

Media statement

14 October 2019

Patients urge to improve health and fitness ahead of anaesthesia

Anaesthesia is one of the greatest discoveries of modern medicine. Many of today's operations, especially for the very young, very old or very ill would not be possible without it.

Most of us have some idea of what to expect from general anaesthesia, but not everyone understands the importance of preparing for an anaesthetic.

Wednesday 16 October is Australian and New Zealand College of Anaesthetists (ANZCA) **National Anaesthesia Day**, and the theme this year is '**Preparing for your anaesthesia**', to help the community understand the importance of preparing for an anaesthetic.

Sunshine Coast Hospital and Health Service (SCHHS) Anaesthesia Provisional Fellow Dr Anna Pietzsch said: "In the lead up to having an anaesthetic, it's very important to stay as fit as possible. Ideally by eating well, continuing to exercise, reducing alcohol consumption and quitting smoking, patients arrive for surgery in the best possible physical condition" Dr Pietzsch said.

"We know that patients in good health recover better after an operation and have fewer complications.

"At Sunshine Coast University Hospital (SCUH) we can carry out cardiopulmonary exercise testing which is quite a unique service. This is a test done on a bicycle which allows us to assess the heart and lung function of patients prior to an operation, allowing us to carefully plan for the patients surgical journey," she said.

Anaesthetists also provide continual assessment of the patient during surgery, and in the post-operative phase.

Dr Pietzsch said: "Patients having anaesthesia will have an anaesthetist with them all the way from the preoperative assessment of their medical conditions and planning of their care, to closely monitoring their health and wellbeing throughout their procedure to ensure a smooth and comfortable recovery".

Sunshine Coast

Hospital and Health Service

Media statement

To help increase public awareness on the important role anaesthesia plays in our health service, the SCHHS Department of Anaesthesia and Perioperative Medicine is holding a display in the main reception of the SCUH for National Anaesthesia Day.

ENDS

Media Opportunity

Interviews and photos with Anaesthetist Dr Anna Pietzsch and other members of her team.

When: Sunshine Coast University Hospital Main Reception

Where: 10:00am

Media contact: Alicia Temple | Alexia Kelly | 5202 0083 | 0408 713 747

Follow us!  