

SAMPLE SURGICAL HEALTH AND WELLNESS EVALUATION

The patient is a healthy 75 year old male w/ newly diagnosed cancer on MRI done for back pain

EVALUATION

Sleep- poor quality/quantity, wakes up at night multiple times

Stress- significant from cancer dx or injury, fear of surgery and pain, fatigue, no energy for favorite activities, difficult to decompress, discuss frustration and stress w/ spouse and children so when you get annoyed more easily they understand you are not "yourself" right now

Nutrition- on a multivitamin but no healing supplement

Diet- soda and processed foods, some vegetables, no fiber supplements

Microbiome- is not on a probiotic, sometimes has yogurt

Pain- no current abdominal pain, bad back pain from injuries

Functional Independence- fully independent except limited by pain and discomfort and distracted by stress

PRE-OPERATIVE OPTIMIZATION

Sleep- stop eating and decrease screen time before bed, consider melatonin, improve stress and lower back pain

Stress- have compassion for self while finding out more about the cancer diagnosis and plan for treatment, improve lower back pain, go for motorcycle rides and work on hobbies for an hour 3 days a week to decompress, re-enter social life once feeling more energy by improving sleep and stress, start a probiotic

Nutrition- continue on MVI, add injury and surgery healing vitamins, improve hydration

Diet- limit the soda intake, start protein shakes TID w/ added good fats (eg avocado, EVOO), limit the processed foods and start eating more whole foods (meats, vegetables, fruits)

Microbiome- continue on a probiotic, add probiotic foods

Pain- start lower back PT/stretching, massage/stretching/icing for back pain in addition to gabapentin and anti-inflammatory medicines, improve diet and nutrition

Functional Independence- improve the pain and stress