

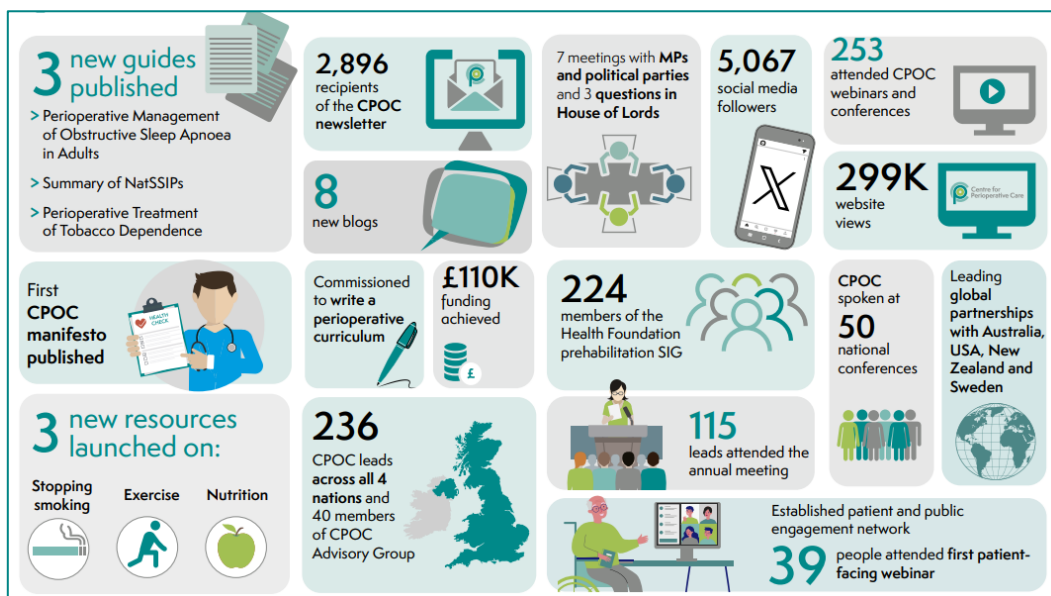
### Who we are

- A multidisciplinary initiative led by the Royal College of Anaesthetists to facilitate cross-organisational working on perioperative care for patient benefit
- A partnership between patients, the public and professional stakeholders

### Our purpose

- To improve perioperative care throughout surgical pathway (from point of contemplation of surgery until postoperative recovery)
- Strategic aims:
  1. improving patient outcomes and experience
  2. empowering patients, carers and the public
  3. educating and developing workforce
  4. influencing policy
  5. promoting research, technology and innovation

### Our reach last year



### What we are doing to improve perioperative care

- Produce resources including guidelines, infographics, interactive pathways, blogs and patient information – free to access on our website
- Commissioned by NHS England to write a medical perioperative curriculum
- Empowering patients to actively prepare for surgery by promoting 7 key interventions
  1. Smoking cessation
  2. Exercise
  3. Nutrition
  4. Alcohol moderation
  5. Medication review or senior review
  6. Psychological preparation and mental health optimisation
  7. Practical preparation (including discharge practicalities)



### Why perioperative care matters

- 14% of patients regret surgery<sup>1</sup>; establishing a patient's priorities is the key to shared decision making
- 10-15% experience complications<sup>1</sup>; many would be preventable with better recognition of risk factors, optimisation of non-surgical comorbidities, planning and patient preparation
- A pro-active perioperative approach improves patient outcomes, reduces complications and shortens length of stay by 1-2 days<sup>2</sup>, thus improving efficiency and sustainability of surgical services

### How your organisation can help

- Promote and reinforce CPOC's messages when talking to others about perioperative care
- Add a link on your website to direct your members to our free resources
- Encourage your members to follow us on X (@CPOC\_news) and/or sign up for our quarterly newsletter <https://cpoc.org.uk/get-involved/join-our-mailing-list>

### References

1. [https://www.cpoc.org.uk/sites/cpoc/files/documents/2023-09/CPOC\\_Reduce-WaitingListsV2.pdf](https://www.cpoc.org.uk/sites/cpoc/files/documents/2023-09/CPOC_Reduce-WaitingListsV2.pdf)
2. <https://www.cpoc.org.uk/cpoc-publishes-major-evidence-review-impact-perioperative-care>

