

AMERICAN COLLEGE OF SURGEONS

# SURGICAL PATIENT EDUCATION PROGRAM

*Prepare Your Patients for the Best Recovery*



## PATIENT EDUCATION RESOURCES

Utilize peer-reviewed materials to:

- Reduce complications
- Lower costs
- Decrease readmissions
- Increase satisfaction
- Support the transition to home

**ACS** Education

American College of Surgeons

[facs.org/patienteducation](https://www.facs.org/patienteducation)

# SURGICAL PATIENT EDUCATION PROGRAM

Research increasingly shows that **outcomes are superior** for patients who actively participate in their own care.



When outcomes improve, **patients are healthier, less anxious, and more satisfied** with their care while complications, readmissions, and healthcare costs decrease.

Fortunately, all healthcare providers are aligned in the goal of **achieving the best possible surgical outcomes**. With 75% of procedures now occurring in an ambulatory setting, patients, families, and caregivers need the best education for their pre- and postoperative care.

# PATIENTS AS TEAM PLAYERS

Understanding the impact on quality care, healthcare providers are charged with preparing patients and families with the knowledge and skills they need to manage prep and recovery. The education they receive to be successful in this role is critical in avoiding complications and readmissions.

The American College of Surgeons (ACS) is dedicated to **improving the care of surgical patients** through the development, delivery, and continued evaluation of effective and high-value education that is accessible to those who need it when and where it matters most.

## BRIDGING THE GAP

From informational brochures that explain procedures and engage patients in informed decision-making to home skills kits that prepare patients and their caretakers for the critical role they play in recovery, ACS patient education resources **meet all current guidelines for accreditation** and **can make the difference** in achieving a positive surgical experience.

### And the best news?

All of the American College of Surgeons Surgical Patient Education Program materials are **available to any provider or organization** seeking to empower patients through education and preparation.

# ONLINE

# RESOURCES

# RESOURCES

ACS Patient Education products—all available on the ACS website or directly from the surgeon/hospital Patient Education Toolkit site—help patients prepare for the best possible recovery. Patients and caregivers trust education provided directly from the surgeon.



## Patient Resources

Patients can access all materials from the ACS website or from your Patient Education Toolkit on your surgeon/hospital site. Education is available on procedures, medications, pain control, quitting smoking, skills training, and perioperative cancer care. Materials include video and are available in Spanish and English. Distribution can be in print, electronically, or through hospital subscription.

## Medical Professional Resources

Practice management resources include:

- Procedures
- Cancer resources
- Skills videos
- Home Skills Training Kits
- Surgical Cancer booklets
- Digital Toolkit
- Medications
- Safe Pain Control
- Printed brochures
- Patient Training courses
- Hospital videos
- CME/CE courses

Embedding the site link on an individual practice's website can help meet Meaningful Use criteria. Options also include a surgical patient education toolkit for direct distribution from the surgeon and hospital, with broadcast rights for video and kit use.

## Certification Skills Training Courses

These courses include critical training developed by criterion-referenced multi-association consensus. The courses, which are focused on ostomy, feeding tube, and wound management include tests, skill checklist and acknowledgement of participation, and evaluation tools for quality monitoring and improvements.

## Find a Surgeon Public Search Engine

The ACS Find a Surgeon site is the #1 rated resource on the top five search engines. Update your member profile with common procedures and contact information so that patients who use this site are directed to you.

*"This is an excellent initiative. At our academic institution, these materials are few and far between and much needed!!!"*

**Visit our website [facs.org/for-patients](https://facs.org/for-patients)**

to access these resources or purchase patient education materials.



*ACS surgical prep and procedure brochures are easy to read, available in print and electronic formats, meet all ACS, Joint Commission, and patient safety guidelines, and include the ACS Surgical Risk Calculator. In addition, they satisfy all ACS guidelines for informed consent.*

## The ACS NSQIP® Surgical Risk Calculator is available at [riskcalculator.facs.org](http://riskcalculator.facs.org)

### Most brochures are available in English, Spanish, and Italian:

- Appendectomy (Eng, Span, Ital)
- Cholecystectomy (Eng, Span, Ital)
- Colectomy (Eng, Span, Ital)
- Colonoscopy (Eng, Span, Ital)
- Inguinal/Femoral Hernia—Adult (Eng, Span, Ital)
- Inguinal Hernia—Pediatric
- Umbilical Hernia—Adult (Eng, Span, Ital)
- Umbilical Hernia—Pediatric
- Ventral Hernia (Eng, Span, Ital)
- Medication and Surgery
- Quit Smoking before Surgery (Eng, Ital)
- Safe and Effective Pain Control after Surgery: Adult/Women’s Health/Pediatrics
- Reducing Your Risks for Surgical Site Infection

### Patients using the brochures provided overwhelmingly positive feedback:

87%

reported they felt more confident talking with their doctor

88%

said they felt better prepared to participate in their care

91%

felt the brochures were more helpful than materials they received in the past

# HOME SKILLS TRAINING PROGRAM

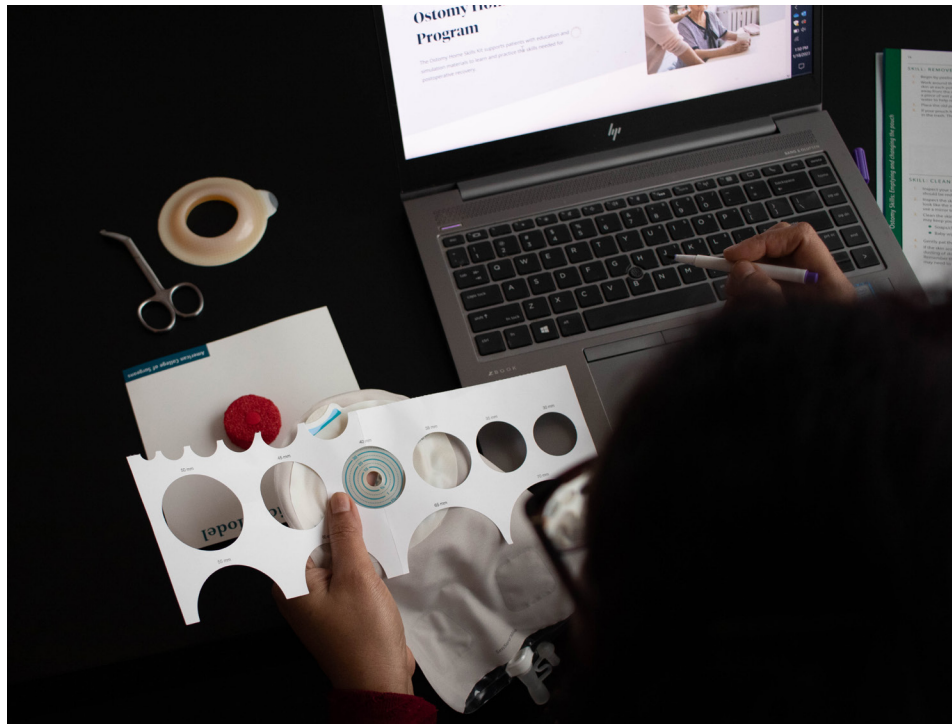
Certain surgical procedures require a greater level of patient involvement in preparation and recovery. ACS skill programs provide **simple simulation and repetitive practice** to support a safe transition to home and better outcomes.



The American College of Surgeons Home Skills Patient Education Program is the only multidisciplinary skill-based training program resulting in improved surgical outcomes.

Each program is designed to be used in advance of surgery and offer directed learning experiences and repetitive practice opportunities, increasing patients' confidence in their home-care management.

These award-winning training kits include videos, a color booklet, skills checklist, practice equipment, and evaluation. They provide step-by-step instructions, visual demonstrations, and the opportunity to learn by doing through the use of practice supplies and simulators. Program options include the full skill kit with practice equipment or as an interactive e-learning program.



## Hospital Broadcast Rights Available

ACS grants single hospital networks access to broadcast the licensed video program with the purchase of Broadcast Rights, giving professionals and patients quality patient training direct from the hospital TV or website.

## Available for patients who require the following surgical procedures:

### Adult & Pediatric Ostomy *(available in English and Spanish)*

Programs are available for adult colostomy/ileostomy, adult urostomy, pediatric colostomy/ileostomy, and pediatric urostomy. Each program contains practice equipment (pouches, measuring guide, scissors, stoma model), a 40-page instruction booklet, videos, skill assessment checklist, and discharge plans.

Patients who completed the program experienced better outcomes:

- Reported **significantly fewer problems**
- Were significantly less likely to need additional resources such as home care visits, unplanned office visits, and calls to physicians or nurses, with **ER visits reduced by 50%**
- Had significantly **greater confidence** in self-care and overall satisfaction

### Feeding Tube

This program includes PEG, low-profile, long tube, and jejunostomy training. Each kit contains practice equipment (feeding tube, extension sets, and syringes), a 44-page instruction booklet, video, skill assessment checklist, and discharge guide.

Patients who complete the program **will have a greater understanding of feeding tubes**, the digestive system, and supplies and will be prepared to execute the following home skills after the procedure and discharge:

- Mouth and skin care
- Feeding through a gastrostomy tube
- Giving medication
- Replacing the gastrostomy tube
- Problem solving and home management

*"I really loved it because it took many of my questions away, and I used it as a teaching tool for my family and friends and grandkids."*

*“The patient and their caregivers are playing an increasingly important role in postoperative care. Thus, **education and training to best prepare them is critical to a safe discharge and recovery.** With nearly 500,000 patients in the US relying on feeding tubes as part of their treatment plans, the home skills kit will make a widespread impact.”*

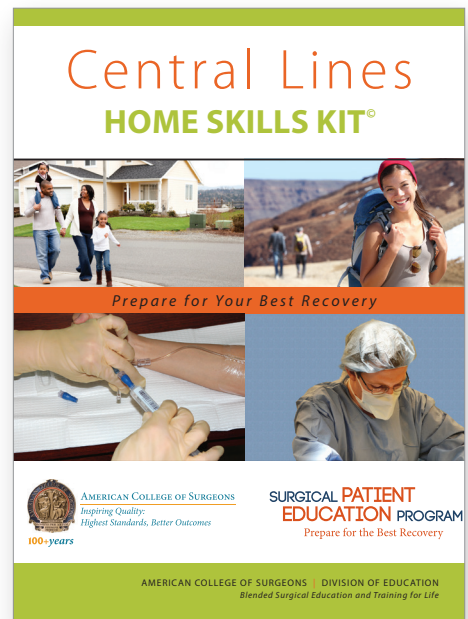
**Ajit K. Sachdeva, MD, FACS, FRCSC, FSACME, MAMSE**  
 Director, ACS Division of Education, and Co-Chair, ACS Patient Education Committee

## Central Line

This program includes PICC-tunneled and implanted central venous access devices, and contains practice equipment, instruction booklet, video, skill assessment checklist, and patient evaluation.

The Central Line Home Skills Kit prepares patients by giving them an overview of Central Line (CVAD) types, circulation, and equipment, as well as the preparation they need to fulfill postdischarge tasks such as:

- Flushing the CVAD
- Administering CVAD medication
- Changing the needleless connector
- Changing the dressing
- Giving parenteral nutrition through a CVAD
- Accessing and removing the noncoring needle from an implanted port
- Problem solving and home management

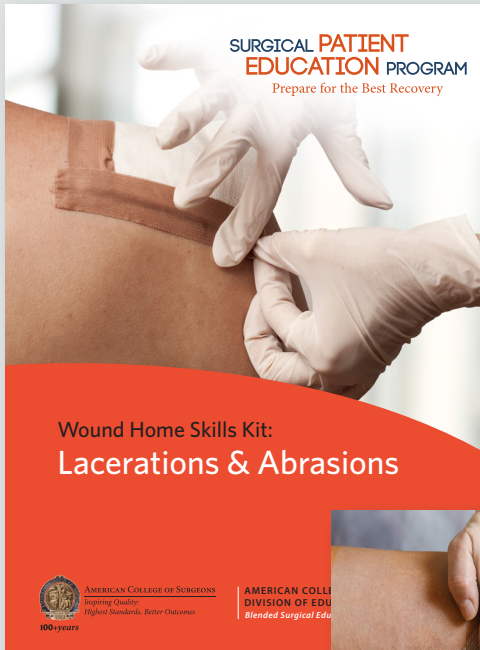


## Visit [facs.org/skillsprograms](https://facs.org/skillsprograms)

to access these resources or purchase the kits and/or other materials.

# WOUND HOME SKILLS TRAINING PROGRAM

[facs.org/woundcare](https://facs.org/woundcare)

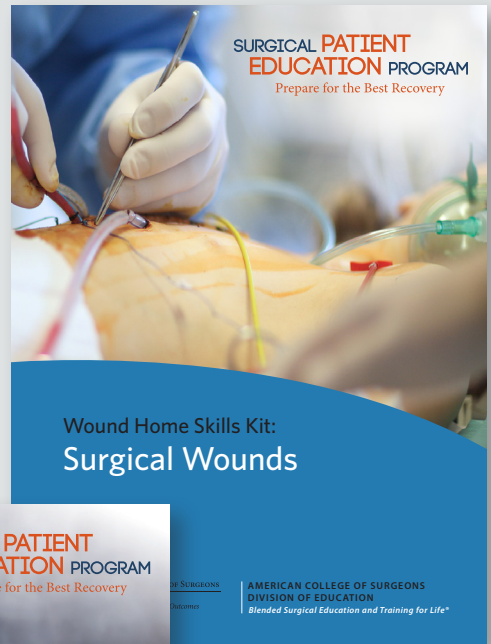


**SURGICAL PATIENT EDUCATION PROGRAM**  
Prepare for the Best Recovery

Wound Home Skills Kit:  
Lacerations & Abrasions

AMERICAN COLLEGE OF SURGEONS  
Inspiring Quality.  
Highest Standards. Better Outcomes.  
100+years

AMERICAN COLLEGE OF SURGEONS  
DIVISION OF EDUCATION  
Blended Surgical Education and Training for Life®



**SURGICAL PATIENT EDUCATION PROGRAM**  
Prepare for the Best Recovery

Wound Home Skills Kit:  
Surgical Wounds

AMERICAN COLLEGE OF SURGEONS  
Inspiring Quality.  
Highest Standards. Better Outcomes.  
100+years

AMERICAN COLLEGE OF SURGEONS  
DIVISION OF EDUCATION  
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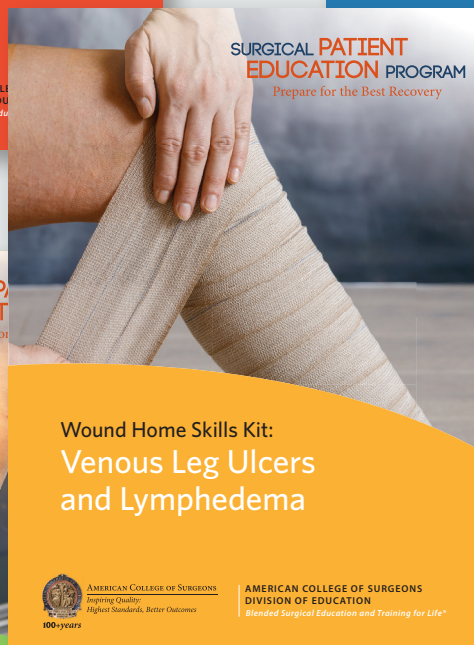


**SURGICAL PATIENT EDUCATION PROGRAM**  
Prepare for the Best Recovery

Wound Home Skills Kit:  
Diabetic Foot Ulcers

AMERICAN COLLEGE OF SURGEONS  
Inspiring Quality.  
Highest Standards. Better Outcomes.  
100+years

AMERICAN COLLEGE OF SURGEONS  
DIVISION OF EDUCATION  
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**SURGICAL PATIENT EDUCATION PROGRAM**  
Prepare for the Best Recovery

Wound Home Skills Kit:  
Venous Leg Ulcers  
and Lymphedema

AMERICAN COLLEGE OF SURGEONS  
Inspiring Quality.  
Highest Standards. Better Outcomes.  
100+years

AMERICAN COLLEGE OF SURGEONS  
DIVISION OF EDUCATION  
Blended Surgical Education and Training for Life®



**SURGICAL PATIENT EDUCATION PROGRAM**  
Prepare for the Best Recovery

Wound Home Skills Kit:  
Pressure Ulcers

AMERICAN COLLEGE OF SURGEONS  
Inspiring Quality.  
Highest Standards. Better Outcomes.  
100+years

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These were the first multi-association standardized program for patients and caretakers **providing comprehensive, skill-based instruction** for the care of complex abrasions and lacerations, postoperative surgical wounds, pressure, diabetic foot and venous ulcers.

**The Wound Home Skills Kits contain booklets and video-based instruction that empower patients and their caretakers to:**

- Identify their wound type and severity
- Understand wound healing and closures
- Prevent wound infections
- Practice wound cleaning
- Perform wound packing, dressing and bandage selection, and changes
- Empty and manage drains
- Know when to call their health care provider

Studies identify that 63% of patients who did not receive wound care information returned to their healthcare facilities after discharge because they had wound-related issues they did not know how to handle.

**Repetitive skills practice supports the safe transition of care by multiple providers using evidence-based wound care.** Evaluation helps identify reports of complications and the need for support services in the four weeks following professional intervention.

#### Booklets

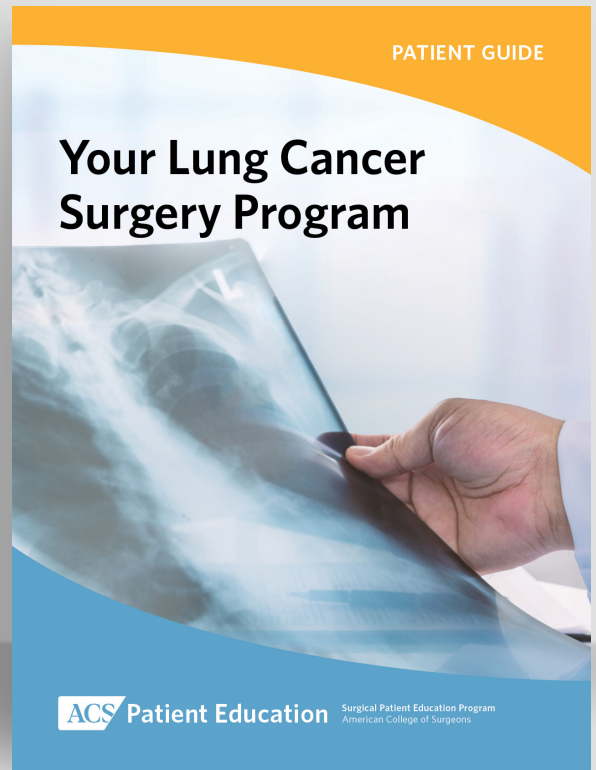
- Lacerations and Abrasions
- Surgical Wounds
- Pressure Ulcers
- Diabetic Foot Ulcers
- Venous Ulcers and Lymphedema

#### Videos

- Lacerations and Abrasions
- Cleaning Your Wound
- Packing Your Wound
- Dressing and Bandaging
- Caring for Your Surgical Drain
- Negative Pressure Wound Therapy

# SURGICAL **CANCER** **TRAINING** PROGRAM

The American College of Surgeons has launched a patient education program to **better prepare patients** who undergo cancer surgery.



The ACS Surgical Cancer Training Program includes patient guides, checklists, and video training to coach patients to become fully informed and active participants in their care and recovery. All materials meet the ACS Operative Standards for Cancer Surgery and Commission on Cancer (CoC) guidelines. Available on the ACS website and as a toolkit for your practice or accredited center, these tools support meeting all of the credentialed standards on education.

## Your Lung Cancer Surgery and Your Breast Cancer Surgery

**Both important programs were developed to support the entire surgical team, including patients, to reduce complications and improve patient outcomes.**

**Your Breast Cancer Surgery Program** details the entire experience from testing, diagnosis, staging, surgery, pre- or postoperative radiation, chemotherapy and home-management, reconstructive surgery, and surveillance. The guide is supported by video content detailing the surgical experiences of real patients. Each contain full-color booklets, videos, and online program and information sheets, including images, medication lists, exercise guides, smoking cessation resources, and a survivorship plan.

**Your Lung Cancer Surgery**, developed with consensus from the American Association of Thoracic Surgery, The Society of Thoracic Surgeons, Association of periOperative Registered Nurses, and the CoC, follows four patients through their surgery, emphasizing the critical areas to enhance patient understanding, along with meeting all accreditation education standards.

**Quality improvement can be assessed using the patient evaluation tool available in print and online. The programs include:**

- Your anatomy
- Your cancer
- Operation essentials
- Preoperative prep
- Clinical trials
- What to expect after the operation
- Recovery and discharge plan
- When to call the doctor

### → **Coming soon:** Laryngeal Cancer Surgery

Nearly **100% of patients** who completed the Your Lung Cancer Surgery program were satisfied with the experience, would recommend the program to others, and felt prepared in their recovery skills.

100% of those who reviewed the Your Breast Cancer Surgery program felt they would have clear direction on how to prepare for surgery and it would be helpful if they or another family member were having surgery.

# SAFE AND EFFECTIVE PAIN CONTROL AFTER SURGERY

Educate your patients to safely manage their pain after surgery and to understand how to use alternatives to opioids to help control pain. These informative safe pain management materials are available for adult and pediatric populations.



## Information covered:

- **Surgical pain management plan**, including commonly used medications as well as safe and effective alternatives to opioids
- **Pain management options** and a functional scale to guide patients on what to take/do to decrease their pain based on the activities they can perform
- **Appropriate use and risks of opioids**
- **Information on the opioid epidemic**—what are the risks of addiction for the surgical patient, overdose recognition and response, and safe home storage and disposal
- **Patient evaluation for quality improvement (QI) assessments**, which is also available online; ACS has system support for implementation and evaluation of QI projects

## Maximize impact with these additional resources:

- **Online professional education** for surgeons and medical providers about opioid sparing safe pain control at [learning.facs.org](https://learning.facs.org)
- **Skills education**, including online videos and registration for skills classes, are also available on our website
- **Safe Pain Control Toolkit**
- **Safe and Effective Pain Control After Surgery Video**

The brochures, signs, and online education work together as a system to help surgeons satisfy Joint Commission requirements around pain assessment and management. All resources are available and accessible online for free. Printed brochures are available to order for use in practice.

### Visit [facs.org/safepaincontrol](https://facs.org/safepaincontrol)

The ultimate guide to teach patients non-opioid pain management and the safe use of opioids when needed.

# SURGICAL PATIENT EDUCATION TOOLKIT

Trusted Source Patient Education from  
prep to home care.

## Surgical Patient Education Toolkit

Your patients deserve the best education—developed and trusted by surgeons.

The personalized Surgical Patient Education Toolkit offers patient education that is trusted, evidence-based, and easily accessible. Titles available in the Toolkit include information from the American College of Surgeons, National Cancer Institute (NCI), and National Institutes of Health (NIH).

You have control over the content you want displayed and can add content developed by your practice/hospital. It also includes a waiting room poster with QR code directing patients to the site.

The website (at a unique URL personalized with your hospital name) delivers point-of-care surgical education to help patients understand procedures, make informed decisions, and confidently manage their entire perioperative experience from prep to home care.

Available toolkits include:

- Provider Edition Surgical Specialty Options: General, Colorectal, Pediatric, Thoracic, Vascular, Breast and Wound Care
- Hospital Edition: General Surgery
- Hospital Edition: Breast Cancer



**FOR MORE INFORMATION AND TO SUBSCRIBE**

[facs.org/for-medical-professionals/education/  
for-your-patients/my-patient-education-toolkit](https://facs.org/for-medical-professionals/education/for-your-patients/my-patient-education-toolkit)

**Questions?** Email [surgicalpatienteducation@facs.org](mailto:surgicalpatienteducation@facs.org) or call 312-202-5263

ORDER ONLINE AT [store.facs.org](https://store.facs.org)

HOME SKILL KITS		
PRODUCT	MEMBER	NONMEMBER*
<b>Ostomy:</b> Colostomy/Ileostomy (Adult English and Spanish)	\$12.50	\$40
<b>Ostomy:</b> Colostomy/Ileostomy (Pediatric English and Spanish)	\$12.50	\$40
<b>Ostomy:</b> Urostomy (Adult English and Spanish)	\$12.50	\$40
<b>Ostomy:</b> Urostomy (Pediatric English and Spanish)	\$12.50	\$40
<b>Wound:</b> Lacerations and Abrasions	\$10	\$20
<b>Wound:</b> Surgical Wounds	\$10	\$20
<b>Wound:</b> Pressure Ulcers	\$10	\$20
<b>Wound:</b> Diabetic Foot Ulcers	\$10	\$20
<b>Wound:</b> Venous Leg Ulcers and Lymphedema	\$10	\$20
<b>Feeding Tube</b>	\$20	\$40
<b>Central Line</b>	\$20	\$40
<b>Your Lung Operation</b>	\$20	\$30
<b>Your Breast Cancer Surgery</b>	\$20	\$30

## OPERATION BROCHURES (Packs of 25)

### Specific Surgical Procedures

<b>Appendectomy</b> (English and Spanish)	\$40	\$60
<b>Cholecystectomy</b> (English and Spanish)	\$40	\$60
<b>Colectomy</b> (English and Spanish)	\$40	\$60
<b>Colonoscopy</b> (English and Spanish)	\$40	\$60
<b>Hernia Repair:</b> Groin, Inguinal, Femoral (Adult English and Spanish)	\$40	\$60
<b>Hernia Repair:</b> Groin, Inguinal, Femoral Hernia (Pediatric English)	\$40	\$60
<b>Hernia Repair:</b> Umbilical (Adult English and Spanish)	\$40	\$60
<b>Hernia Repair:</b> Umbilical (Pediatric)	\$40	\$60
<b>Hernia Repair:</b> Ventral (Adult English and Spanish)	\$40	\$60

### General Surgical Information

<b>Medication and Surgery</b>	\$15	\$25
<b>Safe and Effective Pain Control after Surgery</b> (Adult)	\$20	\$40
<b>Safe and Effective Pain Control after Surgery</b> (Pediatric)	\$20	\$40
<b>Quit Smoking before Your Operation</b>	\$20	\$40

Note: Prices vary based on grant funding level.

\*Bulk pricing available for nonmember orders

ORDER ONLINE AT [store.facs.org](https://store.facs.org)

## ANNUAL SUBSCRIPTION SERVICES

PRODUCT	MEMBER	NONMEMBER*
<b>Toolkit Subscriptions</b>		
<b>Provider Edition:</b> General, Vascular, Pediatric, Colorectal, Breast Cancer, and Cardiothoracic		\$300 annually
<b>Hospital Edition:</b> Breast Cancer		<i>Inquire for more information</i>
<b>Hospital Edition:</b> General Surgery		<i>Inquire for more information</i>
<b>Provider Toolkit 60-day Trial</b>		Free
<b>Hospital Broadcast Rights</b>		
<b>Feeding Tubes</b>		\$300 annually
<b>Central Lines</b>		\$300 annually
<b>Ostomy</b>		\$300 annually
<b>Pediatric Urostomy</b>		\$300 annually
<b>Pediatric Colo/Ileostomy</b>		\$300 annually
<b>Adult Colo/Ileostomy</b> (English and Spanish)		\$300 annually
<b>Adult Urostomy</b> (English and Spanish)		\$300 annually
<b>Safe Pain Control</b>		\$300 annually
<b>Wound</b>		\$300 annually
<b>Your Lung Surgery</b>		\$300 annually
<b>Your Breast Cancer Surgery</b> (English and Spanish)		\$300 annually
<b>Online Courses</b>		
<b>For Professionals:</b>		
Breast Cancer Surgery: Meeting Standards and Improving Outcomes Through Patient Education		\$30
Safe Opioid Use in Surgery: A Team-Based Approach		\$30
Surgical Pain Management in the Setting of Opioid Tolerance and Misuse		\$60
<b>For Patients and Caregivers:</b>		
Feeding Tube Home Skills Course		\$10
Colostomy/Ileostomy Home Skills Course (English and Spanish)		\$10
Urostomy Home Skills Course (English and Spanish)		\$10

Note: Prices vary based on grant funding level.

\*Bulk pricing available for nonmember orders