

### Common medical issues that often require action during assessment, optimisation and shared decision making

	Condition	Why might this be important?	Possible medical interventions? CPOC guidance available?	Possible optimisation with patient-led interventions?	Discussion about risk?
<b>Medications</b>	Diabetes medications	Risk of low or high blood sugar	Formal plan required	Yes	<a href="https://www.cpop.org.uk/share-d-decision-making">https://www.cpop.org.uk/share-d-decision-making</a>
	"Blood thinners"	Bleeding	Follow guidance in <a href="https://periop-handbook.ukclinicalpharmacy.org/">https://periop-handbook.ukclinicalpharmacy.org/</a>		
	Inhalers	Suggests airway obstruction is reversible			
	ALL other medications		See guidance in <a href="https://periop-handbook.ukclinicalpharmacy.org/">https://periop-handbook.ukclinicalpharmacy.org/</a>		
<b>Common conditions that may be identified</b>	Hypertension	Stroke if high BP	Medication		
	Pacemaker and Implantable defibrillator devices (ICD)		Needs recent check		
	New arrhythmias	May be unstable	Confirm with ECG		
	New heart valve problems	Increases risk	May need Echocardiogram		
	Obstructive Sleep Apnoea	Increases risk	<a href="https://www.cpop.org.uk/guidelines-and-resources/guidelines/perioperative-management-osa-adults">https://www.cpop.org.uk/guidelines-and-resources/guidelines/perioperative-management-osa-adults</a>		
	Kidney problems	Difficulty repairing tissue			
	Liver problems	Difficulty forming proteins for healing and infection.			
	Diabetes	Infections more likely	<a href="https://www.cpop.org.uk/guidelines-and-resources/guidelines/guideline-diabetes">https://www.cpop.org.uk/guidelines-and-resources/guidelines/guideline-diabetes</a>		
	Obesity	Increased infection Increase operating time More anaesthetic issues			
	Anaemia	Bleeding. Other complications.	Assess/treat cause, eg Iron early <a href="https://cpoc.org.uk/guidelines-and-resources/guidelines/anaemia-perioperative-pathway">https://cpoc.org.uk/guidelines-and-resources/guidelines/anaemia-perioperative-pathway</a>		
	Frailty	Large increase in risk.	<a href="https://www.cpop.org.uk/guidelines-and-resources/guidelines/perioperative-care-people-living-frailty">https://www.cpop.org.uk/guidelines-and-resources/guidelines/perioperative-care-people-living-frailty</a>		
	Mental health conditions	May need individualised planning			
	Dental problems	Loose crowns etc.	Advise dental check		
<b>Life</b>	Low physical activity	Increased complications	See CPOC optimisation and patient pages		
	Poor nutrition				

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Published March 2025. Other conditions also have impact. *Extract from blog.*