

SURGICAL PATIENT EDUCATION PROGRAM

Prepare for the Best Recovery



PATIENT EDUCATION RESOURCES

Utilize quality reviewed materials to:

- Reduce complications
- Lower costs
- Decrease readmissions
- Increase satisfaction
- Support the transition to home

SURGICAL PATIENT EDUCATION PROGRAM

Research increasingly shows that **outcomes are superior** for patients who actively participate in their own care.



When outcomes improve, **patients are healthier, less anxious, and more satisfied** with their care while complications, readmissions, and health care costs decrease.

Fortunately, all health care providers are aligned in the goal of **achieving the best possible surgical outcomes**. With 75% of procedures now occurring in an ambulatory setting, patients, families, and caregivers need the best education for their pre- and postoperative care.

PATIENTS AS TEAM PLAYERS

Understanding the impact on quality care, health care providers are charged with preparing patients and families with the knowledge and skills they need to manage prep and recovery. The education they receive to be successful in this role is critical in avoiding complications and readmissions.

The American College of Surgeons (ACS) is dedicated to **improving the care of surgical patients** through the development, delivery, and continued evaluation of effective and high-value education that is accessible to those who need it most when and where it matters most.

BRIDGING THE GAP

From informational brochures that explain procedures and engage patients in informed decision-making to home skills kits that prepare patients and their caretakers for the critical role they play in recovery, ACS patient education resources **meet all current guidelines for accreditation** and **can make the difference** in achieving a positive surgical experience.

And the best news?

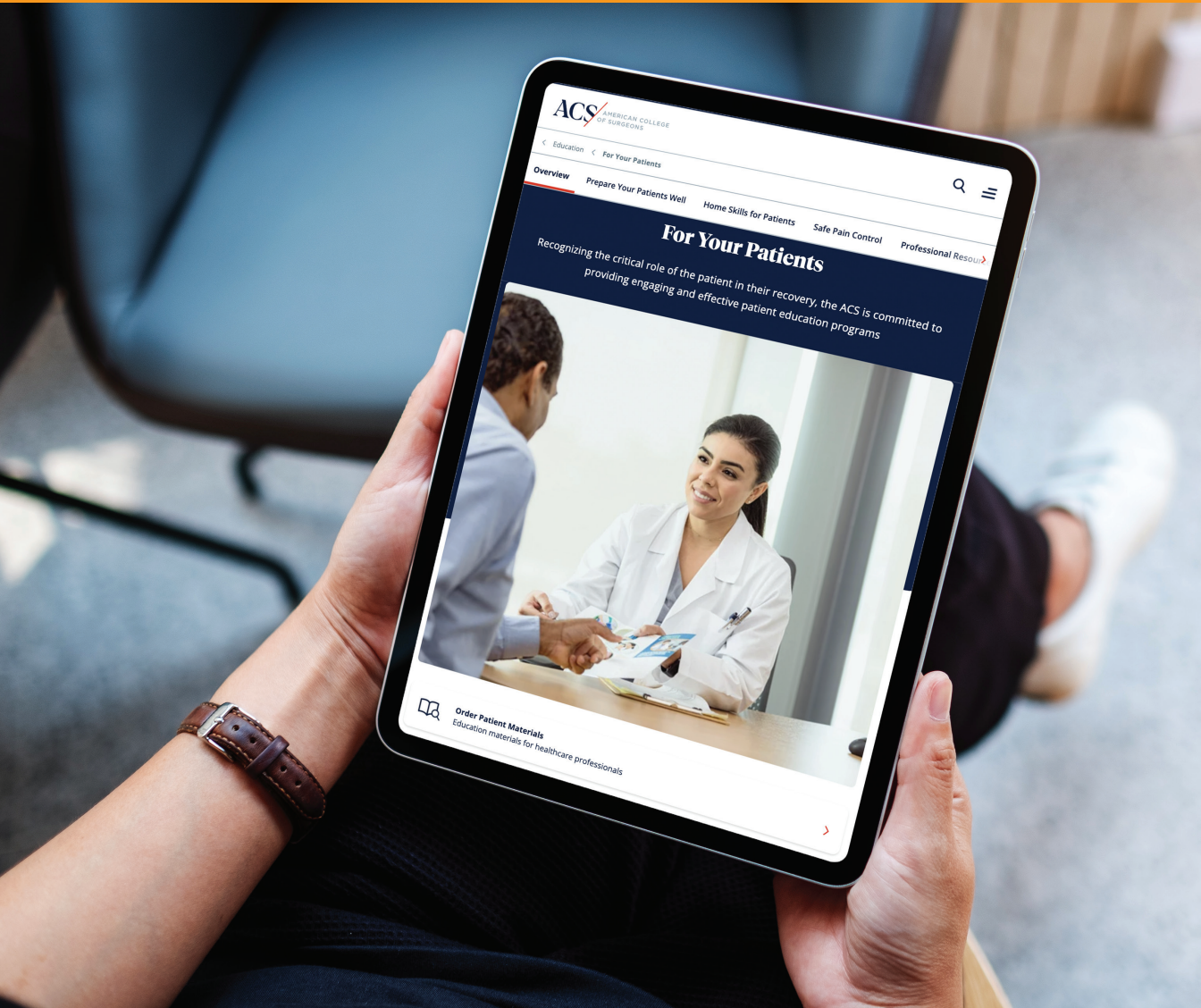
All of the American College of Surgeons Surgical Patient Education Program materials are **available to any provider or organization** seeking to empower patients through education and preparation.

ONLINE

RESOURCES

RESOURCES

ACS Patient Education products—all available on the ACS website or directly from the surgeon/hospital Patient Education Toolkit site—help patients prepare for the best possible recovery. Patients and caregivers trust the education provided direct from the surgeon.



Patient Resources

Patients can access all materials from the ACS website or from the patient education toolkit on the surgeon/hospital site. The toolkit supports direct distribution to the patients phone or email with all products available including surgical prep brochures, home skills kits, cancer skills kits, and more. All instructional videos provided in the physical kits are also available online.

Medical Professional Resources

Practice management resources include:

- Procedures
- Medications
- Cancer resources
- Labs and tests
- Skills videos

The site link can be embedded in an individual practice's website to help meet Meaningful Use criteria. Options for surgical professionals and practices include embedding a link to the ACS site, a surgical patient education toolkit that supports direct distribution from the surgeon and hospital broadcast rights for video and kit use.

Professional Certification Training Courses

These courses include critical training developed by criterion-referenced multi-association consensus. The courses, which are focused on ostomy, central line, feeding tube, and wound management include tests, skill checklist and certificate of completion, and evaluation tools for quality monitoring and improvements.

Find a Surgeon Public Search Engine

The ACS Find a Surgeon site is the number one rated resource on the top five search engines. Update your member profile with common procedures and contact information to direct patients to your practice.

"This is an excellent initiative. At our academic institution, these materials are few and far between and much needed!!!"

Visit our website facs.org/patienteducation

to access these resources or purchase patient education materials.

OPERATION BROCHURES

All brochures meet current guidelines that support informed choice and best recovery.

Adult Umbilical Hernia Repair

The Condition
An umbilical hernia occurs when tissue bulges out through an opening in the muscle on the abdomen near the navel or belly button.

Expectations
You may be able to wait to repair your umbilical hernia, but it is not recommended to wait for more than 5 years. The risk that it can strangulate and become an emergency surgery increases over time.

Inguinal and Femoral Groin Hernia Repair

The Condition
A hernia occurs when tissue bulges out through an opening in the muscle. Any part of the abdominal wall can weaken and allow tissue to push out.

Expectations
Before your operation—Evaluation may include blood tests, urinalysis, and a physical exam.

Appendectomy

The Condition
Appendicitis is one of the most common causes of abdominal pain with an overall risk of 8.6% in men and 6.7% in women.

Expectations
After your operation—Evaluation usually includes blood work, urinalysis, and a physical exam.

Colectomy

The Condition
A colectomy is the surgical removal of a section of the large intestine (colon).

Expectations
Before your operation—Evaluation may include blood tests, urinalysis, and a physical exam.

Ventral Hernia Repair

The Condition
A ventral hernia is a bulge through an opening in the muscle on the abdomen.

Expectations
After your operation—Evaluation usually includes blood work, urinalysis, and a physical exam.

Cholecystectomy

The Condition
Cholecystectomy is the surgical removal of the gallbladder.

Expectations
Before your operation—Evaluation usually includes blood work, urinalysis, and a physical exam.

Safe and Effective Pain Control After Surgery

How will my pain be controlled after my surgery?

Your surgical team will put together a pain plan for you. The plan tells you how much and when you should take each medication. It will also include:

- **Severing** for current opioid use and risk for relapse.
- Tell your surgeon if you have chronic pain, depression, ADHD, substance use disorder (SUD) by you or a family member, or take opioids. These can increase your risk of long-term opioid use and your surgeon will adjust your pain plan to take this into account.

Quit Smoking Before Your Operation

Did you know that before surgery is the best time to quit smoking?

✓ You will decrease your risk of complications.
✓ Health is a smaller factor in determining if you need to be hospitalized.
✓ The quit rate is much higher when you quit before your operation.

Do your part and quit now! Your surgical team is here to help.

Cholecystectomy

The Condition
Cholecystectomy is the surgical removal of the gallbladder.

Symptoms
The most common symptoms of cholecystitis are:

- Sharp pain in the right upper abdomen
- Low fever
- Nausea and bloating
- Jaundice (yellowing of the skin) may occur if gallstones are in the common bile duct.

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Smoking increases your risk of heart and breathing problems.

Smoking increases the chance of blood clots, which can lead to heart and breathing problems. It also increases the risk of pneumonia and other breathing problems. Always from the moment from operation can increase your blood pressure, heart rate, and risk of arrhythmia (irregular heart beat). The carbon monoxide in cigarette increases the amount of oxygen in your blood. Quitting at least 4 weeks before your operation can reduce your blood pressure and irregular heart beats.

Smokers have an increased risk of blood clots and almost twice the risk of a heart attack as nonsmokers.

Smoking problems can be managed with:

- Nicotine replacement therapy (NRT) such as patches, gum, and inhalers.
- Prescription medications such as varenicline, bupropion, and nortriptyline.
- Behavioral therapy such as counseling, support groups, and quitlines.

A smoker who quits 4 weeks before surgery has a 25% lower risk of complications.

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Treatment Options
Surgical Procedure
Laparoscopic cholecystectomy—The gallbladder is removed with instruments placed into small incisions in the abdomen.

Open cholecystectomy—The gallbladder is removed through an incision on the right side under the ribcage.

Non-surgical Procedure
Stone removal by endoscopy
For gallstones without symptoms
Watchful waiting for all patients
Increased exercise

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ACS surgical prep and procedure brochures are easy to read, available in print and electronic formats, meet all ACS, Joint Commission, and patient safety guidelines, and include the ACS Surgical Risk Calculator. In addition, they satisfy all ACS guidelines for informed consent.

Each brochure supports patients at all levels of literacy, using images and conversational language to explain surgical processes and provide valuable discharge education.

They also include the ACS NSQIP® Surgical Risk Calculator, available at riskcalculator.facs.org.

Most brochures are available in English, Spanish, and Italian:

- Appendectomy (Eng, Span, Ital)
- Cholecystectomy (Eng, Span, Ital)
- Colectomy (Eng, Span, Ital)
- Colonoscopy (Eng, Span, Ital)
- Inguinal/Femoral Hernia—Adult (Eng, Span, Ital)
- Inguinal Hernia—Pediatric
- Umbilical Hernia—Adult (Eng, Span, Ital)
- Umbilical Hernia—Pediatric
- Ventral Hernia (Eng, Span, Ital)
- Medication and Surgery
- Quit Smoking before Surgery (Eng, Ital)
- Safe and Effective Pain Control after Surgery: Adult/Women’s Health/Pediatrics

Patients using the brochures provided overwhelmingly positive feedback:

87%

reported they felt more confident talking with their doctor

88%

said they felt better prepared to participate in their care

91%

felt the brochures were more helpful than materials they received in the past

HOME SKILLS TRAINING PROGRAM

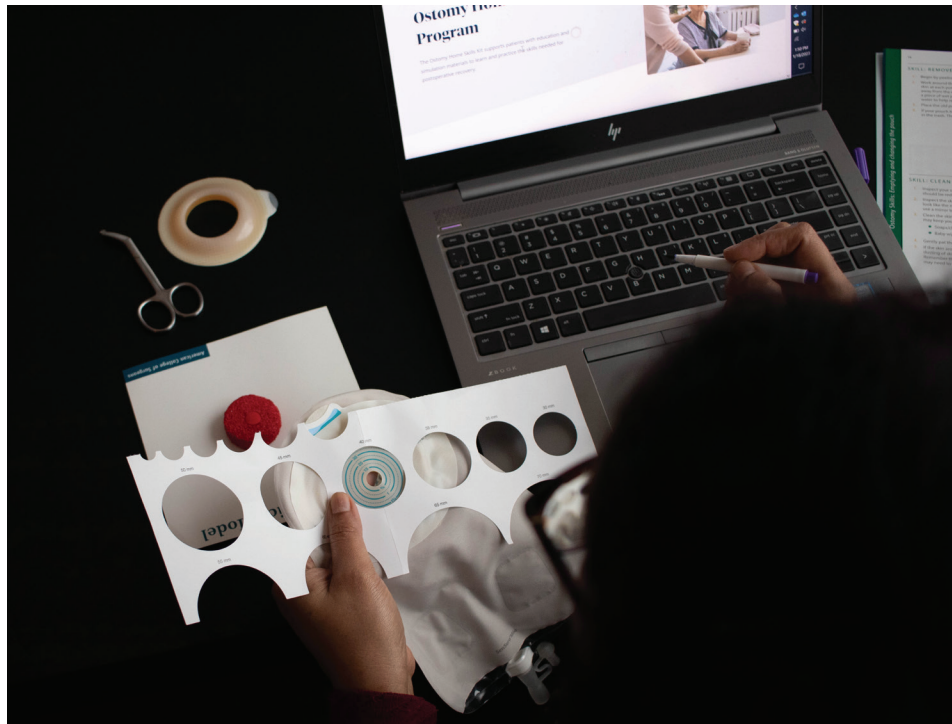
Certain surgical procedures require a greater level of patient involvement in preparation and recovery. ACS skill programs provide **simple simulation and repetitive practice** to ensure a safe transition to home and better outcomes.



The American College of Surgeons Home Skills Patient Education Program is the only multidisciplinary skill-based training program resulting in improved surgical outcomes.

Each program is designed to be used in advance of surgery and offer directed learning experiences and repetitive practice opportunities, increasing patients' confidence in their home-care management.

These award-winning training kits include videos, a color booklet, skills checklist, practice equipment, and evaluation. They provide step-by-step instructions, visual demonstrations, and the opportunity to learn by doing through the use of practice supplies and simulators. Program options include the full skill kit with practice equipment or as an interactive e-learning program.



Hospital Broadcast Rights Available

ACS grants single hospital networks access to broadcast the licensed video program with the purchase of Broadcast Rights, giving professionals and patients quality patient training direct from the hospital TV or website.

Available for patients who require the following surgical procedures:

Adult & Pediatric Ostomy *(available in English and Spanish)*

Programs are available for adult colostomy/ileostomy, adult urostomy, pediatric colostomy/ileostomy, and pediatric urostomy. Each program contains practice equipment (pouches, measuring guide, scissors, stoma model), a 40-page instruction booklet, videos, skill assessment checklist, discharge plans, and certification of completion.

Patients who completed the program experienced better outcomes:

- Reported **significantly fewer problems**
- Were significantly less likely to need additional resources such as home care visits, unplanned office visits, and calls to physicians or nurses, with **ER visits reduced by 50%**
- Had significantly **greater confidence** in self-care and overall satisfaction

Feeding Tube

This program includes PEG, low-profile, long tube, and jejunostomy training. Each kit contains practice equipment (feeding tube, extension sets, and syringes), a 44-page instruction booklet, video, skill assessment checklist, and discharge guide.

Patients who complete the program **will have a greater understanding of feeding tubes**, the digestive system, and supplies and will be prepared to execute the following home skills after the procedure and discharge:

- Mouth and skin care
- Feeding through a gastrostomy tube
- Giving medication
- Replacing the gastrostomy tube
- Problem solving and home management

"I really loved it because it took many of my questions away, and I used it as a teaching tool for my family and friends and grandkids."

*“The patient and their caregivers are playing an increasingly important role in postoperative care. Thus, **education and training to best prepare them is critical to a safe discharge and recovery.** With nearly 500,000 patients in the U.S. relying on feeding tubes as part of their treatment plans, the home skills kit will make a widespread impact.”*

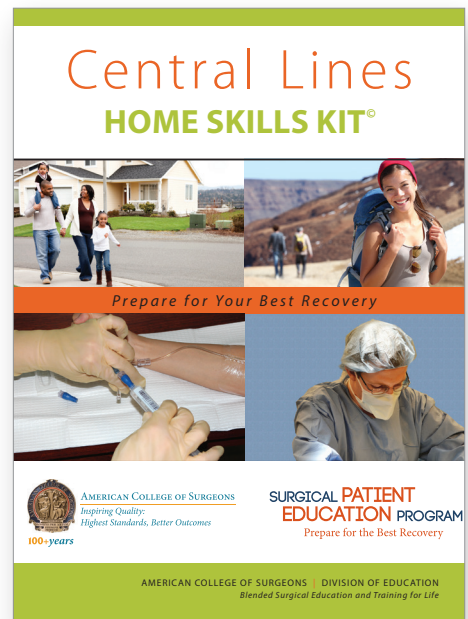
Ajit K. Sachdeva, MD, FACS, FRCSC, FSACME, MAMSE
 Director, ACS Division of Education, and Co-Chair, ACS Patient Education Committee

Central Line

This program includes PICC-tunneled and implanted central venous access devices, and contains practice equipment, instruction booklet, video, skill assessment checklist, and patient evaluation.

The Central Line Home Skills Kit prepares patients by giving them an overview of Central Line (CVAD) types, circulation, and equipment, as well as the preparation they need to fulfill postdischarge tasks such as:

- Flushing the CVAD
- Administering CVAD medication
- Changing the needleless connector
- Changing the dressing
- Giving parenteral nutrition through a CVAD
- Accessing and removing the noncoring needle from an implanted port
- Problem solving and home management



Future Programs

New home skills training programs are already in development:

- Tracheostomy

Visit facs.org/skillsprograms

to access these resources or purchase the kits and/or other materials.

WOUND HOME SKILLS TRAINING PROGRAM

facs.org/woundcare

SURGICAL PATIENT EDUCATION PROGRAM
Prepare for the Best Recovery

**Wound Home Skills Kit:
Lacerations & Abrasions**

AMERICAN COLLEGE OF SURGEONS
Inspiring Quality,
Highest Standards, Better Outcomes
100+years | AMERICAN
DIVISION OF
Blended Surg

SURGICAL PATIENT EDUCATION PROGRAM
Prepare for the Best Recovery

**Wound Home Skills Kit:
Surgical Wounds**

SURGEONS | AMERICAN COLLEGE OF SURGEONS
DIVISION OF EDUCATION
Blended Surgical Education and Training for Life®

SURGICAL PATIENT EDUCATION PROGRAM
Prepare for the Best Recovery

**Wound Home Skills Kit:
Venous Leg Ulcers
and Lymphedema**

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Inspiring Quality,
Highest Standards, Better Outcomes
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**Wound Home Skills Kit:
Diabetic Foot Ulcers**

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Highest Standards, Better Outcomes
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**Wound Home Skills Kit:
Pressure Ulcers**

AMERICAN COLLEGE OF SURGEONS
Inspiring Quality,
Highest Standards, Better Outcomes
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Blended Surgical Education and Training for Life®

The first multi-association standardized program for patients and caretakers **providing comprehensive, skill-based instruction** for the care of complex abrasions and lacerations, postoperative surgical wounds, pressure, diabetic foot and venous ulcers.

The Wound Home Skills Kits contain booklets and video-based instruction that empower patients and their caretakers to:

- Identify their wound type and severity
- Understand wound healing and closures
- Prevent wound infections
- Practice wound cleaning
- Perform wound packing, dressing and bandage selection, and changes
- Empty and manage drains
- Know when to call their health care provider

Studies identify that 63% of patients who did not receive wound care information returned to their health care facilities after discharge because they had wound-related issues they did not know how to handle.

Repetitive skills practice supports the safe transition of care by multiple providers using evidence-based wound care. Evaluation helps identify reports of complications and the need for support services in the four weeks following professional intervention.

Booklets

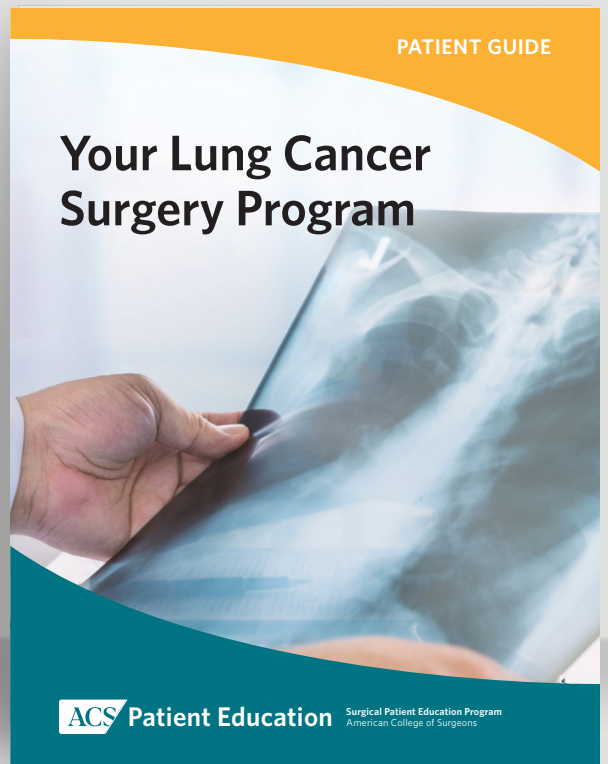
- Lacerations and Abrasions
- Surgical Wounds
- Pressure Ulcers
- Diabetic Foot Ulcers
- Venous Ulcers and Lymphedema

Videos

- Lacerations and Abrasions
- Cleaning Your Wound
- Packing Your Wound
- Dressing and Bandaging
- Caring for Your Surgical Drain
- Negative Pressure Wound Therapy

SURGICAL **CANCER** **TRAINING** PROGRAM

The American College of Surgeons has launched a patient education program to **better prepare patients** who undergo cancer surgery.



The ACS Surgical Cancer Training Program includes patient guides, checklists, and video training to coach patients to become fully informed and active participants in their care and recovery. All materials meet the ACS Operative Standards for Cancer Surgery and Commission on Cancer (CoC) guidelines. Available on the ACS website and as a toolkit for your practice or accredited center, these tools support meeting all of the credentialed standards on education.

Your Lung Cancer Surgery and Your Breast Cancer Surgery

Both important programs were developed to support the entire surgical team, including patients, to reduce complications and improve patient outcomes.

Your Lung Cancer Surgery, developed with consensus from AATS, STS, AORN, and the CoC, follows four patients through their surgery, emphasizing the critical areas to enhance patient understanding, along with meeting all accreditation education standards.

Your Breast Cancer Surgery Program details the entire experience from testing, diagnosis, staging, surgery, pre- or postoperative radiation, chemotherapy and home-management, reconstructive surgery, and surveillance. The guide is supported by video content detailing the surgical experiences of real patients. Each contain full-color booklets, videos, and online program and information sheets, including images, medication lists, exercise guides, smoking cessation resources, and a survivorship plan.

Quality improvement can be assessed using the patient evaluation tool available in print and online. The programs include:

- Your anatomy
- Your cancer
- Operation essentials
- Preoperative prep
- Clinical trials
- What to expect after the operation
- Recovery and discharge
- Discharge plan
- When to call the doctor

Nearly **100% of patients** who completed the Your Lung Cancer Surgery education kit were satisfied with the experience, would recommend the kit to others, and felt prepared in their recovery skills.

100% of those who reviewed the Your Breast Cancer Surgery program felt they would have clear direction on how to prepare for surgery and it would be helpful if they or another family member were having surgery.

SAFE AND EFFECTIVE PAIN CONTROL AFTER SURGERY

Educate your patients to safely manage their pain after surgery and to understand how to use alternatives to opioids to help control pain. These informative safe pain management materials are available for women, adult, and pediatric populations.



Information covered:

- **Surgical pain management plan**, including commonly used medications and their side effects as well as safe and effective alternatives to opioids
- **Pain management options** and a functional scale to guide patients on what to take/do to decrease their pain based on the activities they can perform
- **Appropriate use and risks of opioids**
- **Information on the opioid epidemic**—what is an opioid, what are the risks of addiction for the surgical patient, screening and mandatory checks on use, and safe home storage and disposal
- **Patient evaluation for quality improvement (QI) assessments**, which is also available online; ACS has system support for implementation and evaluation of QI projects

Maximize impact with these additional resources:

- **Online professional education** for surgeons and medical providers about opioid sparing safe pain control at learning.facs.org
- **Skills education**, including online videos and registration for skills classes on regional anesthesia, are also available on our website
- **Safe Pain Control Toolkit**
- **Safe and Effective Pain Control After Surgery Video**

The brochures, signs, and online education work together as a system to help surgeons satisfy Joint Commission requirements around pain assessment and management. All resources are available and accessible online for free. Printed brochures and signs are free to members—you only pay shipping and handling.

Visit facs.org/safepaincontrol

The ultimate guide to teach patients non-opioid pain management and the safe use of opioids when needed.

BRIDGE THE GAP FROM HOSPITAL TO HOME

Trusted Source Patient Education
from prep to home care.

Surgical Patient Education Toolkit

Your patients deserve the best education—developed and trusted by surgeons.

The personalized Surgical Patient Education Toolkit offers patient education that is trusted, evidence-based, and easily-accessible. Titles available on the Toolkit include information from the American College of Surgeons, National Cancer Institute (NCI), and National Institutes of Health (NIH).

The website (at a unique URL personalized with your hospital name) delivers point of care surgical education to help patients understand procedures, make informed decisions, and confidently manage their entire perioperative experience from prep to home care.

The toolkit is offered as a provider edition or hospital edition and allows users to print, display on website, or electronically deliver education to help patients understand their surgical procedures and better manage their perioperative care. You have control over the content you want displayed and can add content developed by your practice/hospital. It also includes a waiting room poster with QR code directing patients to the site.



FOR MORE INFORMATION AND TO SUBSCRIBE

[facs.org/for-medical-professionals/education/
for-your-patients/my-patient-education-toolkit](https://facs.org/for-medical-professionals/education/for-your-patients/my-patient-education-toolkit)

Questions? E-mail surgicalpatienteducation@facs.org or call 312-202-5263

ORDER ONLINE AT store.facs.org

HOME SKILL KITS		
PRODUCT	MEMBER	NONMEMBER*
Ostomy: Colostomy/Ileostomy (Adult English and Spanish)	\$10	\$40
Ostomy: Colostomy/Ileostomy (Pediatric English)	\$10	\$40
Ostomy: Urostomy (Adult English and Spanish)	\$10	\$40
Ostomy: Urostomy (Pediatric English)	\$10	\$40
Wound: Lacerations and Abrasions	\$10	\$20
Wound: Surgical Wounds	\$10	\$20
Wound: Pressure Ulcers	\$10	\$20
Wound: Diabetic Foot Ulcers	\$10	\$20
Wound: Venous Leg Ulcers and Lymphedema	\$10	\$20
Feeding Tube	\$20	\$40
Central Line	\$20	\$40
Your Lung Operation	\$20	\$25
Your Breast Cancer Surgery	\$20	TBD

OPERATION BROCHURES (Packs of 25)

Specific Surgical Procedures

Appendectomy (English, Spanish, and Italian)	\$40	\$60
Cholecystectomy (English, Spanish, and Italian)	\$40	\$60
Colectomy (English and Spanish)	\$40	\$60
Colonoscopy (English and Spanish)	\$40	\$60
Hernia Repair: Groin, Inguinal, Femoral (Adult English and Spanish)	\$40	\$60
Hernia Repair: Groin, Inguinal, Femoral Hernia (Pediatric English)	\$40	\$60
Hernia Repair: Umbilical (Adult)	\$40	\$60
Hernia Repair: Umbilical (Pediatric)	\$40	\$60
Hernia Repair: Ventral	\$40	\$60

General Surgical Information

Medication and Surgery	\$15	\$25
Safe and Effective Pain Control after Surgery (Adult)	\$20	\$40
Safe and Effective Pain Control after Surgery (Pediatric)	\$20	\$40
Quit Smoking before Your Operation	\$20	\$40

Note: Prices vary based on grant funding level.

*Bulk pricing available for nonmember orders

ORDER ONLINE AT store.facs.org

ANNUAL SUBSCRIPTION SERVICES

PRODUCT	MEMBER	NONMEMBER*
Toolkit Subscriptions		
Provider Edition: General, Vascular, Pediatric, Colorectal, and Cardiothoracic		\$300 annually
Hospital Edition: Breast Cancer		\$600 annually
Hospital Edition: General Surgery		\$1,200 annually
Hospital Broadcast Rights		
Feeding Tubes		\$300 annually
Central Lines		\$300 annually
Ostomy		\$300 annually
Safe Pain Control		\$300 annually
Wound		\$300 annually

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*Bulk pricing available for nonmember orders