

Who we are

- Dr Elizabeth Castañeda – Elderly Care Consultant
- An elderly care registrar (senior doctor) – one of a team that visit all the elderly care wards
- Sadek Alam – Physician Associate
- Sam Warrior – Physician Associate

How to contact us (for patients already referred to the service)

For POPS clinic appointments:

Telephone the Clinical Admin Team

(CAT 10): 0118 322 5474 or email

Karen Graham at

karen.graham@royalberkshire.nhs.uk

To find out more about our Trust, visit
www.royalberkshire.nhs.uk

Please ask if you need this information in another language or format.

Surgical Liaison Service Team, RBFT Elderly Care, August 2023

Next review due: August 2025



Royal Berkshire
NHS Foundation Trust

The Surgical Liaison Service

Information for
patients, relatives and
carers

This leaflet explains how the Surgical Liaison Service can help you or your relative to best prepare for an operation.

What we do...

We are a team of elderly care specialists who work alongside the various surgical teams across the hospital. We can provide comprehensive medical advice to patients over the age of 75, and their families, to support them before and after any operations. As many older patients have complex, underlying medical problems, we will carry out a comprehensive geriatric assessment (CGA). The CGA is used to evaluate and manage the individual's multiple issues that may affect an older adult's health, in order to improve the outcome of surgery.

Referrals are made to our service by a hospital specialist, who has identified that the patient would benefit from a holistic approach to upcoming surgery.

The Surgical Liaison Service mainly supports the general surgical teams (upper gastrointestinal and colorectal surgery), but we also review patients with a referral from other surgical specialist teams, such as urology, ENT, breast surgery and gynaecology.

The team also looks after vascular patients who have been transferred to Emmer Green Ward from other hospitals. These are patients with conditions relating to circulation or blood vessels and who may have already had a vascular procedure.

POPS outpatient clinic

Our outpatient service – POPS – aims to best prepare our patients ready for surgery. The POPS (which is short for 'Peri-Operative medicine for older People undergoing Surgery') involves a review by a senior elderly care doctor, who will make sure that patients are as medically fit for surgery as possible. This may involve adjusting medications and arranging blood transfusions or iron infusion therapy.

The team will use a clinical frailty score along with the CGA to decide when and whether the patient is fit for surgery.

Once the patient is ready for admission for surgery...

Once they are on the ward, our patients will get a visit from the therapy team – physiotherapy and occupational therapy – to assess mobility, balance and frailty. The therapy team helps with rehabilitation after surgery and can help to decide if a patient will need further rehabilitation at a local community hospital.

Communication with patients and their relatives is key to our service, as it helps everyone to have a clear understanding of the patient's treatment and discharge plans.

The team also provides training for ward junior doctors and nursing staff on relevant topics such as dementia, delirium, frailty, falls and Parkinson's disease.