

## **Appendix A**

### **Exclusion criteria for Optimising Outcomes from all Elective Surgery**

Exclusions apply to enable access to urgent care, but all patients must be offered access to smoking cessation and/or weight management concurrently regardless of urgency.

Exclusions include:

- Patients requiring emergency surgery or with a clinically urgent need where a delay would cause clinical risk:
  1. Cholecystectomy
  2. Surgery for arterial disease
  3. Anal fissure
  4. Hernias that are at high risk of obstruction
  5. Anal fistula surgery
  6. Revision hip surgery which is clinically urgent AND where delay could lead to significant deterioration/acute hospital admission. Includes infection, recurrent dislocations, impending peri-prosthetic fracture, gross implant loosening or implant migration.
  7. Revision knee surgery which is clinically urgent AND where delay could lead to significant deterioration/acute hospital admission. Includes infection, impending peri-prosthetic fracture, gross implant loosening/migration, severe ligamentous instability.
  8. Primary hip or knee surgery which is clinically urgent because there is rapidly progressive or severe bone loss that would render reconstruction more complex.
  9. Nerve compression where delay will compromise potential functional recovery of nerve.
  10. Surgery to foot/ankle in patients with diabetes or other neuropathies that will reduce risk of ulceration/infection or severe deformity.
  11. Orthopaedic procedures for chronic infection.
  12. Acute knee injuries that may benefit from early surgical intervention (complex ligamentous injuries, repairable bucket handle meniscal tears, ACL tears that are suitable for repair).
  13. Other (please specify on the form)
  14. Lower limb ulceration
- Referrals for interventions of a diagnostic nature:
  15. Gastroscopy
  16. Colonoscopy
  17. Nasopharyngolaryngoscopy
  18. Laparoscopy
  19. Hysteroscopy
  20. Cystoscopy
- Patients with advanced or severe neurological symptoms of Carpal Tunnel Syndrome such as constant pins and needles, numbness, muscle wasting and prominent pain AND that are significantly affecting activities of daily living
- Patients who despite having a BMI >30 have a waist circumference of:
  - Less than 94cm (37 inches) male
  - Less than 80cm (31.5 inches) female
- Children under 18 years of age

- Patients receiving surgery for the treatment of cancer or the suspicion of cancer
- Any surgical interventions that may be required as a result of pregnancy
- Patients with tinnitus
- Patients requiring cataracts surgery
- Sterilisation procedures
- Vulnerable patients, who will need to be clinically assessed to ensure that, were they may be able to benefit from opportunities to improve lifestyle, that these are offered. (Please note that deferring elective interventions may be appropriate for some vulnerable patients based on clinical assessment of their ability to benefit from an opportunity to stop smoking/reduce their BMI/improve pre-operative fitness.) This includes patients with the following:
  - learning disabilities
  - significant cognitive impairment
  - severe mental illness\*\*

\*\*Adults with a serious mental illness are persons who currently or at any time during the past year, have a diagnosable mental behavioural, or emotional disorder of sufficient duration that has resulted in functional impairment which substantially interferes with or limits one or more major life activities.