

Patient information factsheet

Fit for surgery school

We have given you this factsheet because your clinical team have suggested that surgery may be a treatment option for you and have recommended you attend an online education session called 'fit for surgery school'. It explains what the education session is about and provides instructions on how to join online. We hope it will help to answer any questions you may have. If you have any further questions or concerns, please contact us using the details at the end of the factsheet.

What is fit for surgery school?

Fit for surgery school is an online education session about having surgery. The online session is led by our perioperative care team (the team who help you prepare for and recover from surgery). The team is made up of:

- nurses
- dietitians
- physiotherapists
- other allied health professionals

What will be discussed in the session?

During the session we will:

- explain how to prepare for surgery (for example, ways to improve your health and lower your risk of surgical complications)
- explain what to expect during your stay in hospital
- give you tips for a quicker recovery after surgery

How do I join the online session?

To join the online session, email POCdigitalsupport@uhs.nhs.uk with your full name and the date of your appointment (as shown on the appointment letter that you received with this factsheet).

When we receive your email with your details, we will then send you a confirmation email which will include the link to the online session (it will be a link to a Microsoft Teams meeting).

If you have not received our reply email, please check your junk and spam email folders as sometimes the email with the link will go there rather than into your main inbox. If you have any issues, please contact us using the details at the end of the factsheet.

You will need internet access to join the session. We recommend you allow 10 minutes before the start of the online session to get set up.

You can join the session using a smart phone, tablet, laptop or PC. To join the session, please follow the relevant instructions on the next page.

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Smart phone or tablet

1. Open the App or Play Store on your device and download the Microsoft Teams app (you do not need to create an account).
2. On your smart phone or tablet, open the email containing the meeting invite.
3. Click on the 'Join Microsoft Teams Meeting' link in the email.
4. The Microsoft Teams app will open and you will then need to tap 'Join as a guest'.
5. Enter your name, then tap 'Join meeting'.
6. You will wait in a virtual lobby until someone admits you into the meeting.

Laptop or PC

1. You will need speakers and a microphone (a webcam is optional).
2. On your laptop or PC, open the email containing the meeting invite.
3. Click on the 'Join Microsoft Teams Meeting' link in the email.
4. A web browser will open (Teams does not work on all web browsers. If it does not load, try to copy and paste the link into an alternative web browser. We recommend using Google Chrome).
5. Click on 'Join on the web instead' (there is no need to download the Teams application).
6. Enter your name and click 'Join now'.
7. You will wait in a virtual lobby until someone admits you into the meeting.

Frequently asked questions

How long will the session last?

The online session will last approximately 1 hour and 20 minutes.

Will I be the only person attending the session?

No, there will be other people joining the online session.

Can my family or friends join the session?

Family and friends are welcome to join the online session. Family and friends can email the team from their own email addresses and a link will be sent to them and a place reserved. Please do not forward links to other people.

Can I use a different name in the online session?

You will need to type your name to join the online session. This name will be visible to all attendees. If you would like to use a different name to your own name, please tell us via email before the online session.

What do I do if I have any technical issues joining the online session on the day?

On the day, if you have any issues with connecting to the online session, please contact the perioperative care team on the number at the end of the factsheet.

Is the session worth attending?

95% of people who attend find the session good or very good.

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Contact us

If you have any further questions or concerns, please contact us.

Perioperative care team

Telephone: **023 8120 4348**

Mobile: **07584 534378**

Email: POCdigitalsupport@uhs.nhs.uk

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For help preparing for your visit, arranging an interpreter or accessing the hospital, please visit [**www.uhs.nhs.uk/additionalsupport**](http://www.uhs.nhs.uk/additionalsupport)

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