriate i.e. physiotherapist, dietician, social worker, speech therapist, ostomy nurse, pharmacist.
- Information about going home after your operation. What can you expect and anything you can do now to prepare for discharge.

At your Pre Assessment Clinic appointment you will be given further details about your day of surgery including detailed instructions to prepare for your surgery and when you need to arrive at the hospital.