



DEDER GENERAL HOSPITAL

PRE-ADMISSION EVALUATION

PROTOCOL

PREPARED BY: HSQU

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Deder, Eastern Ethiopia

SMT APPROVAL SHEET

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1. Introduction

Pre-admission evaluation is a critical step in the surgical care pathway. It ensures that patients scheduled for surgery are adequately assessed, optimized, and prepared to minimize perioperative risks and enhance recovery. This protocol establishes standardized procedures to guide healthcare professionals through a comprehensive pre-admission evaluation process at Deder General Hospital.

2. Purpose

- ☞ To standardize pre-admission assessment of patients undergoing surgery.
- ☞ To identify and mitigate potential perioperative risks through timely evaluation and optimization.
- ☞ To improve surgical outcomes and patient safety.
- ☞ To facilitate efficient surgical scheduling and resource allocation.

3. Scope

This protocol applies to all patients scheduled for elective and semi-elective surgeries across all specialties at Deder General Hospital. Emergency surgeries follow a separate expedited evaluation protocol.

4. Definitions

- ☞ **Pre-Admission Evaluation:** A systematic process involving medical, nursing, anesthetic, and other assessments performed before hospital admission for surgery.
- ☞ **Optimization:** Medical interventions or adjustments made to improve patient status before surgery.
- ☞ **ASA Physical Status Classification:** A scale to assess and communicate a patient's preoperative physical status.

5. Roles and Responsibilities

Role	Responsibilities
Surgeon	Requests pre-admission evaluation; reviews assessment outcomes; plans surgery.
Anesthetist	Conducts anesthesia evaluation; identifies anesthesia risks.
Pre-Admission Nurse	Coordinates evaluation; performs initial screening and education.
Laboratory & Diagnostic Staff	Performs ordered investigations timely.
Pharmacy	Reviews medication regimen; advises on perioperative management.
Social Worker / Counselor	Assists with psychosocial preparation and support.
Admission Office	Schedules surgery and admission based on readiness.

6. Pre-Admission Process Overview

Step 1: Scheduling of Pre-Admission Clinic Appointment

Upon surgical scheduling, patients receive a date for pre-admission evaluation, ideally 7-14 days prior to surgery.

Step 2: Patient Arrival and Registration

Patients register at the pre-admission clinic; verify demographics and consent forms.

Step 3: Comprehensive Medical Assessment

Review medical history, medications, allergies, previous anesthesia history, and physical examination.

Step 4: Laboratory and Diagnostic Testing

-  All investigations are done at least a day before elective surgery admission
-  Order and complete relevant labs, imaging, and specialty consultations.

Step 5: Risk Assessment and Optimization

Identify modifiable risks (e.g., uncontrolled hypertension, diabetes), initiate optimization.

Step 6: Patient Education and Counseling

Provide information about fasting, procedure, anesthesia, pain management, and post-op care.

Step 7: Documentation and Communication

Complete evaluation forms; communicate findings and readiness to surgical and anesthetic teams.

7. Patient Assessment Components

7.1 Medical History

-  Surgical history
-  Anesthetic history (including adverse reactions)
-  Current medications and allergies
-  Chronic diseases (cardiac, respiratory, renal, hepatic, endocrine)
-  Smoking, alcohol, and substance use
-  Family history of anesthesia complications

7.2 Physical Examination

-  Vital signs: BP, pulse, respiratory rate, temperature

- Cardiovascular system examination
- Respiratory system examination
- Airway assessment (Mallampati score, neck mobility, dentition)
- Neurological status
- Nutritional status

8. Laboratory and Diagnostic Tests

- Complete blood count (CBC)
- Renal function tests
- Liver function tests
- Blood glucose
- Coagulation profile
- Electrolytes
- Chest X-ray (if indicated)
- ECG (for patients >40 years or with cardiac risk factors)
- Other specialty-specific tests (e.g., echocardiogram, pulmonary function test)

9. Preoperative Optimization

- Management of chronic conditions (e.g., hypertension, diabetes)
- Medication adjustments (e.g., anticoagulants, antihypertensives)
- Smoking cessation advice
- Nutritional support
- Referral to specialists as needed

10. Patient Education and Counseling

- Explanation of surgical procedure and anesthesia
- Preoperative fasting guidelines
- Pain management plan
- Mobilization and physiotherapy post-surgery
- Infection prevention measures
- Postoperative care and discharge planning

11. Documentation Requirements

- Pre-admission evaluation form
- Consent forms
- Laboratory and diagnostic test results
- Anesthesia assessment report
- Patient education checklist

12. Communication and Coordination

- Multidisciplinary communication through pre-op meeting or digital records
- Confirm surgery date and readiness
- Inform patient of any changes or cancellations promptly

13. Special Considerations

- Pediatric patients: Include pediatric anesthetist and special pre-op assessments
- Geriatric patients: Assess frailty and cognitive function
- Patients with disabilities or communication barriers: Use appropriate aids and support

14. Infection Prevention Measures

- Screen for infections and contagious diseases
- Adhere to hand hygiene and PPE protocols during evaluation
- Educate patients on pre-op skin preparation

15. Quality Monitoring and Audit

- Regular audits of pre-admission clinic records
- Monitoring of surgery cancellations due to medical issues
- Patient satisfaction surveys

16. Appendices

Appendix A: Pre-Admission Evaluation Checklist

Section	Item	Completed (✓/X)	Comments
Patient Identification	Patient name and MRN verified		
	Consent forms signed		
Medical History	Previous surgeries and anesthesia reactions		
	Allergies (drug, food, latex)		
	Chronic illnesses (HTN, DM, cardiac, etc.)		
	Current medications		
	Smoking, alcohol, substance use		
Physical Examination	Vital signs recorded (BP, HR, Temp, RR)		
	Cardiovascular exam		
	Respiratory exam		
	Airway assessment (Mallampati score, etc.)		
	Neurological status		
	Nutritional status		
Laboratory & Diagnostic Tests	CBC		
	Renal function tests		

	Liver function tests		
	Blood glucose		
	Coagulation profile		
	ECG (if indicated)		
	Chest X-ray (if indicated)		
Risk Assessment & Optimization	ASA classification		
	Medical optimization needed (specify)		
Patient Education	Procedure explained		
	Anesthesia explained		
	Fasting instructions given		
	Post-op care and pain management discussed		
	Questions answered		
Documentation	Pre-admission form completed		
	All test results attached		
	Communication with surgical/anesthesia teams		

Appendix B: ASA Physical Status Classification Guide

ASA Class	Description	Examples
ASA I	Normal healthy patient	No systemic disease
ASA II	Mild systemic disease without substantive functional limitations	Controlled hypertension or diabetes

ASA III	Severe systemic disease with substantive functional limitations	Stable angina, COPD with mild symptoms
ASA IV	Severe systemic disease that is a constant threat to life	Unstable angina, recent MI, severe COPD
ASA V	Moribund patient not expected to survive without operation	Ruptured aneurysm, massive trauma
ASA VI	Brain-dead patient whose organs are being removed for donation	Organ donor

Appendix C: Patient Education Leaflet

What is Pre-Admission Evaluation?

This is a medical check-up before your surgery to make sure you are healthy enough and to reduce risks during surgery.

What Will Happen?

- We will ask about your health history and medicines.
- We will do some tests like blood tests and X-rays if needed.
- We will explain the surgery and anesthesia.
- You will be told how to prepare (e.g., fasting times).
- We will answer your questions.

Important Instructions:

- Do not eat or drink anything for at least 8 hours before surgery (unless told otherwise).
- Bring a list of all medicines you are taking.
- Inform the staff if you have allergies.
- Arrange for someone to take you home after surgery.

What to Expect After Surgery:

- You may feel tired or uncomfortable; this is normal.
- We will manage your pain carefully.
- You will be encouraged to move early to prevent complications.

If you have any concerns, please ask your healthcare team.

Appendix D: Pre-Admission Evaluation Form Template

Deder General Hospital

Pre-Admission Evaluation Form

Patient Information

- Name: _____
- Medical Record Number (MRN): _____
- Date of Birth: _____
- Date of Evaluation: _____

Medical History

- Previous surgeries (list):

- Allergies: _____

- Chronic illnesses:

- Current medications:

- Smoking (Y/N): _____ Alcohol (Y/N): _____ Other substances:

Physical Examination

- Vital Signs:
 - Blood Pressure: _____ mmHg
 - Heart Rate: _____ bpm
 - Respiratory Rate: _____ breaths/min
 - Temperature: _____ °C
 - Airway Assessment (Mallampati Score): _____
 - Cardiovascular findings:

 - Respiratory findings:

 - Neurological status: _____
-

Laboratory and Diagnostic Tests

Test	Date	Result	Comments
CBC			
Renal function tests			
Liver function tests			
Blood glucose			
Coagulation profile			
ECG			
Chest X-ray			

Risk Assessment

- ASA Classification: _____
 - Optimization required: Yes / No
 - Details:

-

Patient Education

- Procedure explained: Yes / No
- Anesthesia explained: Yes / No
- Fasting instructions given: Yes / No
- Post-op care discussed: Yes / No
- Patient questions answered: Yes / No

Evaluator's Name and Signature: _____

Date: _____