

Surgical Optimization Center

Blodgett Hospital Professional Building

1900 Wealthy Street SE, Suite 200
Grand Rapids, MI 49506
Phone: 616.774.0276
Fax: 616.774.5204

SOC Regional Locations

Big Rapids Hospital	Pennock
Gerber Memorial	Ludington Hospital
United Hospital	Zeeland Community Hospital
Grand Haven Center	

Epic Referral Code: REF943 Surgical Optimization Center or REF1011 Adult Blood Management Program

Patients meeting any of the following criteria should be considered for a **Surgical Optimization Center (SOC)** appointment prior to their elective surgery at Spectrum Health. Patients with an ASA Class (American Society of Anesthesiology) of 2+, 3, or 4 are considered a candidate to be “optimized” in the SOC. See the back of this page for additional details of ASA Classification.

Cardiac or Vascular Risk Factors

- Coronary artery disease – history of MI, heart bypass surgery, cardiac stents, PTCA or angina
- History of heart transplant
- Cardiac pacemaker or implantable cardiac device (ICD)
- Atrial fibrillation and/or other cardiac arrhythmias
- Cardiac valve replacement/disease, rheumatic fever, or heart murmur
- Congestive heart failure – current history or symptoms, or cardiomyopathy
- Peripheral vascular disease and/or stents

Endocrine

- Diabetes, HgbA1c of ≥ 7.5
- Obesity with BMI ≥ 40
- Malnutrition, albumin ≤ 3.5

Pulmonary, Hepatic, or Renal

- Lung problems – pulmonary hypertension, COPD, severe/uncontrolled asthma, recent pneumonia, chronic dyspnea or hypoxemia
- History of lung transplant
- Obstructive sleep apnea - OSA not regularly using CPAP or not well controlled on CPAP, or no dx of OSA but a STOP-BANG of 4 or higher
- Kidney disease or kidney failure – eGFR ≤ 45 , history of kidney transplant
- Liver disease - chronic hepatitis, cirrhosis, fatty liver. MELD score 10 or above and/or Child-Pugh class B or C.
- History of liver transplant

Vascular or Neurologic

- Stroke or TIA within the last 9 months
- Blood clots in the legs or lungs (DVT, PE), or other blood clotting disorders
- Neurological diseases – Parkinson’s disease, epilepsy, stroke, multiple sclerosis, Alzheimer’s, myasthenia gravis

Medication Use

- Blood thinning medications – heparin, Lovenox, warfarin, Plavix, Xaralto, Eliquis, Pradaxa, aspirin, etc...
- Chronic immunosuppression due to medications
- Chronic steroid use – any patient on prednisone of ≥ 5 mg daily or equivalent
- Polypharmacy – medication management and instruction prior to and day of surgery
- Chronic narcotic use – ≥ 60 MME

Other

- Chronic or debilitating disease requiring recent hospitalization
- Anemia – iron deficiency anemia, sickle cell anemia, pernicious anemia, Hgb ≤ 13 for males and females
- Personal or family problems with anesthesia – malignant hyperthermia or severe nausea/vomiting
- History of difficult intubation or other known anesthesia complications
- History of bone marrow transplant

Not sure? Call the SOC and ask for a chart review by one of our providers.

SOC patient testing is done per anesthesia guidelines for Spectrum Health. The SOC will arrange testing and/or consultations if necessary. The completed evaluation and testing will be sent to the surgeon and the primary care physician prior to the surgery. Any concerns of the patient not being “optimized” prior to the patient’s surgery will be communicated directly with the surgeon and/or their office.

What is Optimization?

The goal of “optimizing” a patient’s health prior to surgery is to minimize their risk of postoperative complications, decrease the length of stay in the hospital, reduce unplanned readmissions, and enhance the patient’s overall health prior to surgery. By optimizing the patient’s health, it may prevent delays or same day cancellation of surgery. The SOC will provide the patient and surgeon with a surgical care plan. Our goal is also to provide patient education and medication instruction to help reduce anxiety and provide a positive surgical experience.

Epic Referral Information- send referral to: REF943 Surgical Optimization Center or REF1011 Adult Blood Management Program (Anemic Patients)

In the notes section, please include:

- Date of surgery
- Referring surgeon’s name
- Surgical procedure
- Type of anesthesia
- Spectrum Health location of surgery
- Required orders – lab orders, EKG, other testing
- Other pertinent patient information
- Surgery scheduler name and contact number

American Society of Anesthesiologists (ASA) Classification

The ASA score is a subjective assessment of a patient’s overall health that is based on five classes (I to V).

- I. Patient is a completely healthy fit patient.
- II. Patient has mild systemic disease. (may be appropriate to be seen at SOC)
- III. Patient has severe systemic disease that is not incapacitating. (appropriate for SOC)
- IV. Patient has incapacitating disease that is a constant threat to life. (appropriate for SOC)
- V. A moribund patient who is not expected to live 24 hours with or without surgery.

Questions? Please contact us.

Adam Edlund, MD, SFHM
Medical Director
Cell: 616.901.1934
adam.edlund@spectrumhealth.org

Amy Pearce, RN, CBN
Practice Manager
Cell: 616.450.2589
amy.pearce@spectrumhealth.org