PATIENT EDUCATION RESOURCES

Utilize quality reviewed materials to:

• Reduce complications
• Lower costs
• Decrease readmissions
• Increase satisfaction
• Support the transition to home

facs.org/patienteducation
When outcomes improve, patients are healthier, less anxious, and more satisfied with their care while complications, readmissions, and health care costs decrease.

Fortunately, all health care providers are aligned in the goal of achieving the best possible surgical outcomes. With 75% of procedures now occurring in an ambulatory setting, patients, families, and caregivers need the best education for their pre- and postoperative care.
PATIENTS AS TEAM PLAYERS

Understanding the impact on quality care, health care providers are charged with preparing patients and families with the knowledge and skills they need to manage prep and recovery. The education they receive to be successful in this role is critical in avoiding complications and readmissions.

The American College of Surgeons (ACS) is dedicated to improving the care of surgical patients through the development, delivery, and continued evaluation of effective and high-value education that is accessible to those who need it most when and where it matters most.

BRIDGING THE GAP

From informational brochures that explain procedures and engage patients in informed decision-making to home skills kits that prepare patients and their caretakers for the critical role they play in recovery, ACS patient education resources meet all current guidelines for accreditation and can make the difference in achieving a positive surgical experience.

And the best news?

All of the American College of Surgeons Surgical Patient Education Program materials are available to any provider or organization seeking to empower patients through education and preparation.
ONLINE RESOURCES

ACS Patient Education products—all available on the ACS website or directly from the surgeon/hospital Patient Education Toolkit site—help patients prepare for the best possible recovery. Patients and caregivers trust the education provided direct from the surgeon.
ONLINE RESOURCES

Patient Resources
Patients can access all materials from the ACS website or from the patient education toolkit on the surgeon/hospital site. The toolkit supports direct distribution to the patient’s phone or email with all products available including surgical prep brochures, home skills kits, cancer skills kits, and more. All instructional videos provided in the physical kits are also available online.

Medical Professional Resources
Practice management resources include:

- Procedures
- Medications
- Cancer resources
- Labs and tests
- Skills videos

The site link can be embedded in an individual practice’s website to help meet Meaningful Use criteria. Options for surgical professionals and practices include embedding a link to the ACS site, a surgical patient education toolkit that supports direct distribution from the surgeon and hospital broadcast rights for video and kit use.

Professional Certification Training Courses
These courses include critical training developed by criterion-referenced multi-association consensus. The courses, which are focused on ostomy, central line, feeding tube, and wound management include tests, skill checklist and certificate of completion, and evaluation tools for quality monitoring and improvements.

Find a Surgeon Public Search Engine
The ACS Find a Surgeon site is the number one rated resource on the top five search engines. Update your member profile with common procedures and contact information to direct patients to your practice.

“This is an excellent initiative. At our academic institution, these materials are few and far between and much needed!!!”

Visit our website faces.org/patienteducation

to access these resources or purchase patient education materials.
Nonsmokers

Common Symptoms
Heart and Breathing Problems

Smokers

Heart Beat). The carbon monoxide in cigarettes decreases your ability to fight infection. It also increases the risk of heart and breathing problems.

Smokers

Transverse hernia: the weakness usually occurs in the lower abdominal wall where the intestine is called the transverse mesocolon. It is the most common type of abdominal wall defect. An incision is made near the site. Your surgeon will insert the divided ends of the colon are sutured. Open colectomy—

Risks of not having an operation—

An operation is the only treatment. This first page is an overview. For more detailed information, review the entire document.

An incision is made near the site. Your surgeon will insert the divided ends of the colon are sutured.
ACS surgical prep and procedure brochures are easy to read, available in print and electronic formats, meet all ACS, Joint Commission, and patient safety guidelines, and include the ACS Surgical Risk Calculator. In addition, they satisfy all ACS guidelines for informed consent.

Each brochure supports patients at all levels of literacy, using images and conversational language to explain surgical processes and provide valuable discharge education.

They also include the ACS NSQIP® Surgical Risk Calculator, available at riskcalculator.facs.org.

Most brochures are available in English, Spanish, and Italian:

- Appendectomy (Eng, Span, Ital)
- Cholecystectomy (Eng, Span, Ital)
- Colectomy (Eng, Span, Ital)
- Colonoscopy (Eng, Span, Ital)
- Inguinal/Femoral Hernia—Adult (Eng, Span, Ital)
- Inguinal Hernia—Pediatric
- Umbilical Hernia—Adult (Eng, Span, Ital)
- Umbilical Hernia—Pediatric
- Ventral Hernia (Eng, Span, Ital)
- Medication and Surgery
- Quit Smoking before Surgery (Eng, Ital)
- Safe and Effective Pain Control after Surgery: Adult/Women’s Health/Pediatrics

Patients using the brochures provided overwhelmingly positive feedback:

- 87% reported they felt more confident talking with their doctor
- 88% said they felt better prepared to participate in their care
- 91% felt the brochures were more helpful than materials they received in the past
HOME SKILLS TRAINING PROGRAM

Certain surgical procedures require a greater level of patient involvement in preparation and recovery. ACS skill programs provide simple simulation and repetitive practice to ensure a safe transition to home and better outcomes.
The American College of Surgeons Home Skills Patient Education Program is the only multidisciplinary skill-based training program resulting in improved surgical outcomes.

Each program is designed to be used in advance of surgery and offer directed learning experiences and repetitive practice opportunities, increasing patients’ confidence in their home-care management.

These award-winning training kits include videos, a color booklet, skills checklist, practice equipment, and evaluation. They provide step-by-step instructions, visual demonstrations, and the opportunity to learn by doing through the use of practice supplies and simulators. Program options include the full skill kit with practice equipment or as an interactive e-learning program.

Hospital Broadcast Rights Available

ACS grants single hospital networks access to broadcast the licensed video program with the purchase of Broadcast Rights, giving professionals and patients quality patient training direct from the hospital TV or website.
Available for patients who require the following surgical procedures:

**Adult & Pediatric Ostomy** *(available in English and Spanish)*

Programs are available for adult colostomy/ileostomy, adult urostomy, pediatric colostomy/ileostomy, and pediatric urostomy. Each program contains practice equipment (pouches, measuring guide, scissors, stoma model), a 40-page instruction booklet, videos, skill assessment checklist, discharge plans, and certification of completion.

Patients who completed the program experienced better outcomes:

- Reported **significantly fewer problems**
- Were significantly less likely to need additional resources such as home care visits, unplanned office visits, and calls to physicians or nurses, with **ER visits reduced by 50%**
- Had significantly **greater confidence** in self-care and overall satisfaction

**Feeding Tube**

This program includes PEG, low-profile, long tube, and jejunostomy training. Each kit contains practice equipment (feeding tube, extension sets, and syringes), a 44-page instruction booklet, video, skill assessment checklist, and discharge guide.

Patients who complete the program **will have a greater understanding of feeding tubes**, the digestive system, and supplies and will be prepared to execute the following home skills after the procedure and discharge:

- Mouth and skin care
- Feeding through a gastrostomy tube
- Giving medication
- Replacing the gastrostomy tube
- Problem solving and home management

“I really loved it because it took many of my questions away, and I used it as a teaching tool for my family and friends and grandkids.”
“The patient and their caregivers are playing an increasingly important role in postoperative care. Thus, education and training to best prepare them is critical to a safe discharge and recovery. With nearly 500,000 patients in the U.S. relying on feeding tubes as part of their treatment plans, the home skills kit will make a widespread impact.”

Ajit K. Sachdeva, MD, FACS, FRCSC, FSACME, MAMSE
Director, ACS Division of Education, and Co-Chair, ACS Patient Education Committee

Central Line

This program includes PICC-tunneled and implanted central venous access devices, and contains practice equipment, instruction booklet, video, skill assessment checklist, and patient evaluation.

The Central Line Home Skills Kit prepares patients by giving them an overview of Central Line (CVAD) types, circulation, and equipment, as well as the preparation they need to fulfill postdischarge tasks such as:

- Flushing the CVAD
- Administering CVAD medication
- Changing the needleless connector
- Changing the dressing
- Giving parenteral nutrition through a CVAD
- Accessing and removing the noncoring needle from an implanted port
- Problem solving and home management

Future Programs

New home skills training programs are already in development:

- Tracheostomy

Visit facs.org/skillsprograms to access these resources or purchase the kits and/or other materials.
WOUND HOME SKILLS TRAINING PROGRAM

facs.org/woundcare
The first multi-association standardized program for patients and caretakers providing comprehensive, skill-based instruction for the care of complex abrasions and lacerations, postoperative surgical wounds, pressure, diabetic foot and venous ulcers.

The Wound Home Skills Kits contain booklets and video-based instruction that empower patients and their caretakers to:

- Identify their wound type and severity
- Understand wound healing and closures
- Prevent wound infections
- Practice wound cleaning
- Perform wound packing, dressing and bandage selection, and changes
- Empty and manage drains
- Know when to call their health care provider

Studies identify that 63% of patients who did not receive wound care information returned to their health care facilities after discharge because they had wound-related issues they did not know how to handle.

Repetitive skills practice supports the safe transition of care by multiple providers using evidence-based wound care. Evaluation helps identify reports of complications and the need for support services in the four weeks following professional intervention.

**Booklets**

- Lacerations and Abrasions
- Surgical Wounds
- Pressure Ulcers
- Diabetic Foot Ulcers
- Venous Ulcers and Lymphedema

**Videos**

- Lacerations and Abrasions
- Cleaning Your Wound
- Packing Your Wound
- Dressing and Bandaging
- Caring for Your Surgical Drain
- Negative Pressure Wound Therapy
The American College of Surgeons has launched a patient education program to **better prepare patients** who undergo cancer surgery.
The ACS Surgical Cancer Training Program includes patient guides, checklists, and video training to coach patients to become fully informed and active participants in their care and recovery. All materials meet the ACS Operative Standards for Cancer Surgery and Commission on Cancer (CoC) guidelines. Available on the ACS website and as a toolkit for your practice or accredited center, these tools support meeting all of the credentialed standards on education.

**Your Lung Cancer Surgery and Your Breast Cancer Surgery**

Both important programs were developed to support the entire surgical team, including patients, to reduce complications and improve patient outcomes.

**Your Lung Cancer Surgery**, developed with consensus from AATS, STS, AORN, and the CoC, follows four patients through their surgery, emphasizing the critical areas to enhance patient understanding, along with meeting all accreditation education standards.

**Your Breast Cancer Surgery Program** details the entire experience from testing, diagnosis, staging, surgery, pre- or postoperative radiation, chemotherapy and home-management, reconstructive surgery, and surveillance. The guide is supported by video content detailing the surgical experiences of real patients. Each contain full-color booklets, videos, and online program and information sheets, including images, medication lists, exercise guides, smoking cessation resources, and a survivorship plan.

Quality improvement can be assessed using the patient evaluation tool available in print and online. The programs include:

- Your anatomy
- Your cancer
- Operation essentials
- Preoperative prep
- Clinical trials
- What to expect after the operation
- Recovery and discharge
- Discharge plan
- When to call the doctor

Nearly **100% of patients** who completed the Your Lung Cancer Surgery education kit were satisfied with the experience, would recommend the kit to others, and felt prepared in their recovery skills.

100% of those who reviewed the Your Breast Cancer Surgery program felt they would have clear direction on how to prepare for surgery and it would be helpful if they or another family member were having surgery.
How do I store and get rid of my child's leftover opioids?

- Keep medication out of reach of children and pets.
  - Use a locked cabinet or container.
  - Keep medication in its original container to avoid taking it by mistake.

Anyone who takes prescription opioids can become addicted. Opioids block pain and may give a feeling of euphoria. Children can develop addiction quickly and might experience withdrawal symptoms when the medication is put away. They are at a higher risk for an overdose. Children with ongoing pain may need higher doses to relieve their pain. If there is no disposal site or your child is misusing their pain medication, contact the Abuse and Mental Health Services Administration at 1-800-662-HELP (4357) or call the 24-hour helpline.

Do not share opioids.

Withdrawal symptoms can be managed with medication. To find more information about the opioid epidemic, go to safepaincontrol®. If there is no disposal site or your child is misusing their pain medication, contact the Abuse and Mental Health Services Administration at 1-800-662-HELP (4357) or call the 24-hour helpline.

What is safe and effective pain control?

- Educate your patients on the importance of pain control.
- Help them understand how to use alternatives to opioids to help control pain.
- Educate them about:
  - How to safely store and get rid of any unused opioids.
  - Knowing the signs of opioid overdose.
  - Knowing the signs of addiction.
  - Safely getting rid of any unused opioids.
  - Using the lowest dose of opioids for the shortest period of time.

What are the goals of pain control?

The goal of pain control is to:

- Minimize pain
- Help you heal
- Prepare you for discharge
- Minimize the need for opioids whenever possible
- Reduce your risk for unsafe opioid use

Your surgical team will work with you and your child to:

- Screen for current opioid use and risk for overuse
- Use alternatives to opioids
- Educate about
  - Knowing the signs of opioid overdose
  - Knowing the signs of addiction
  - Safely getting rid of any unused opioids
  - Using the lowest dose of opioids

Your pain plan will be based on your:

- Pain history
- Current opioid use
- Risk for overuse
- History of side effects
- Pain level

After Surgery

Your surgical team will work with you and your child to:

- Screen for current opioid use and risk for overuse
- Use alternatives to opioids
- Educate about:
  - Knowing the signs of opioid overdose
  - Knowing the signs of addiction
  - Safely getting rid of any unused opioids
  - Using the lowest dose of opioids

What are my options for safe and effective pain control?

A combination of therapies and medications will be used together for better pain control after your surgery. Your surgical team will talk with you about:

- Using the lowest dose of opioids
- Minimize pain
- Help you heal
- Prepare you for discharge
- Minimize the need for opioids whenever possible
- Reduce your risk for unsafe opioid use
- Minimize the need for opioids whenever possible
- Reduce your risk for unsafe opioid use

Your surgical team will work with you and your child to:

- Screen for current opioid use and risk for overuse
- Use alternatives to opioids
- Educate about:
  - Knowing the signs of opioid overdose
  - Knowing the signs of addiction
  - Safely getting rid of any unused opioids
  - Using the lowest dose of opioids

Be informed about how you can work with your surgical team to safely manage your child's pain.
**Information covered:**

- **Surgical pain management plan**, including commonly used medications and their side effects as well as safe and effective alternatives to opioids
- **Pain management options** and a functional scale to guide patients on what to take/do to decrease their pain based on the activities they can perform
- **Appropriate use and risks of opioids**
- **Information on the opioid epidemic**—what is an opioid, what are the risks of addiction for the surgical patient, screening and mandatory checks on use, and safe home storage and disposal
- **Patient evaluation for quality improvement (QI) assessments**, which is also available online; ACS has system support for implementation and evaluation of QI projects

**Maximize impact with these additional resources:**

- **Online professional education** for surgeons and medical providers about opioid sparing safe pain control at learning.facs.org
- **Skills education**, including online videos and registration for skills classes on regional anesthesia, are also available on our website
- **Safe Pain Control Toolkit**
- **Safe and Effective Pain Control After Surgery Video**

The brochures, signs, and online education work together as a system to help surgeons satisfy Joint Commission requirements around pain assessment and management. All resources are available and accessible online for free. Printed brochures and signs are free to members—you only pay shipping and handling.

Visit [facs.org/safepaincontrol](http://facs.org/safepaincontrol)

The ultimate guide to teach patients non-opioid pain management and the safe use of opioids when needed.
BRIDGE THE GAP FROM HOSPITAL TO HOME

Trusted Source Patient Education from prep to home care.

Surgical Patient Education Toolkit

Your patients deserve the best education—developed and trusted by surgeons.

The personalized Surgical Patient Education Toolkit offers patient education that is trusted, evidence-based, and easily-accessible. Titles available on the Toolkit include information from the American College of Surgeons, National Cancer Institute (NCI), and National Institutes of Health (NIH).

The website (at a unique URL personalized with your hospital name) delivers point of care surgical education to help patients understand procedures, make informed decisions, and confidently manage their entire perioperative experience from prep to home care.

The toolkit is offered as a provider edition or hospital edition and allows users to print, display on website, or electronically deliver education to help patients understand their surgical procedures and better manage their perioperative care. You have control over the content you want displayed and can add content developed by your practice/hospital. It also includes a waiting room poster with QR code directing patients to the site.

FOR MORE INFORMATION AND TO SUBSCRIBE

facs.org/for-medical-professionals/education/
for-your-patients/my-patient-education-toolkit

Questions? E-mail surgicalpatienteducation@facs.org or call 312-202-5263
## Home Skill Kits

<table>
<thead>
<tr>
<th>PRODUCT</th>
<th>MEMBER</th>
<th>NONMEMBER*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ostomy: Colostomy/Ileostomy (Adult English and Spanish)</td>
<td>$10</td>
<td>$40</td>
</tr>
<tr>
<td>Ostomy: Colostomy/Ileostomy (Pediatric English)</td>
<td>$10</td>
<td>$40</td>
</tr>
<tr>
<td>Ostomy: Urostomy (Adult English and Spanish)</td>
<td>$10</td>
<td>$40</td>
</tr>
<tr>
<td>Ostomy: Urostomy (Pediatric English)</td>
<td>$10</td>
<td>$40</td>
</tr>
<tr>
<td>Wound: Lacerations and Abrasions</td>
<td>$10</td>
<td>$20</td>
</tr>
<tr>
<td>Wound: Surgical Wounds</td>
<td>$10</td>
<td>$20</td>
</tr>
<tr>
<td>Wound: Pressure Ulcers</td>
<td>$10</td>
<td>$20</td>
</tr>
<tr>
<td>Wound: Diabetic Foot Ulcers</td>
<td>$10</td>
<td>$20</td>
</tr>
<tr>
<td>Wound: Venous Leg Ulcers and Lymphedema</td>
<td>$10</td>
<td>$20</td>
</tr>
<tr>
<td>Feeding Tube</td>
<td>$20</td>
<td>$40</td>
</tr>
<tr>
<td>Central Line</td>
<td>$20</td>
<td>$40</td>
</tr>
<tr>
<td>Your Lung Operation</td>
<td>$20</td>
<td>TBD</td>
</tr>
<tr>
<td>Your Breast Cancer Surgery</td>
<td>$20</td>
<td>TBD</td>
</tr>
</tbody>
</table>

## Operation Brochures (Packs of 25)

<table>
<thead>
<tr>
<th>Specific Surgical Procedures</th>
<th>MEMBER</th>
<th>NONMEMBER*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Appendectomy (English, Spanish, and Italian)</td>
<td>$40</td>
<td>$60</td>
</tr>
<tr>
<td>Cholecystectomy (English, Spanish, and Italian)</td>
<td>$40</td>
<td>$60</td>
</tr>
<tr>
<td>Colectomy (English and Spanish)</td>
<td>$40</td>
<td>$60</td>
</tr>
<tr>
<td>Colonoscopy (English and Spanish)</td>
<td>$40</td>
<td>$60</td>
</tr>
<tr>
<td>Hernia Repair: Groin, Inguinal, Femoral (Adult English and Spanish)</td>
<td>$40</td>
<td>$60</td>
</tr>
<tr>
<td>Hernia Repair: Groin, Inguinal, Femoral Hernia (Pediatric English)</td>
<td>$40</td>
<td>$60</td>
</tr>
<tr>
<td>Hernia Repair: Umbilical (Adult)</td>
<td>$40</td>
<td>$60</td>
</tr>
<tr>
<td>Hernia Repair: Umbilical (Pediatric)</td>
<td>$40</td>
<td>$60</td>
</tr>
<tr>
<td>Hernia Repair: Ventral</td>
<td>$40</td>
<td>$60</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>General Surgical Information</th>
<th>MEMBER</th>
<th>NONMEMBER*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Medication and Surgery</td>
<td>$15</td>
<td>$25</td>
</tr>
<tr>
<td>Safe and Effective Pain Control after Surgery (Adult)</td>
<td>$20</td>
<td>$40</td>
</tr>
<tr>
<td>Safe and Effective Pain Control after Surgery (Pediatric)</td>
<td>$20</td>
<td>$40</td>
</tr>
<tr>
<td>Quit Smoking before Your Operation</td>
<td>$20</td>
<td>$40</td>
</tr>
</tbody>
</table>

Note: Prices vary based on grant funding level. *Bulk pricing available for nonmember orders
# PRICING

ORDER ONLINE AT store.facs.org

## ANNUAL SUBSCRIPTION SERVICES

<table>
<thead>
<tr>
<th>PRODUCT</th>
<th>MEMBER</th>
<th>NONMEMBER*</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Toolkit Subscriptions</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Provider Edition:</strong> General, Vascular, Pediatric, Colorectal, and Cardiothoracic</td>
<td>$300 annually</td>
<td>$600 annually</td>
</tr>
<tr>
<td><strong>Hospital Edition:</strong> Breast Cancer</td>
<td>$1,200 annually</td>
<td>$1,200 annually</td>
</tr>
<tr>
<td><strong>Hospital Edition:</strong> General Surgery</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Hospital Broadcast Rights</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Feeding Tubes</td>
<td>$300 annually</td>
<td>$300 annually</td>
</tr>
<tr>
<td>Central Lines</td>
<td>$300 annually</td>
<td>$300 annually</td>
</tr>
<tr>
<td>Ostomy</td>
<td>$300 annually</td>
<td>$300 annually</td>
</tr>
<tr>
<td>Safe Pain Control</td>
<td>$300 annually</td>
<td>$300 annually</td>
</tr>
<tr>
<td>Wound</td>
<td>$300 annually</td>
<td>$300 annually</td>
</tr>
</tbody>
</table>

Note: Prices vary based on grant funding level.

*Bulk pricing available for nonmember orders