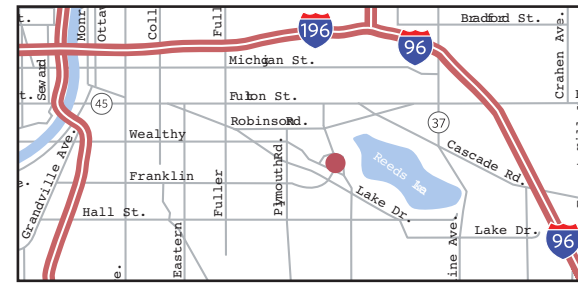


## Locations

- **Spectrum Health Surgical Optimization Center at Blodgett Hospital**

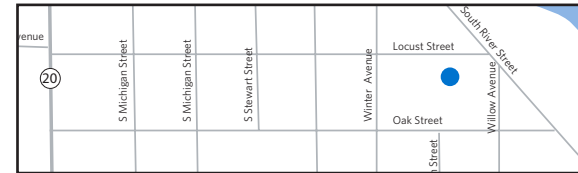
Professional Office Building  
1900 Wealthy St. SE, Suite 100  
Grand Rapids, MI 49506  
Phone: 616.774.0276  
Fax: 616.774.5204

Please enter Ramp #1 from the Wealthy or Plymouth Street entrance.  
Park on Level 1 of the parking ramp and enter the building through the west doors.



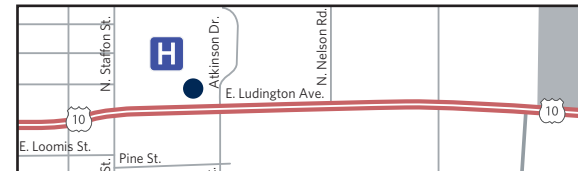
- **Big Rapids Hospital**

705 Oak St., Suite 1,  
Big Rapids, MI 49307



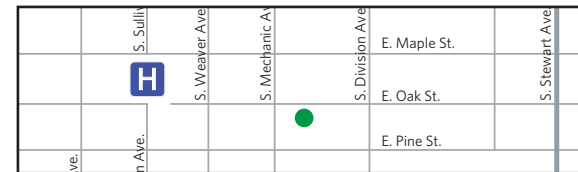
- **Ludington Hospital**

7 Atkinson Drive, Suite 302  
Ludington, MI 49431



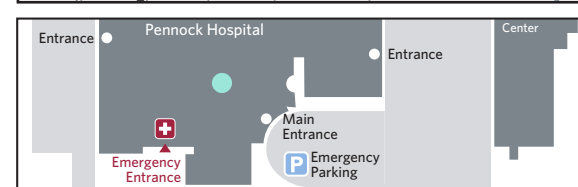
- **Gerber Memorial**

230 W. Oak St., Suite 1,  
Fremont, MI 49412



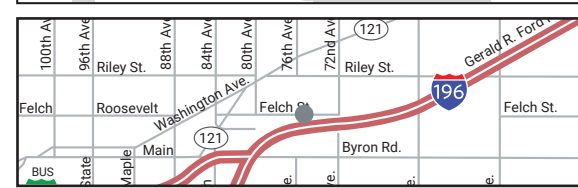
- **Pennock**

1005 W. Green St., Suite 202,  
Hastings, MI 49058



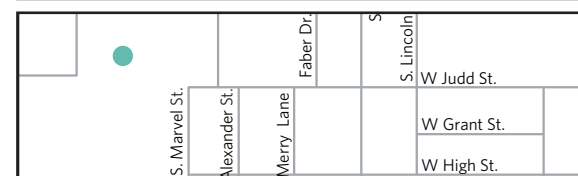
- **Zeeland Community Hospital**

8333 Felch St., Suite 300,  
Zeeland, MI 49464



- **Spectrum Health Visiting Specialty Office**

705 S. Greenville West Drive, Suite 202,  
Greenville, MI 48838



- **Grand Haven Center**

15100 Whitaker Way,  
Grand Haven, MI 49417



Any questions for SOC locations not located in Grand Rapids,  
please call **616.774.0276** or fax **616.774.5204**



# Surgical Optimization Center

The best surgical result starts with a personalized surgical care plan.





## Meet Our Team



**Melanie Burghgraef, ANP**  
Perioperative Medicine



**Shelley Meyerholtz, A-GNP**  
Perioperative Medicine



**Vidyulatha Talla, MD, FACP**  
Perioperative Medicine



**Jill Boynton, NP**  
Perioperative Medicine



**Matt Marvin, MD**  
Perioperative Medicine



**Katrina VandeBunte, FNP**  
Perioperative Medicine



**Kathryn Driza, DO**  
Perioperative Medicine



**Gustavo Moretta, FNP**  
Perioperative Medicine



**Joel VanDeRiet, MD**  
Perioperative Medicine



**Kate Duram, DNP**  
Perioperative Medicine



**Jennifer Pals, FNP**  
Perioperative Medicine



**Carissa VanderWoude, NP**  
Perioperative Medicine



**Adam Edlund, MD, SFHM**  
Medical Director  
Perioperative Medicine



**Erica Spalding, DNP**  
Perioperative Medicine



**Amy Veltkamp, DNP A-GNP**  
Perioperative Medicine



**Kavitha Golipelly, MD**  
Perioperative Medicine



**Heather Sypien, FNP**  
Perioperative Medicine



**Aimee Wilson, MD**  
Perioperative Medicine

## Making Your Surgery Safer

Quality health care means doing the right thing the first time and every time. As part of our commitment to quality, we have created the Surgical Optimization Center (SOC) to prepare you and your surgical care team before your surgery.

## What is Optimization?

The goal of "optimizing" your health prior to surgery is to minimize your risk of postoperative complications. Our perioperative medicine experts are trained and focused on your risk assessment prior to your procedure. By performing certain screening tools and creating a detailed assessment, we are able to:

- Prevent delays or same-day cancellations of your procedure
- Decrease your length of stay in the hospital
- Reduce unplanned readmission
- Reduce unplanned emergency room visits
- Decrease the risk of postoperative complications
- Reduce the total cost of care

## What to Expect

Your surgeon or referring provider will submit a referral to the Surgical Optimization Center. The SOC team will call you to schedule the appointment. They will screen for any health concerns including tobacco/nicotine use, malnutrition, and activity level. This phone assessment helps us to develop your surgical plan and better prepare you for your surgery and recovery.

During your appointment, your SOC provider will review your medical history and medications, perform a physical exam, and complete a checklist that helps us determine your risk and readiness for surgery. In most cases, the appointment will provide us enough information to decide if you are ready for surgery. In some cases, additional tests or medications may be needed to ensure it is safe to proceed with surgery. This information will be communicated to your surgeon and primary care physician.

## Your Personalized Surgical Care Plan

You and the SOC team will work together to create a plan for your surgery. This plan will guide you and everyone who cares for you before and during surgery.

- A complete medical assessment, including a review of your surgical, familial and social histories
- Education and resources to let you know what to expect and how to prepare for your surgery
- Medication review and instructions given prior to and day of your surgery
- We work with your surgical team and anesthesiologists to determine if additional testing is needed based on your medical history. This helps to avoid unnecessary delays, tests, and visits, and can save you money and time.
- Care management options if at-home assistance is needed during your recovery

**Patient name:** \_\_\_\_\_

**Appointment date:** \_\_\_\_\_

**Arrival time:** \_\_\_\_\_ **Appointment time:** \_\_\_\_\_

You do not have to fast for this appointment.

Please bring your medication list with you.

If you have a spinal cord stimulator, please bring your remote control as it may need to be turned off for an electrocardiogram (EKG).

[spectrumhealth.org/patient-care/surgical-optimization-center](https://spectrumhealth.org/patient-care/surgical-optimization-center)

**See map on back for location information**