

## Perioperative Medicine Clinic Dr. Anupama Pathak

**Dr. Hendler:** Hello and welcome to KP Healthcast. I'm your host, Dr. Peter Hendler, and today our guest is Dr. Anupama Pathak, who is the director of the Perioperative Medicine Clinic and she's also Assistant Chief of Anesthesiology. She has been an anesthesiologist for 15 years and has been with Kaiser nine years. Welcome.

**Dr. Pathak:** Thank you.

**Dr. Hendler:** So, today we're going to talk about the Perioperative Medicine Clinic. If I have an appointment at the Perioperative Medicine Clinic, or the POM, before surgery what does it mean?

**Dr. Pathak:** The Perioperative Medicine Clinic is an entity where we basically make sure that a patient is ready for surgery and to minimize any cancellations, any delays, your surgeon will refer you to the clinic where we will take a detailed history, make sure your medications before the surgery are correct, and your health is as optimal as it can be before your surgery to reduce any complications.

**Dr. Hendler:** And who will my appointment be with?

**Dr. Pathak:** Your appointment can be either with a specialist from the Internal Medicine Department or it can be with a nurse practitioner or physician's assistant, based on your medical condition, as your surgeon reviews it to be.

**Dr. Hendler:** Okay, and then where is the POM Clinic located?

**Dr. Pathak:** For the patient's convenience, we have the POM, or the Perioperative Medicine Clinic, located both in Fremont and in Hayward. In Fremont we are there on Mondays and in Hayward we are there on Thursdays and Fridays.

**Dr. Hendler:** What do I need for my appointment?

**Dr. Pathak:** For your appointment, you would like to have your list of medications, prescriptions, over-the-counter medications that you take, any herbs or supplements, any list of questions and concerns that you've had. And if you need a translator because of a language issue, make sure to inform your surgeon when you have your surgery appointment so that we can have one ready for you.

**Dr. Hendler:** Now, are these appointments always in person?

**Dr. Pathak:** No, you could have a telephone appointment or an in-person appointment based on your specific medical condition.

**Dr. Hendler:** And then if I have an in-person visit, what do I have to bring or what does that entail?

**Dr. Pathak:** An in-person visit is to ensure that your medical condition is reviewed and optimized by a specialist, an internal medicine doctor, and therefore you can even bring all your medications, prescriptions, the boxes of medications to the internal medicine doctor. It does entail a co-pay at that point.

**Dr. Hendler:** And what if I can't keep my appointment?

**Dr. Pathak:** It is very important to keep this appointment before your surgery because we cannot proceed with your surgery unless your history has been documented in the chart, we make sure that you're medically fit. So if for any reason you cannot keep the appointment, please call us at 510-784-6233 Monday to Friday from 8:30 am to 4:30 pm so that we can reschedule your appointment. It has to be done before your surgery.

**Dr. Hendler:** So in other words, even if I had a surgery schedule date, if I fail to make my POM meeting then the surgery would have to be canceled and rescheduled for a later time.

**Dr. Pathak:** That is correct. We make all efforts to make sure we do not cancel anybody's surgery but if your medical condition has not been reviewed by a nurse practitioner or the internal medicine doctor, it is very likely your surgery could be canceled.

**Dr. Hendler:** Now, will I be seeing an anesthesiologist at the POM meeting?

**Dr. Pathak:** No, this one is just to make sure that your medical condition is optimized. If you wish to speak to an anesthesiologist you can put in a request or your surgeon can put in a request. The information from your anesthesiologist is usually sent over to you as an e-mail from your anesthesiologist.

**Dr. Hendler:** Where can I get more information regarding my surgery and anesthesia?

**Dr. Pathak:** If you go to your surgeon's home page, you will find a link for EMMI, which gives you the details on what to expect from your anesthesia, general anesthesia, spinal. The details about your anesthesia can be found there.

**Dr. Hendler:** And when I do go, where do I get my blood work and my EKG?

**Dr. Pathak:** Your surgeon will usually order lab testing and EKG as needed for your specific condition and your surgery. Please make sure that your blood work and labs are done as soon as possible before your surgery so when you have your appointment we can

review the results and make sure that everything is in order or if further testing or medications are required, we can take care of that.

**Dr. Hendler:** Are there any pre-surgical blood tests that need a longer lead time and that have to be done earlier than the others?

**Dr. Pathak:** Most of the lab tests, the earlier you can get them the better but if your surgeon has ordered that you have blood type and cross done on the possibility that you may need a transfusion, that test should be done 12 days before surgery to make sure that the blood is ready in time for your surgery.

**Dr. Hendler:** Okay, and I assume then that at my visits they'll remind me of this and explain this to me.

**Dr. Pathak:** That is correct.

**Dr. Hendler:** Okay, now when or how do I find out the time for my surgery?

**Dr. Pathak:** The time for your surgery will be told to you two days before your surgery. You will receive a call from the Fremont or the Hayward nurses telling you exactly what time your surgery is and you are expected to arrive to the hospital two hours before your expected time for surgery.

**Dr. Hendler:** And what about my medications or eating the day of my surgery?

**Dr. Pathak:** When you have your appointment with the nurse practitioner or the internal medicine doctor they will reinforce to you the medications you are expected to take the day of surgery. Commonly, all your blood pressure medications, all your heart medications, should be taken the day of surgery with a little bit of water. Except for your medications that you have been asked to take, do not eat or drink anything after midnight. The only exception being little children on breast milk, they can have breast milk four hours before they come into the hospital. They can also have clear juice, like clear apple juice, something you can see through, 2-4 ounces, two to four hours before they come to the hospital.

**Dr. Hendler:** Very good. What do I bring on the day of surgery?

**Dr. Pathak:** On the day of surgery, make sure to bring your Kaiser card, a photo ID, a co-pay if applicable, and a copy of the surgical consent if you have signed and received one in the mail, or from the surgeons, and a list of all the medications that you take.

**Dr. Hendler:** What about the drive home after surgery?

**Dr. Pathak:** A ride home must be available at the time of discharge, if admission is not planned. If there is no ride available, we may have to cancel the surgery because you are not allowed to drive back home after you have received sedation.

**Dr. Hendler:** Thank you very much. I can't think of any other questions. Are there any last thoughts or anything that you would like to add?

**Dr. Pathak:** No, thank you Dr. Hendler for giving us this opportunity and I would like to say that taking all your medications in a timely fashion so you're medically optimized for your surgery is key to a good recovery and following all the instructions and guidelines that you're given and knowing how to care for your incision and controlling pain are keys in helping yourself heal.

**Dr. Hendler:** Thank you very much. KP Healthcast is created by the people at Kaiser Permanent in Fremont, Hayward, and Union City California. These podcasts are for general information only. They are not intended to be used as a substitute for medical advice given to you by your personal physician. If you or your family member have any of the conditions that we discuss in our podcasts, we encourage you to discuss your individual case with your personal physician. Every case is different and your physician is in the best position to know what's best for you. You can find this and all of our podcasts on our home page at <http://www.KPHealthcast.org>. You can e-mail us at [castmaster@KPHealthcast.org](mailto:castmaster@KPHealthcast.org). We'd love to hear from you. Check our home page regularly for new topics and, as usual, be on the lookout for new ways to THRIVE.