

## **OHG's My Planned Care Patient Information Document**

### **Introduction**

Healthcare services in the UK have been disrupted by the COVID-19 pandemic. One Health Group recognises the impact of the pandemic on the physical and mental health of patients and patients are having to wait longer than usual for their treatment.

One Health Group has prepared this document to help improve your health and well-being, help you recover well from your operation and improve your overall health.

### **One Health Group (OHG)**

Established in 2004, One Health Group provides free high-quality NHS care for patients referred for treatment in Orthopaedics, Spine, General Surgery and Gynaecology. Our focus is on providing faster, local, expert care for patients who may otherwise have long waits for treatment.

One Health brings healthcare care closer to where you live. One Health clinics are located in facilities that are registered by the Care Quality Commission (CQC), with good transport links and free car parking facilities.

One Health offers a team of specialist surgeons and healthcare managers working together to achieve the best possible experience and outcomes for our patients. From the initial consultation to diagnosis and treatment, you will see the same Consultant at every stage of your journey.

### **Smoking**

Smoking can cause cancer, heart disease, stroke, lung diseases, diabetes, and chronic obstructive pulmonary disease (COPD), which includes emphysema and chronic bronchitis. Smoking also increases the risk of tuberculosis, certain eye diseases and problems of the immune system, including rheumatoid arthritis. Stopping smoking not only increases your chances of living a longer and healthier life, but it also reduces the incidence of complications associated with any operation.

It is recommended that smoking be stopped completely or reduced significantly before your operation.

GPs and local pharmacists are very helpful in providing information that would be useful and helpful to quit smoking. Further useful information can be found on the NHS Better Health website – [www.nhs.uk/better-health](http://www.nhs.uk/better-health) or you can visit [www.nhs.uk/better-health/quit-smoking](http://www.nhs.uk/better-health/quit-smoking)

## **Alcohol**

Liver is an important organ in the body which helps wound healing and fight off infection. Drinking more than 14 units per week (1 unit = 1 small glass of wine or ½ a pint of beer) for both men and women increases your risk of complications. This is because excessive alcohol intake damages your liver.

Reducing the amount of alcohol you consume can help you lose weight and improve your health. It is important to reduce the amount of alcohol consumption and have a healthy liver prior to having any operation.

Information that would be helpful in assisting you in reducing your alcohol intake can be found on the NHS Better Health website – [www.nhs.uk/better-health](http://www.nhs.uk/better-health) and [www.nhs.uk/better-health/drink-less/](http://www.nhs.uk/better-health/drink-less/)

## **Healthy Eating**

A balanced diet with healthy eating habits and lifestyle help you be at the appropriate weight for your age and height. The risk of heart disease, type 2 diabetes and joint problems can be mitigated by having a healthy lifestyle.

Being overweight increases the risk of complications with surgical intervention. More information can be found at [www.nhs.uk/better-health](http://www.nhs.uk/better-health) and [www.nhs.uk/live-well/eat-well](http://www.nhs.uk/live-well/eat-well)

## **Getting Active**

Regular exercises that are appropriate for your age and physical fitness can reduce your risk of illnesses, such as coronary heart disease, stroke and type 2 diabetes. Being fit and active will give you the “feel good factor”. Surgery is often safer and the recovery is quicker in patients who keep themselves fit and active.

More information can be found at [www.nhs.uk/better-health](http://www.nhs.uk/better-health), [www.nhs.uk/conditions/nhs-fitness-studio](http://www.nhs.uk/conditions/nhs-fitness-studio), [www.bhf.org.uk/informationsupport/heart-matters-magazine/activity/chairbased-exercises](http://www.bhf.org.uk/informationsupport/heart-matters-magazine/activity/chairbased-exercises) and [www.nhs.uk/better-health/get-active/](http://www.nhs.uk/better-health/get-active/)

## **Medication**

Please continue to take your regular medication until the time of your operation, unless advised otherwise by the medical or nursing staff at your pre-assessment. Any instructions on stopping or altering your medication will be given to you at your pre-assessment before your operation. It is important that all your medical conditions are treated well prior to you having your operation.

Please take the list of the medication to all your hospitals appointments.

## **Mental health**

You have to be physically and mentally healthy before you have your operation. Having surgery can be a stressful experience for you and your family. Having and maintaining good mental health gives you the strength to get through the journey of having your operation.

Information on maintaining good mental health can be found at [www.nhs.uk/every-mind-matters/mental-wellbeing-tips/top-tips-toimprove-yourmental-wellbeing](https://www.nhs.uk/every-mind-matters/mental-wellbeing-tips/top-tips-toimprove-yourmental-wellbeing) and [www.nhs.uk/service-search/mental-health/find-an-urgent-mental-healthhelplin](https://www.nhs.uk/service-search/mental-health/find-an-urgent-mental-healthhelplin)

## **Attending hospital**

It is quite understandable to be stressed with the whole experience of attending a hospital appointment or having an operation. Please follow the guidance and instructions given to you by One Health when you are offered a date for your operation. Please do not have any vaccinations for 6-8 weeks on either side of your operation, in line with current COVID-19 guidance. If the date for any of your appointments is unsuitable due to your personal circumstances, please call the One Health office and speak to a member of staff.