

## PRESURGICAL RESILIENCE OPTIMIZATION PROGRAMME

PROP@REBALANCEMD.COM [HTTPS://REBALANCEMD.COM/RESOURCES/?TAB=PATIENT](https://rebalancemd.com/resources/?tab=patient)

AN EXCITING NEW PROGRAMME TO HELP OPTIMIZE PATIENTS' PRESURGICAL RESILIENCE, PRE-SURGICAL REHABILITATION, SURGICAL EXPERIENCE AND OUTCOME

MAJOR SURGERY PRESENTS CHALLENGES TO ALL PATIENTS. RESILIENCE IS THE ABILITY TO ADAPT WELL TO A CHANGE, STRESS OR CHALLENGE. STUDIES HAVE SHOWN THAT RESILIENCE TRAINING LEADS TO BETTER SURGICAL EXPERIENCE AND OUTCOMES.

### THE P.R.O.P. IS:

- AN 8 WEEK, 1.5 HOUR/ WEEK CONFIDENTIAL VIRTUAL GROUP MEDICAL VISIT PROGRAMME WITH 12-25 PATIENTS AWAITING SURGERY
- A PROGRAMME THAT TEACHES LIFE CHANGING SKILLS IN MINDFULNESS, MINDFULNESS MEDITATION, COGNITIVE BEHAVIOURAL THERAPY TO IMPROVE PAIN CONTROL, MENTAL HEALTH, COPING WITH YOUR DISEASE AS WELL AS EDUCATION ON PRESURGICAL NUTRITION, SOCIAL SUPPORTS AND SLEEP
- FOR ANY PRESURGICAL PATIENT WHO IS WILLING TO COMMIT 15-30 MIN PER DAY ON HOME PRACTICE AND EXERCISES ALONG WITH THE GROUP SESSIONS TO MAKE THEM BETTER PREPARED FOR THEIR SURGERY BY HAVING INCREASED RESILIENCE AND KNOWLEDGE
- LEAD BY TWO PHYSICIANS FROM REBALANCE<sup>MD</sup> DEVELOPED FROM INPUT FROM PHYSICIANS & SURGEONS, PHYSIOTHERAPISTS, OCCUPATIONAL THERAPISTS, PSYCHOLOGISTS, SOCIAL WORKERS AND DIETICIANS
  - DR. KAREN JOHNSON (FAMILY PHYSICIAN, SURGICAL ASSISTANT) WITH SPECIAL INTEREST IN MINDFULNESS, CBT, AND PRESURGICAL OPTIMIZATION
  - DR. SONJA MATHES (ORTHOPAEDIC SURGEON) WITH A NON-SURGICAL PRACTICE AND SPECIAL INTEREST IN OPTIMIZING PRE-SURGICAL OR NON-SURGICAL PATIENTS
- NO COST TO PATIENT – GROUP SESSIONS ARE COVERED THROUGH MSP

### ARE YOU INTERESTED IN PARTICIPATING IN PROP?

- PATIENTS: TALK TO YOUR SURGEON, FAMILY PHYSICIAN/NURSE PRACTITIONER OR REBALANCE<sup>MD</sup> NURSE NAVIGATOR TO GET A REFERRAL
- PROVIDERS: FAX A REFERRAL TO REBALANCE<sup>MD</sup> FAX: 2503859600 – SPECIFY PROP REFERRAL. PLEASE INCLUDE A RELEVANT CONSULT NOTE FOR FURTHER HISTORY.
- REFERRALS: WILL BE REVIEWED AND A 1:1 INTAKE CONSULTATION WILL BE BOOKED WITH DR. JOHNSON OR DR. MATHES ALONG WITH INTAKE QUESTIONNAIRES