**Breathe, Wiggle & Walk:** The addition of physiotherapy to preadmission clinic enhances patient preparedness for elective surgery and is memorable

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**PREADMISSION CLINIC PHYSIOTHERAPY**
In March 2020 physiotherapy was integrated into the centralised pre-admission clinic (PAC).

**Intervention:** 30-minute patient interview and education session focussed on:
- Preparation for surgery
- Post-operative breathing and circulation exercises
- Early mobilisation
- Post-operative recovery

**POST-OPERATIVE SURVEYS**
Surveys were distributed to post-operative patients who attended PAC pre- or post-implementation of the physiotherapy service. Patients completed the survey prior to discharge, and were asked to rate their:
- Pre-operative anxiety
- Satisfaction with PAC information
- Recall of physiotherapy PAC session and information
- Overall preparedness for surgery

**SURVEY RESULTS**
76% of patients in the post-implementation group recalled seeing a physiotherapist in PAC.

No change in pre-operative anxiety.

**Significant** increase in satisfaction with the information received in PAC (Figure 1)

Information recall enhanced across all categories in the post-implementation group with largest improvements in:
- Pre-operative exercises (+53%)
- Post-operative exercises:
  - Breathing exercises (+53%)
  - Circulation exercises (+46%)
- Supported cough technique (+38%)
- Early post-operative mobilisation (+37%)

**Figure 1. Reported satisfaction with PAC information**
(1 = Not satisfied at all, 5 = very satisfied)

Patients who received physiotherapy in PAC reported feeling significantly more prepared for surgery compared to those who did not receive preadmission physiotherapy (p=.008)