

Reference Number: UHB 224
Version Number: FINAL

Date of Next Review: 26/03/2027
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UHB 224

OPTIMISING OUTCOMES POLICY

Policy Statement

To ensure the Health Board delivers its statutory responsibility for improving the health of the population of Cardiff and the Vale of Glamorgan as well as providing individual patient centred care for promotion, prevention, diagnosis, treatment and rehabilitation, we have adopted an Optimising Outcomes Policy.

The policy contains two statements (relating to smoking and weight management) that must be applied in the context of a patient's individual clinical need which is ultimately to be determined by the clinician responsible for their care.

1 Smoking¹

Anyone being referred or listed for an elective intervention who is recorded as a smoker is expected to have been offered, accepted and completed smoking cessation support prior to their surgery.

2 Weight management²

Anyone being referred or listed an elective intervention who has recorded a BMI of 40 or above is expected to have been offered, accepted and completed weight management support prior to their surgery.

¹ Smoking cessation support includes the following services: Community or hospital based NHS Smoking Cessation Services.

².Weight management support includes one of the following services: Community Dietetic Service, National Exercise Referral Scheme, commercial weight management programmes. Whilst non-NHS provider weight management programmes are an option they currently lie outside of the NHS resourced referral pathway

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Policy Commitment

Maximising health is a critical element in achieving a sustainable health service into the future. The Optimising Outcomes Policy enables a systematic approach to addressing the lifestyle risk factors of smoking and living with obesity in pre-operative patients. It enables people to be given appropriate support, with the aim of helping them to experience an optimal post-operative outcome. In supporting best practice around prehabilitation, the policy will therefore ensure that the appropriate management of lifestyle risk is a routine part of elective surgical care pathways.

This policy supports the Cardiff and Vale University Health Board Smoke Free Policy, the Public Health (Wales) 2017 Act and the Smoke-free Premises and Vehicles (Wales) Regulations 2020 which make it illegal to smoke on hospital grounds. It also supports the Welsh Governments [Healthy Weight, Healthy Wales Strategy](#), and the Cardiff and Vale [Move More Eat Well](#) Strategy and Plan.

Supporting Procedures and Written Control Documents

This Policy and the Optimising Outcomes Policy Supporting Procedures describe the following with regard to the Optimising Outcomes Policy.

- Background
- Aims
- Objectives
- Roles and responsibilities
- Application of this Policy
- Training
- Communication
- Resources
- References
- Definitions

Other supporting documents are:

- [Keeping Me Well](#) patient information resources for [preparing for surgery](#), [stopping smoking](#), [eating well](#) and [weight management](#)
- Clinician information sheet – smoking cessation
- Clinician information sheet – weight management
- Frequently Asked Questions for Clinicians
- [No Smoking and Smoke Free Environment Policy](#)
- [Compassionate Conversations](#) (UHB Sharepoint link only)
- [Making Every Contact Count](#) (UHB Sharepoint link only)

Scope

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The Policy applies to all patients aged 16 years and above who are residents of Cardiff or Vale of Glamorgan local authority areas, with the exception of the exclusions listed below. Patients who receive surgical treatment with Cardiff and Vale UHB but do not live within these two local authority areas will not be included in the Policy.

People who smoke and have a BMI of 40 or above will need to complete both pathways.

Anyone being considered for an elective intervention should be referred to smoking cessation services at the earliest opportunity, preferably within primary care, so the intervention is most effective in improving outcome. A 'second offer' of support should be made at the first secondary care outpatient appointment if initial offer was not made or not already undertaken.

Similarly, anyone being considered for an elective intervention should be referred to weight management services or signposted to a preferred commercial slimming club at the earliest opportunity, preferably by primary care at the point of referral, as this will maximise outcomes. A 'second offer' of support should be made at the first secondary care outpatient appointment if initial offer was not made or not already undertaken.

Completion of a programme can include:

- Attendance at 4 out of 6 Smoking Cessation sessions (clarify treated smokers)
- Attendance at initial assessment appointment for Weight Management and uptake and completion of intervention offered:
 - Minimum of 4 one-to-one sessions
 - 7 out of 10 Eating For Life sessions
 - 6 out of 8 Foodwise sessions
- A minimum of 2 sessions a week for 16 weeks of National Exercise Referral sessions
- Accessing on line tools and resources – eg Keeping Me Well website.

Exclusions

Exclusions apply primarily to enable access to urgent care. However, all patients should be offered access to smoking cessation and/or weight management at the same time, regardless of urgency at the earliest opportunity.

Exclusions include:

- Patients requiring emergency surgery
- Patients receiving surgery for the treatment of cancer
- Patients who have a BMI of 40 and above with specific endocrine conditions which make them medically unsuitable for this pathway (weight management exclusion only)

No specific definition of elective and urgent care is provided, as it depends on the specific case of the individual patient and the type of procedure being advised.

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Equality Impact Assessment	An Equality Impact Assessment (EqIA) has been completed and this found there to be a positive impact. Key actions have been identified and these can be found in the EqIA/HIA document
Health Impact Assessment	A Health Impact Assessment (HIA) has been completed and this found there to be a positive impact. Key actions have been identified and these can be found in the EqIA/HIA document.
Policy Approved by	Quality, Safety and Experience Committee
Group with authority to approve procedures written to explain how this policy will be implemented	Quality, Safety and Experience Committee
Accountable Executive or Clinical Board Director	Executive Director of Public Health

Disclaimer

If the review date of this document has passed please ensure that the version you are using is the most up to date either by contacting the document author or the [Governance Directorate](#).

Summary of reviews/amendments

Version Number	Date Review Approved	Date Published	Summary of Amendments
1	29/10/2013	17/04/2014	New policy introduced <ul style="list-style-type: none"> Statements on the smoking cessation and weight management support required in Cardiff and Vale University Health Board elective surgical care pathways
2	13/05/2014	16/06/2014	Amendment to policy statements
3	28/07/2016	18/08/2016	<ul style="list-style-type: none"> Policy reformatted into new UHB style. Operational detail transferred into procedures document
4	18/02/2020	03/03/2020	<ul style="list-style-type: none"> Information added to reflect expected changes in legislation effecting smoking on hospital sites Update to service referral details and current versions of information resources

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			<ul style="list-style-type: none"> • Additional evidence added to evidence in appendix 1 of procedures document
5	26/03/2024	12/04/2024	<p>Reviewed to take account of the development of prehabilitation within the UHB since 2020:</p> <ul style="list-style-type: none"> • Policy updated to ensure all links and reference to services and supporting materials are up to date • Additional referral details added for weight management support • Service contact details updated • Additional detail added to recommend earliest possible referral • Update governance and reporting arrangements