

ORACLE Updates: Group Discussion on What We Really Need

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Disclosures

INTUITIVE
SURGICAL®



abbvie

Medtronic


ORACLESM

Outcomes Reporting App for Clinicians & Patient engagement



Risk Model


Patient characteristics

Age:


Gender
 Female Male


Race
 White, not of Hispanic origin
 American Indian or Alaskan Native
 Asian or Pacific Islander
 Black, not of Hispanic origin
 Hispanic
 Middle Eastern


Height & weight units:
 US Metric

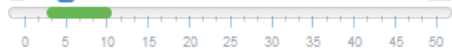
Weight (lb)






Outcomes

30 day SSI (%)


30 day SSOPI (%)


30 day readmission (%)


1 year recurrence (%)


Length of hospital stay for hernia repair (days)


ORACLESM

Preop

Before Surgery: Prehabilitation

This will help you prepare for surgery. Familiarizing yourself with these tips will help you develop good habits that can promote healing after surgery. You may review this with your care team or on your own.

- Improve strength and flexibility
- Proper breathing techniques
- Safe ways to bend and lift

Techniques

Self-care for Healing and Recovery >

Stretching >

Activities for Daily Living >

Exercises >



Before



Surgery



After



Oracle

Periop

Day of Surgery

Reminders:

- After surgery, sit up in a chair for all meals.
- Get up to walk 3 times per day for 5 minutes.
- Breathe when you move; avoid holding your breath.
- It is normal to have some pain, especially in the first few days after an operation. For more information about opioids and postoperative pain management check out this link: <https://www.achqc.org/patients/opioid-reduction-initiative>

Exercise:

You can begin exercises in your hospital bed or the day you arrive home. Try doing these 2-3 times per day as tolerated to improve circulation and help work your muscles.

Ankle Pumps >

Gluteus Squeezes >

Shoulder Rolls >

Shoulder Blade Squeezes >

Seated Knee Extension >



Before



Surgery



After



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Postop

After Surgery: Rehabilitation

Select how long it's been since surgery for specific recovery information.

After Surgery

Weeks 0-2 >

Weeks 2-4 >

Weeks 4-8 >

Weeks 8+ >



Before



Surgery

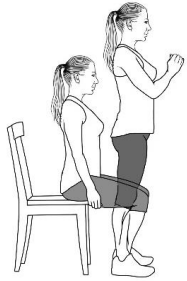


After



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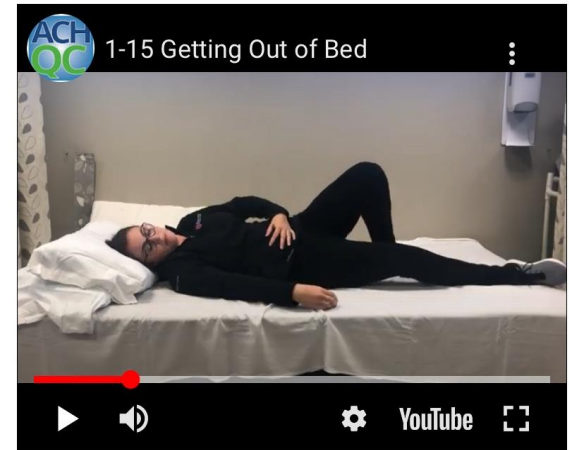
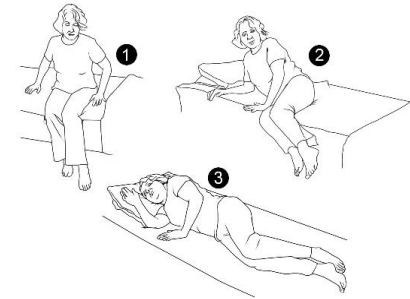


Sit to Stand

Sit on the edge of a chair. Activate your core muscles by pulling your belly button in. Maintain this while you lean your trunk over your feet, until you shift your weight into your feet. Fully extend your knees as you raise your trunk up, exhaling as you stand.



Getting to Bed



Objective



what would you
like it to be like?

