

Date \_\_\_\_\_ Staff Name \_\_\_\_\_

Patient Name \_\_\_\_\_ DOB \_\_\_\_\_



### SMOKING CESSATION CHECKLIST

#### Patient Review

Does the patient currently smoke?  YES  NO  
*Smoking includes smoking of tobacco or nicotine in any form, including nicotine containing e-cigarettes, chewing tobacco, cigars, pipes, or hookah.*

#### Action

##### IF YES:

Advise patient to stop smoking/using tobacco or nicotine and set a quit date within two weeks.  
Quit date \_\_\_\_\_

- Refer patient to preferred cessation program  
Program selected:
- 1.800.QUITNOW (1.800.784.8669)
  - Freedom from smoking (freedomfromsmoking.org)
  - Become an Ex (becomeanex.org)

No action needed.

### OPIOID MME

#### Patient Review

Is the patient currently taking any opioid medication?  YES  NO

**If YES:** Run a MAPS to calculate total MME.

#### MME Review

Is MME > 60?  YES  NO

#### Action

##### IF YES:

- Counsel patient to decrease MME to <60 (or by 50 percent of current MME).
- Refer patient to prescribing physician for taper.

No action needed.

### GLYCEMIC CONTROL SCREENING

#### Patient Review

Does the patient have a prior diagnosis of diabetes?  YES  NO

Is the patient's BMI  $\geq 35$ ?  YES  NO

**If YES to either question,** Order or review HbA1c.

Is patient's age  $\geq 45$ ?  YES  NO

Is patient's BMI  $\geq 30$ ?  YES  NO

**If YES to either question,** Order or review fasting plasma glucose or random plasma glucose or HbA1c.

#### Lab Review

Is HbA1c  $\geq 8$ ?  YES  NO

Is fasting plasma glucose  $\geq 126$ ?  YES  NO

Is random plasma glucose  $\geq 200$ ?  YES  NO

*Labs should be drawn within three months of surgery date.*

#### Action

**If YES** to any of the review questions:

- Consider delay of surgery.
- Refer to PCP for glycemic control.
- Proceed with surgery after appropriate treatment is provided.

No action needed.

### NUTRITION

#### Patient Review

Does the patient have a BMI <18.5 **AND** is <65 years old?  YES  NO

**If YES:** Order comprehensive metabolic panel for albumin (if not already resulted within the last 90 days).

Does the patient have a BMI <20 **AND** is >65 years old?  YES  NO

**If YES:** Order comprehensive metabolic panel for albumin (if not already resulted within the last 90 days).

#### Lab Review

Is albumin <3.5g/dl?  YES  NO

#### Action

##### IF YES:

- Implement dietary supplement.
- Postpone elective surgery and order preoperative nutrition/dietician referral.

No action needed.