

McLaren Print System Order

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Ship Location: Erica Ross
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Brochures
 Quantity: 50
 Paragon Dept No: 63250
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Item Number: KCI-105
 Item Description: COMPLEX GENERAL SURGICAL ONCOLOGY Brochure
 Revision Date: 10/2022
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 Misc Info: 8.5x11 DS Tri-Fold

PREDABILITATION
 Prior to surgery, our patients undergo prehabilitation. This is the process of enhancing functional capacity of the individual before an operation to enable him or her to withstand the stress of surgery. It has been shown that poor baseline physical performance capacity and poor nutritional status increase the risk of complications after major surgery and prolong recovery.

Throughout the years, the membership has changed, but the desire and passion to keep improving Karmanos for the next patient lies on. A plaque honoring all past and current members hangs in the Thomas Agnost Board Room at Karmanos Cancer Institute where the monthly meetings are held. Valerie Fried, operations support specialist at Karmanos, has had the privilege to lead this council throughout the past 20 years.

WHAT DOES PREDABILITATION ENTAIL?
Medical Optimization - Optimization of the patient's medical status before surgery is needed, and is obtained by adjusting medications and monitoring vital signs.

Physical Activity Program - This program aims to increase aerobic capacity and muscle and core strength. Preoperative physical exercise is associated with less postoperative complications and shorter length of stay in abdominal surgery patients, and can improve pre and postoperative physical function.

Nutritional Plan - A patient who is undernourished before surgery has greater risk of morbidity and mortality. The primary goal of nutrition therapy during the perioperative period is to optimize nutrient stores pre-operatively and provide adequate nutrition to compensate for the catabolic response of anesthesia.

Strategies to Cope with Anxiety - The preoperative period can be associated with increased anxiety and fear. Our patients are evaluated by trained psychoanalysts who provide education on relaxation and breathing exercises and anxiety reduction techniques.

FOR OUR FAMILIES
 The Hospitality House at McLaren provides a convenient, comfortable and low cost housing option for people who are traveling long distances to receive care.
 6175 Beecher Road
 Flint, MI 48902
 For reservation information, please call 8103 820-8900.
mclaren.org/hospitalityhouse

COMPLEX GENERAL SURGICAL ONCOLOGY

Karmanos | McLaren
 CANCER INSTITUTE | FLINT

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Spec Info: