

## Western Health Physiotherapy Prehabilitation **Standard** Model of Care

Initial screening outcome measures following Pre Admission Clinic		Prehabilitation appointments	Content and <b>written information</b> provided in prehabilitation sessions	End of prehab outcome measure
	<i>By physiotherapist @ prehab session</i>			
<b>Low risk – Universal prehab</b>	- Total Hip/Knee Replacement surgery - HOOS/KOOS (Function & QOL aspects only >25- universal)		- Virtual surgery school - Provide HEP	
	- Total Hip/Knee Replacement surgery - HOOS/KOOS (Function & QOL aspect only if under 25)	- 30sec STS - VAS if no p score already conducted	- Initial assessment telehealth/ phone - X1 telehealth – phone follow up (increased frequency at clinician discretion)	- 30sec STS - HOOS/KOOS
<b>Moderate risk – Targeted prehab</b>	- Total Hip/Knee Replacement surgery - HOOS/KOOS (Function & QOL aspect only if under 25)	- 30sec STS - VAS if no p score already conducted	- Initial assessment telehealth/ phone - X1 F2F appointment - further F2F/ Telehealth/ phone review at clinician discretion	- 30sec STS - HOOS/KOOS
	- Total Hip/Knee Replacement surgery - HOOS/KOOS (Function & QOL aspect only if under 25) - Clinician discretion	- 30sec STS - VAS if no p score already conducted	- Initial assessment telehealth/ phone - X1 F2F appointment - further F2F/ Telehealth/ phone review at clinician discretion	- 30sec STS - HOOS/KOOS

- Pre admission clinic**

  - Anaesthetics
  - Surgical HMO
  - Pharmacy
  - Occupational Therapist
  - PAC nurse
  - Physiotherapist

Low risk –  
Universal  
prehab

Moderate risk –  
Targeted  
prehab

High risk –  
Specialist  
prehab

## Western Health Physiotherapy Prehabilitation **Express** Model of Care

	Initial screening outcome measures following Pre Admission Clinic	Prehabilitation appointments	Content and <b>written information</b> provided in prehabilitation sessions	End of prehab outcome measure
	<i>By physiotherapist @ prehab session</i>			
<b>Low risk – Universal prehab</b>	<ul style="list-style-type: none"> <li>- Total Hip/Knee Replacement surgery</li> <li>- HOOS/KOOS (Function &amp; QOL aspects only &gt;25- universal)</li> </ul>		<ul style="list-style-type: none"> <li>- Virtual surgery school</li> <li>- Provide HEP</li> </ul>	
<b>Moderate risk – Targeted prehab</b>	<ul style="list-style-type: none"> <li>- Total Hip/Knee Replacement surgery</li> <li>- HOOS/KOOS (Function &amp; QOL aspect only if under 25)</li> <li>- Less than 4 weeks to DOS</li> </ul>	<ul style="list-style-type: none"> <li>- 30sec STS</li> <li>- VAS if no p score already conducted</li> </ul>	<ul style="list-style-type: none"> <li>- Initial assessment telehealth/ phone</li> <li>- Follow up at discretion of clinician</li> </ul>	<ul style="list-style-type: none"> <li>- Virtual surgery school</li> <li>- Provide HEP</li> </ul>
				<ul style="list-style-type: none"> <li>- 30sec STS</li> <li>- HOOS/KOOS</li> </ul>
<b>High risk – Specialist prehab</b>	No specialist prehab if less than 4 weeks prior to DOS			

- Pre admission clinic**
- Anaesthetics
  - Surgical HMO
  - Pharmacy
  - Occupational Therapist
  - PAC nurse
  - Physiotherapist

Low risk –  
Universal  
prehab

Moderate risk –  
Targeted  
prehab

High risk –  
Specialist  
prehab

## Western Health Psychology Prehabilitation **Standard** Model of Care

	Initial screening outcome measures following Pre Admission Clinic	Prehabilitation appointments	Content of and <b>written information</b> provided in prehabilitation sessions	End of prehab outcome measure	
<b>Low risk – Universal prehab</b>	<ul style="list-style-type: none"> <li>- Total Hip/Knee Replacement surgery</li> <li>- PHQ4 Items 1+2 ≤ 2 and item 3+ 4 ≤ 2 and total score ≤ 5</li> </ul>		<ul style="list-style-type: none"> <li>- Virtual surgery school</li> </ul>	<div style="border: 1px solid black; padding: 5px;"> <b>Pre admission clinic</b> <ul style="list-style-type: none"> <li>- Anaesthetics</li> <li>- Surgical HMO</li> <li>- Pharmacy</li> <li>- Occupational Therapist</li> <li>- PAC nurse</li> <li>- Physiotherapist</li> </ul> </div>	
<b>Moderate risk – Targeted prehab</b>	<ul style="list-style-type: none"> <li>- Total Hip/Knee Replacement surgery</li> <li>- PHQ4 Items 1+2 ≥ 3 and item 3+ 4 ≥ 3 and total score ≥ 6</li> </ul>	<ul style="list-style-type: none"> <li>- Initial assessment – Telephone (PHQ9 and GAD if time permits depending on key issue at initial assessment)</li> <li>- Group education if applicable</li> <li>- 1x One on one Face to face, Telehealth and / or phone calls. Increased frequency at clinician discretion</li> </ul>	<ul style="list-style-type: none"> <li>- Virtual surgery school</li> <li>- Handouts on Mood, Anxiety, Motivation as appropriate</li> </ul>		PHQ4 (PHQ9 and GAD if time permits depending on key issue at initial assessment).
<b>High risk – Specialist prehab</b>	<ul style="list-style-type: none"> <li>- Total Hip/Knee Replacement surgery</li> <li>- PHQ4 Items 1+2 ≥ 3 and item 3+ 4 ≥ 3 and total score ≥ 6</li> </ul>	<ul style="list-style-type: none"> <li>- Initial assessment – Face to face, Telehealth and / or phone calls (PHQ9 and GAD if time permits depending on key issue at initial assessment)</li> <li>- Group education</li> <li>- 1x weekly One on one Face to face Telehealth and / or phone calls at clinicians discretion</li> </ul>	<ul style="list-style-type: none"> <li>- Virtual surgery school</li> <li>- Handouts on Mood, Anxiety, Motivation as appropriate</li> </ul>		PHQ4 (PHQ9 and GAD if time permits depending on key issue at initial assessment).

## Western Health Psychology Prehabilitation **Express** Model of Care

	Initial screening outcome measures following Pre Admission Clinic	Prehabilitation appointments	Content of and <b>written information</b> provided in prehabilitation sessions	End of prehab outcome measure
Low risk – <u>Universal</u> prehab	<ul style="list-style-type: none"> <li>- Total Hip/Knee Replacement surgery</li> <li>- PHQ4 Items 1+2 ≤ 2 and item 3+ 4 ≤ 2 and total score ≤ 5</li> </ul>		<ul style="list-style-type: none"> <li>- Virtual surgery school</li> </ul>	<b>Pre admission clinic</b> <ul style="list-style-type: none"> <li>- Anaesthetics</li> <li>- Surgical HMO</li> <li>- Pharmacy</li> <li>- Occupational Therapist</li> <li>- PAC nurse</li> <li>- Physiotherapist</li> </ul>
Moderate risk – <u>Targeted</u> prehab and High risk – <u>Specialist</u> prehab	<ul style="list-style-type: none"> <li>- Total Hip/Knee Replacement surgery</li> <li>- PHQ4 Items 1+2 ≥ 3 and item 3+ 4 ≥ 3 and total score ≥ 6</li> </ul> <p style="margin-top: 10px;">No Specialist prehab for patients referred with less than four weeks.</p>	<ul style="list-style-type: none"> <li>- Initial assessment – Telephone (PHQ9 and GAD if time permits depending on key issue at initial assessment)</li> <li>- Group education if applicable</li> <li>- 1x One on one Telehealth and / or phone calls. Increased frequency at clinician discretion</li> </ul>	<ul style="list-style-type: none"> <li>- Virtual surgery school</li> <li>- Handouts on Mood, Anxiety, Motivation as appropriate</li> </ul>	

## Western Health Nutrition Prehabilitation Model of Care

	Initial screening outcome measures following Pre Admission Clinic	Prehabilitation appointments	Content of and <b>written information</b> provided in prehabilitation sessions	End of prehab outcome measure	
<b>Low risk – Universal prehab</b>	<ul style="list-style-type: none"> <li>- Total Hip/Knee Replacement surgery</li> <li>- MST ≤ 1</li> <li>- BMI ≤ 40</li> </ul>	No intervention	<ul style="list-style-type: none"> <li>- Virtual surgery school</li> </ul>	<div style="border: 1px solid black; padding: 5px;"> <b>Pre admission clinic</b> <ul style="list-style-type: none"> <li>- Anaesthetics</li> <li>- Surgical HMO</li> <li>- Pharmacy</li> <li>- Occupational Therapist</li> <li>- PAC nurse</li> <li>- Physiotherapist</li> </ul> </div>	
<b>Moderate risk – Targeted prehab</b>	<ul style="list-style-type: none"> <li>- Total Hip/Knee Replacement surgery</li> <li>- <b>MST ≥ 2</b></li> <li>- <b>BMI ≥ 40</b></li> </ul> <p><b>**Note:</b> weight loss documented in MST must reflect UNINTENTIONAL weight loss.</p>	<ul style="list-style-type: none"> <li>- Initial assessment (one on one) by F2F or telehealth/telephone</li> <li>- Min x2 reviews via telehealth 1:1 as clinically appropriate. Increased frequency at clinician discretion</li> <li>- Group education if applicable</li> </ul> <p><b>MST ≥ 2</b></p> <ul style="list-style-type: none"> <li>- obtain weight if scale available</li> </ul> <p><b>BMI &gt; 40</b></p> <ul style="list-style-type: none"> <li>- Weight loss - readiness to change questions</li> <li>- Initial intervention – 10 point confidence &amp; importance scale in relating to weight loss</li> </ul>	<ul style="list-style-type: none"> <li>- Virtual surgery school</li> </ul> <p>Based on clinical assessment:</p> <ul style="list-style-type: none"> <li>- HEHP information sheet</li> <li>- Oral Nutritional supplementation options</li> <li>- Enrolment for prescribed oral nutritional supplementation as indicated</li> <li>- HEHP information sheet</li> <li>- Oral Nutritional supplementation options</li> <li>- Healthy weight range chart</li> <li>- Cancer council resources (as relevant to individual)</li> <li>- Baker IDI – fact sheets (as relevant to individual)</li> <li>- Summary of clients self perceived ‘problem areas’ with diet intake</li> <li>- Summary of client self identified diet changes</li> <li>- Link to online apps/resources for weight loss support</li> <li>- Link to community supports for weight loss</li> </ul>		<ul style="list-style-type: none"> <li>- Weight/BMI</li> </ul>
<b>High risk – Specialist prehab</b>	<ul style="list-style-type: none"> <li>- Total Hip/Knee Replacement surgery</li> <li>- MST ≥ 2</li> <li>- BMI ≥ 40</li> </ul> <p><b>**Note:</b> weight loss documented in MST must reflect UNINTENTIONAL weight loss.</p>	<ul style="list-style-type: none"> <li>- Initial assessment (one on one) by F2F or telehealth</li> <li>- Review via telehealth 1:1 – once a week or at clinicians discretion</li> </ul>	Individual handouts selected from list above		

## Western Health Nutrition Prehabilitation **Express** Model of Care (2 – 4 weeks pre surgery)

	Initial screening outcome measures following Pre Admission Clinic	Prehabilitation appointments	Content of and <b>written information</b> provided in prehabilitation sessions	End of prehab outcome measure
<p><b>Low risk – <u>Universal</u> prehab</b></p>	<ul style="list-style-type: none"> <li>- Total Hip/Knee Replacement surgery</li> <li>- MST ≤ 1</li> <li>- BMI ≤ 40</li> </ul>		<ul style="list-style-type: none"> <li>- Virtual surgery school</li> </ul>	<div style="border: 1px solid black; padding: 5px; background-color: #e0f2f1;"> <p><b>Pre admission clinic</b></p> <ul style="list-style-type: none"> <li>- Anaesthetics</li> <li>- Surgical HMO</li> <li>- Pharmacy</li> <li>- Occupational Therapist</li> <li>- PAC nurse</li> <li>- Physiotherapist</li> </ul> </div>
<p><b>Moderate risk – <u>Targeted</u> prehab and <u>High risk – Specialist</u> prehab</b></p>	<ul style="list-style-type: none"> <li>- Total Hip/Knee Replacement surgery</li> <li>- MST ≥ 2</li> <li>- BMI ≥ 40</li> </ul> <p><i>**Note: weight loss documented in MST must reflect UNINTENTIONAL weight loss</i></p> <p><b><i>No Specialist prehab for patients referred with less than two weeks</i></b></p>	<p><b>MST ≤ 2</b></p> <ul style="list-style-type: none"> <li>- Initial assessment via Telephone</li> <li>- 1-2 x reviews (one on one) via telehealth/telephone as clinically appropriate. Increased frequency at clinician discretion</li> <li>- Group education if applicable</li> <li>- obtain weight if scale available</li> </ul> <p><b>BMI ≥ 40</b></p> <ul style="list-style-type: none"> <li>- Initial assessment via Telephone</li> <li>- Only if time permits and depending on key issue at initial assessment complete:                             <ul style="list-style-type: none"> <li>- Readiness to change questions</li> <li>- 10 point confidence &amp; importance ruler</li> </ul> </li> <li>- 1-2 x reviews (one on one) via telehealth/telephone as clinically appropriate. Increased frequency at clinician discretion</li> </ul>	<ul style="list-style-type: none"> <li>- Virtual surgery school</li> </ul> <p>Based on clinical assessment:</p> <ul style="list-style-type: none"> <li>- HEHP information sheet</li> <li>- Oral Nutritional supplementation options</li> <li>- Enrolment for prescribed oral nutritional supplementation as indicated</li> <li>- HEHP information sheet</li> <li>- Oral Nutritional supplementation options</li> <li>- Healthy weight range chart</li> <li>- Cancer council resources (as relevant to individual)</li> <li>- Baker IDI – fact sheets (as relevant to individual)</li> <li>- Summary of clients self perceived ‘problem areas’ with diet intake</li> <li>- Summary of client self identified diet changes</li> <li>- Link to online apps/resources for weight loss support</li> <li>- Link to community supports for weight loss</li> </ul>	<ul style="list-style-type: none"> <li>- Weight/BMI</li> </ul>

## Western Health Social Work Prehabilitation Model of Care

	Initial screening outcome measures following Pre Admission Clinic	Prehabilitation appointments	Content of and <b>written information</b> provided in Prehabilitation sessions	End of prehab outcome measure
<b>Low risk – Universal prehab</b>	<ul style="list-style-type: none"> <li>- Total Hip/Knee Replacement surgery</li> <li>- Internal social work screening tool (see notes below for detail). No to all questions.</li> </ul>		<ul style="list-style-type: none"> <li>- Virtual surgery school</li> </ul>	<b>Pre admission clinic</b> <ul style="list-style-type: none"> <li>- Anaesthetics</li> <li>- Surgical HMO</li> <li>- Pharmacy</li> <li>- Occupational Therapist</li> <li>- PAC nurse</li> <li>- Physiotherapist</li> </ul>
<b>Moderate risk – Targeted prehab</b>	<ul style="list-style-type: none"> <li>- Total Hip/Knee Replacement surgery</li> <li>- Internal social work screening tool (see notes below for detail). Yes to any question.                             <ul style="list-style-type: none"> <li>- FV risk screening if yes to any in above</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>- Initial contact– telephone</li> <li>- 1 x F2F, telehealth, telephone at clinician discretion based on client psychosocial needs. Increased frequency at clinician discretion</li> </ul>	Virtual surgery school <ul style="list-style-type: none"> <li>- Information pack based on clinical assessment:                             <ul style="list-style-type: none"> <li>- &gt; 65 MAC pamphlet</li> <li>- &lt; 65 Local council PYP   NDIS</li> <li>- ACD – Advanced Care Planning/Take control</li> <li>- Housing info/phone – SASHS/Unison</li> <li>- Financial counselling -</li> <li>- Dementia – Dementia Australia</li> <li>- Material Aid – Depends on their council.</li> <li>- RACF</li> <li>- Carers Vic</li> <li>- Centrelink</li> <li>- BSL</li> <li>- Orange door</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>- Use Internal screening tool Re-measure</li> </ul>
<b>High risk – Specialist prehab</b>	<ul style="list-style-type: none"> <li>- Total Hip/Knee Replacement surgery</li> <li>- Internal social work screening tool (see notes below for detail). Yes to any question.                             <ul style="list-style-type: none"> <li>- FV risk screening if yes to any in above</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>- Initial contact– telephone</li> <li>- 1 x F2F, telehealth, telephone at clinician discretion based on client psychosocial needs. Increased frequency at clinician discretion</li> </ul>	<ul style="list-style-type: none"> <li>- Virtual surgery school</li> <li>- Information pack based on clinical assessment:                             <ul style="list-style-type: none"> <li>- &gt; 65 MAC pamphlet</li> <li>- &lt; 65 Local council PYP   NDIS</li> <li>- ACD – Advanced Care Planning/Take control</li> <li>- Housing info/phone – SASHS/Unison</li> <li>- Financial counselling -</li> <li>- Dementia – Dementia Australia</li> <li>- Material Aid – Depends on their council.</li> <li>- RACF</li> <li>- Carers Vic</li> <li>- Centrelink</li> <li>- BSL</li> </ul> </li> </ul>	Use Internal screening tool Re-measure

## Western Health Social Work Prehabilitation Express Model of Care (<4 weeks)

	Initial screening outcome measures following Pre Admission Clinic	Prehabilitation appointments	Content of and <b>written information</b> provided in Prehabilitation sessions	End of prehab outcome measure
<p><b>Low risk – <u>Universal</u> prehab</b></p>	<ul style="list-style-type: none"> <li>- Total Hip/Knee Replacement surgery</li> <li>- Internal social work screening tool (see notes below for detail). No to all questions.</li> </ul>		<ul style="list-style-type: none"> <li>- Virtual surgery school</li> </ul>	<div style="border: 1px solid black; padding: 5px;"> <p><b>Pre admission clinic</b></p> <ul style="list-style-type: none"> <li>- Anaesthetics</li> <li>- Surgical HMO</li> <li>- Pharmacy</li> <li>- Occupational Therapist</li> <li>- PAC nurse</li> <li>- Physiotherapist</li> </ul> </div>
<p><b>Moderate risk – <u>Targeted</u> prehab</b></p>	<ul style="list-style-type: none"> <li>- Total Hip/Knee Replacement surgery</li> <li>- Internal social work screening tool (see notes below for detail). Yes to any question.                             <ul style="list-style-type: none"> <li>- FV risk screening if yes to any in above</li> </ul> </li> <li>- Total Hip/Knee Replacement surgery</li> <li>- Internal social work screening tool (see notes below for detail). Yes to any question.                             <ul style="list-style-type: none"> <li>- FV risk screening if yes to any in above</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>- Initial contact– telephone</li> <li>- 1 x F2F, telehealth, telephone at clinical discretion based on client psychosocial needs. Increased frequency at clinician discretion</li> </ul>	<ul style="list-style-type: none"> <li>- Virtual surgery school</li> <li>- Information pack based on clinical assessment:                             <ul style="list-style-type: none"> <li>- &gt; 65 MAC pamphlet</li> <li>- &lt; 65 Local council PYP   NDIS</li> <li>- ACD – Advanced Care Planning/Take control</li> <li>- Housing info/phone – SASHS/Unison</li> <li>- Financial counselling -</li> <li>- Dementia – Dementia Australia</li> <li>- Material Aid – Depends on their council.</li> <li>- RACF</li> <li>- Carers Vic</li> <li>- Centrelink</li> <li>- BSL</li> <li>- Orange door</li> </ul> </li> <li>- Virtual surgery school</li> <li>- Information pack based on clinical assessment:</li> </ul>	<ul style="list-style-type: none"> <li>- Use Internal screening tool Re-measure</li> </ul>
<p><b>High risk – <u>Specialist</u> prehab</b></p>				