

Strong for Surgery

Prehabilitation Screening Checklist

All Patients

Is the patient older than 65? ☐ Yes ☐ No

Does the patient have physical limitations or is he or she frail? ☐ Yes ☐ No

If YES:

☐ Use either grip strength or the timed get up and go test for baseline assessment of functional status/need for prehabilitation prior to surgery

☐ Consider referral to a geriatrician

Does the patient have unstable cardiac disease? ☐ Yes ☐ No

If YES:

☐ Consider referral for pre-surgery consultation with a cardiologist

Does the patient have unstable pulmonary disease? ☐ Yes ☐ No

If YES:

☐ Consider referral for pre-surgery consultation with a pulmonologist

Does the patient have poor mobility and/or diminished endurance? ☐ Yes ☐ No

If YES:

☐ Refer patient to physical therapy

☐ Start daily walking program (goal is two to three times per day)

Important Notice

These sample checklists are provided for informational purposes only and should NOT be used in the care of a patient outside of a comprehensive preoperative program such as Strong for Surgery. Patients should not rely on information on this checklist as an alternative to medical advice from a doctor or other professional health care provider. To find out how you can start using the Strong for Surgery checklist in your clinic, please contact us at qualityresources@facs.org.

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