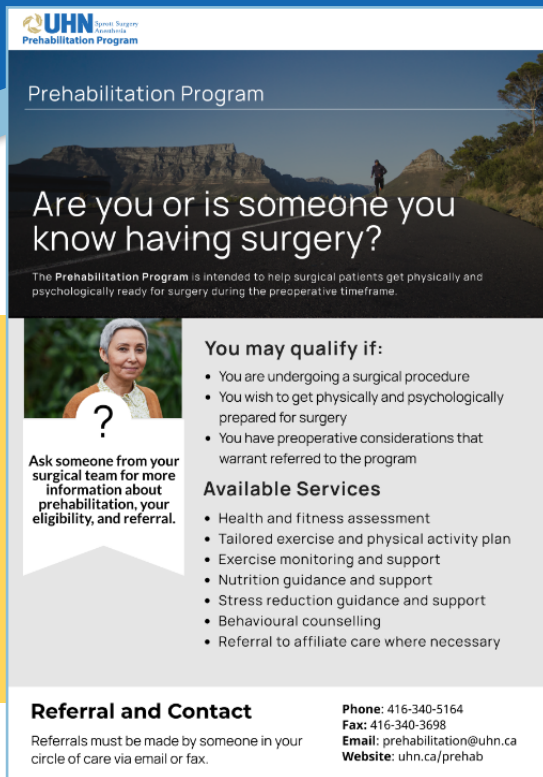


News from Your Patient Library

Spring 2022



UHN General Surgery
Prehabilitation Program

Prehabilitation Program

Are you or is someone you know having surgery?

The **Prehabilitation Program** is intended to help surgical patients get physically and psychologically ready for surgery during the preoperative timeframe.

You may qualify if:

- You are undergoing a surgical procedure
- You wish to get physically and psychologically prepared for surgery
- You have preoperative considerations that warrant referral to the program

Available Services

- Health and fitness assessment
- Tailored exercise and physical activity plan
- Exercise monitoring and support
- Nutrition guidance and support
- Stress reduction guidance and support
- Behavioural counselling
- Referral to affiliate care where necessary

Referral and Contact

Referrals must be made by someone in your circle of care via email or fax.

Phone: 416-340-5164
Fax: 416-340-3698
Email: prehabilitation@uhn.ca
Website: uhn.ca/prehab

**Having a surgery?
Learn about UHN
Prehabilitation
Program at**
<https://bit.ly/3h8ZMoa>



Preparing for surgery is stressful. You may need to wait several weeks for your surgery. Many people find that their physical fitness and overall wellbeing gets worse as they wait for surgery. But research shows that having better overall health before surgery can help improve your recovery.

The **UHN Prehabilitation Program** aims to improve patients' overall health before surgery. Patients work with the prehabilitation team to build body and mental flexibility to protect against stress, weak muscles and other medical problems that may happen after surgery. Prehabilitation can help patients:

- have fewer complications from surgery
- go home from the hospital in fewer days
- recover from surgery faster

At the first visit, a Prehabilitation Program team member assesses the patient's mobility, fitness and overall health. The patient gets

an individualized prehab program that may include:

- physical activity and exercise
- healthy eating and nutritional support
- stress management strategies and mental health support
- education
- smoking cessation support
- medical care

Prehabilitation sessions may take place at home (by phone or virtually) or in the clinic. The Prehabilitation team may speak with or share information with health professionals in the patient's circle of care to ensure that a patient's prehabilitation program is appropriate for their condition and expected outcomes.

If you are preparing for surgery, ask your health care team if you qualify for the UHN Prehabilitation Program.

Are you from the African Caribbean Black community?

Tune in to the new African Caribbean YouTube channel to meet and listen to real people sharing real stories about their transplant journey

The **ACB Organ Health YouTube channel** shares videos to support African, Caribbean and Black transplant patients. Video topics include information on organ health, preventative care, and experiences of ACB patients getting organ transplants.

ACB Organ Health's goals are to:

- bring attention to transplant disparities in the ACB community
- support transplant patients in the ACB community by sharing educational content that can help prevent health complications that may lead to an organ transplant
- share their personal stories to encourage and inspire others

Watch these personal stories shared by ACB Organ Health members to encourage and inspire others at bit.ly/acborganhealth

Better Health, Better Life

AFRICAN CARIBBEAN BLACK
ACB
Organ Health

Personal Stories
Open & Honest Discussions
Health Content from Lived Experience



New **YouTube** Channel - bit.ly/ACBorganhealth
Contribute | Like | Subscribe | Share



Access free books on transplant from our online resources:

<https://bit.ly/3LM7TW2>

<p>AVAILABLE</p> <p>Special Report</p> <p>Organ transplants</p>  <p>Mayo Clinic Special Report by Mayo Clinic EBOOK</p> <p>BORROW</p>	<p>AVAILABLE</p> <p>Exhale</p>  <p>Exhale by David Weill MD EBOOK</p> <p>BORROW</p>	<p>AVAILABLE</p> <p>When Death Becomes Life</p>  <p>When Death Becomes Life by Joshua D. Mezrich EBOOK</p> <p>BORROW</p>	<p>AVAILABLE</p> <p>BORROWING LIFE</p>  <p>Borrowing Life by Shelley Fraser Mickle EBOOK</p> <p>BORROW</p>	<p>AVAILABLE</p> <p>Organ Transplants</p>  <p>Organ Transplants by Henry Wouk EBOOK</p> <p>BORROW</p>	<p>AVAILABLE</p> <p>TRANSPLANTED</p>  <p>Transplanted by Allison Watson EBOOK</p> <p>BORROW</p>
----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------



Take care of your **mental health.** Check these free resources

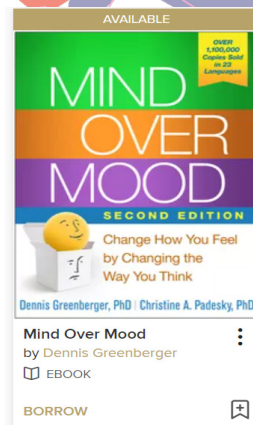
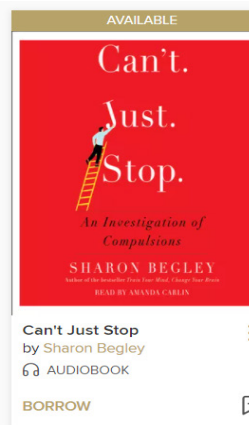
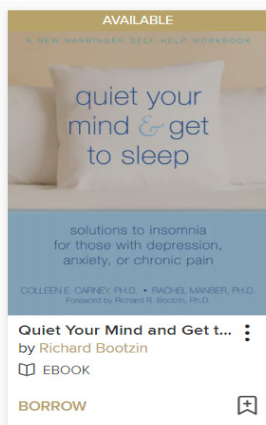
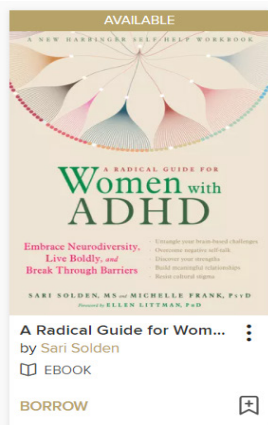
Feeling anxious and stressed due to the current state of the COVID-19 Pandemic? Explore these resources from the Canadian Mental Health Association to educate and inform yourself on how to manage anxiety and stress.

Coronavirus: Managing Stress & Anxiety - Canadian Mental Health Association

<https://bit.ly/3gOYWwU>

Explore some of our mental health resources from **UHN Patient & Family Library**

<https://bit.ly/MentalHealthEBooks>



Don't have access to our online resources?
Follow these easy steps to get your free digital library card

UHN Patient & Family Learning Centres

Instant Access to Free Health E-Books!

Follow these easy steps:

Smart Phones / Tablets

- Download and open the free app: **Libby, by OverDrive**
- Find our library -- **University Health Network**
- Enter your cell phone number* to receive the verification code
- Sign up using campaign code: **uhnsummer22** (valid until June 30)

Computers / Laptops

- Go to: uhnpatient.overdrive.com
- Enter your cell phone number* to receive the verification code by text message
- Sign up using campaign code: **uhnsummer22** (valid until June 30)
- Read/listen to e-books on the browser

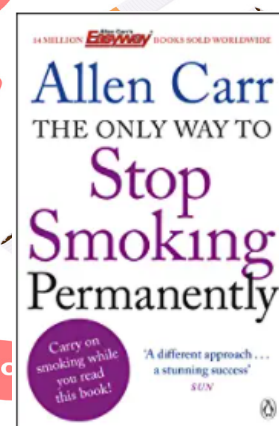
* If you live outside of Ontario, contact us to get access:
email: twpfl@uhn.ca phone: 416-603-6277
uhnpatient.overdrive.com

Stop

May 31

Stop

is **World No Tobacco Day**. Borrow books or pick up brochures from the Patient Library to learn more on how to quit smoking or help a smoker quit.

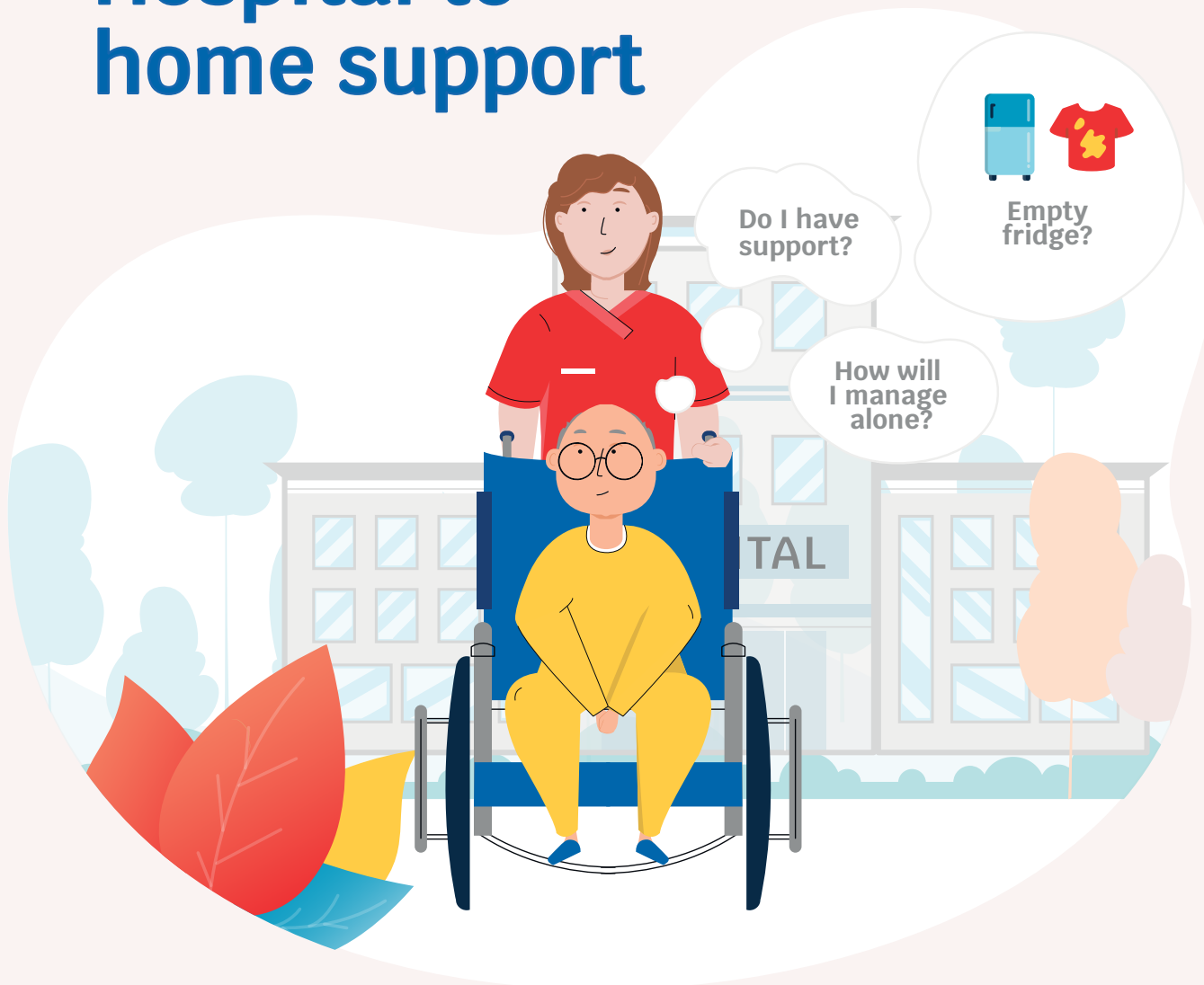


Missed one of our Health talks?

Watch past recordings through our YouTube Channel at <https://bit.ly/UHNHealthTalksPlaylist>

Let's Talk About Anxiety

Hospital to home support



Recovering from a hospital visit can be overwhelming for a patient and their family members. Our caregivers and registered nurses are here to help patients feel safe and supported on their journey from hospital to home.

HOSPITAL

- Admittance support
- Bedside companion
- Respite care
- Transportation home

HOME

- Visiting nurses
- Home & personal support
- Overnight assistance
- Live-in caregiver

COMMUNITY

- Grocery shopping
- Driver for errands
- Escort for medical appointments



1.844.339.8638
spectrumhealthcare.com