

Centralised Pre-operative Assessment Unit (CPAU)

Information and advice for patients

Pre-Assessment

What is CPAU?

CPAU is a nurse-led-clinic, which is designed to make sure that you are fit enough to go ahead with your planned operation and anaesthetic.

During the clinic appointment, we will give you information about:

- What to expect on admission
- The planned operation
- Your expected recovery time
- Discharge home

What does the service offer?

We only pre-assess patients who are having a general anaesthetic. If you are having a local anaesthetic (which means you are going to be awake during your procedure) except eye surgery, a pre-assessment appointment is not required. However, you will still be required to have MRSA screening. (MRSA is a type of bacteria that can cause infection such as wound, skin, eye and urine infection, so it's important to have you screened before having the operation).

We operate a walk in MRSA service at both Sandwell and City Hospital's between 8am and 4pm, Monday to Friday.

We can offer telephone pre-assessment appointments, walk in pre-assessment appointments and booked appointment slots. We will offer the most suitable appointment to you depending on your health needs and surgery requirements.

How can I access the service?

You will be referred to the service once your operation has been confirmed. We will then offer you the most appropriate appointment option.

How long will the assessment take?

Please allow one hour for your pre-operative assessment clinic appointment. Young children need to be supervised at all times – we recommend that you arrange for them to be looked after by someone else during your appointment.

Centralised Pre-operative Assessment Unit (CPAU)

Information and advice for patients

Pre-Assessment

Why is the assessment important?

Coming to the pre-operative clinic before you are admitted to hospital for your operation is essential. It means that any problems can be identified and resolved prior to your operation and it therefore reduces the risk of your operation being cancelled on the day of surgery.

If you are unable to attend your appointment, please contact the pre-assessment department on 0121 507 2486 (Sandwell Hospital) or 0121 507 6188 (City Hospital). If you do not attend your pre-operative assessment appointment, your operation will be cancelled or postponed.

Where is the clinic?

Sandwell Pre-assessment department is located in Sandwell Hospital Outpatients Department, 1st floor, Corridor D.

City Pre-assessment department is located in Birmingham Treatment Centre (BTC) at City Hospital on the first floor.

You will need to scan your appointment letter at the kiosks located on the ground floor in each hospital before presenting at the pre-assessment unit.

What will happen in clinic?

During the appointment the nurse will ask you about:

- Your current health and medication you are taking. It is important to bring this with you to your pre-assessment appointment.
- Your past medical history including previous anaesthetics and drug allergies
- Your general lifestyle. For example, your occupation, exercise and whether you smoke.

Plans for going home. Who you live with, getting back to work etc.

Blood/urine samples may be required for routine testing and the nurse will tell you about these. We will also take swabs for MRSA screening of your nose and groin.

MRSA swabs are valid for 28 days if you have not been screened within 28 days of your admission please contact the pre admission department.

Centralised Pre-operative Assessment Unit (CPAU)

Information and advice for patients

Pre-Assessment

Before you go home you will be given information leaflets about your surgery and anaesthetic as sometimes it can be difficult to remember everything that is discussed during clinic.

What happens after clinic?

After your appointment the nurse will check the results of any test carried out, including the blood/urine tests and MRSA swabs.

If there is anything they need to discuss with you, they will contact you directly.

What do I need to prepare before my operation?

The night before or on the morning of your operation please have a bath or shower.

We recommend that you make sure you have a supply of painkillers at home e.g. Paracetamol and Ibuprofen as these may not be routinely provided after your operation.

You will also need a responsible adult to collect you from the hospital and care for you for 24 hours after your operation when you return home.

Centralised Pre-operative Assessment Unit (CPAU)

Information and advice for patients

Pre-Assessment

Contact details

If you have any questions that you would like to discuss before you come in for your appointment or after you have left the hospital, you can contact the Pre-admission departments on:

0121 507 2486 Sandwell

0121 507 6188 City

For more information about our hospitals and services please see our website www.swbh.nhs.uk, follow us on Twitter @SWBHnhs and like us on Facebook www.facebook.com/SWBHnhs.

If you would like to suggest any amendments or improvements to this leaflet please contact the communications department on 0121 507 5303 or email: swb-tr.swbh-gm-patient-information@nhs.net



A Teaching Trust of The University of Birmingham
Incorporating City, Sandwell and Rowley Regis Hospitals
© Sandwell and West Birmingham Hospitals NHS Trust

ML5402

Issue Date: February 2017
Review Date: February 2020