

PRE-ASSESSMENT CLINIC

Your pre-assessment clinic appointment in **St Cecelia's Ward** will help to prepare you so that you know what to expect before, during and after your surgery. Because your surgery is a planned procedure, it is important for us to have all preparation done in advance. This is why we ask you to come to an appointment in the pre-assessment clinic. This appointment will help us create your plan of care. We usually schedule your pre-assessment clinic appointment one week before your surgery. Your assessment may take a **full day** to complete. We will advise you on the surgery date as soon as we know your date. Please let us know if you have any accessibility needs or requirements for your appointment.

If your condition changes while you are waiting for your heart surgery, notify your GP or cardiologist straight away.

Preparing for your stay in hospital

- Work with your family to make plans for your return home after surgery.** Who will be able to help you? You will need help with daily activities such as grocery shopping and doing laundry. Arrange for someone to stay with you day and night for the first week or two.
- Choose a family spokesperson.** The person you choose will be the responsible for talking with members of the healthcare team and passing on news to the rest of the family. This will help to avoid any misunderstandings.
- Arrange for a lift home** from the Mater Hospital on your discharge. You should be ready to leave the ward by 11am.
- If you need help arranging convalescent care** please talk to the nurse at the pre-assessment clinic.

Cardiac Nurse

☎ 01 803 4265

✉ Lrajan@mater.ie



PRE-ASSESSMENT CLINIC

St Cecelia's Ward

☎ **01 803 4265 (Cardiac Nurse) between 8am – 4pm**
(please leave a message if there is no answer)

Helpful information for patients attending the pre-assessment clinic in St Cecelia's Ward



CARDIAC SURGERY





WHAT HAPPENS AT THE PRE-ASSESSMENT CLINIC APPOINTMENT

The aim of this assessment appointment is to make sure that all the practical arrangements for your surgery have been made. At the appointment we will ask you about any other medical conditions you have and we can then arrange any necessary tests or investigations before you're admitted to hospital for your surgery. The tests may include a physical assessment, blood tests, checks for any infection, an electrocardiogram (ECG), a chest X-ray, a breathing test (PFT), a scan of your neck (carotid scan) and an ultrasound of your heart (ECHO). Please let us know if you have had any of the tests completed before coming to the clinic. Some patients require a dental certificate, if you have been advised to have dental clearance please let your consultant secretary know when you have it.

FOR YOUR APPOINTMENT

- ▶ **Please bring the following with you**
 - medical card or private medical insurance details
 - a printed list of all your medications including inhalers (your GP or pharmacy will give you this list)
 - your warfarin booklet if you are on warfarin tablets
 - a printed list of any herbal remedies you take
- ▶ **If you need an interpreter service** please inform the staff when you confirm your attendance
- ▶ **Please bring a family member** or support person with you to your appointment. The information provided will help prepare everyone for surgery and the recovery process

BEFORE YOUR SURGERY

You are the most important member of your healthcare team. **Your recovery depends on your active participation.** Use this time, before surgery, to get yourself as healthy as possible. As you get ready for heart surgery, there are things you can do to help your recovery and speed up your healing. If you have any questions about the advice below, please talk to a member of your healthcare team.

- ▶ **Stay as active as you can** and discuss with your nurse/doctor the amount of activity you can do safely. They can give advice on how you can reduce your risk of getting symptoms while exercising, or how to cope with the symptoms if you get them.
- ▶ **Practice ways to reduce your stress** such as listening to music, meditating and deep breathing. Spend time with people whose company you enjoy. Get enough sleep and keep a positive attitude.

- ▶ **Eat a healthy and well balanced diet** with plenty of fruit and vegetables, meat and fish, starchy food and dairy products. Eat regular meals. If you experience any unintentional or rapid weight loss, or loss of appetite, please tell your doctor who will refer you to a dietician.
- ▶ **Visit your dentist** to make sure your teeth and gums are as healthy as possible to reduce the risk of infection. **This is particularly important if you are having an operation on a heart valve.** Explain to the dentist the reason for your visit as you may need antibiotics before treatment. You must bring the dental certificate to the hospital.
- ▶ **If you smoke, it's important to stop** because if you continue to smoke right up to the time of your operation, it will increase the risk of complications. Smoking may also affect your breathing and the healing from your surgery. Ask your GP, nurse or pharmacist about nicotine replacement products or advice on how to stop.