

Can I bring a friend or relative?

It is often helpful to have a friend, relative or carer at the appointment and they will be welcome. If you are coming to your appointment by hospital transport, please inform the transport team about this.

Where is the clinic held?

Older Persons Assessment Unit
Ground Floor
Bermondsey Wing
Guy's Hospital
Great Maze Pond
London, SE1 9RT

Contact us

Monday to Friday, 9am-5pm,
t: 020 7188 7188, extension **56494**

To arrange **transport**, please call
t: 0207 188 2888

Please ring us if you need to
arrange an interpreter.

For more leaflets on conditions,
procedures, treatments and services
offered at our hospitals, please visit,
w: www.guysandstthomas.nhs.uk/leaflets

Our hospital is actively engaged in research and education to improve the care we give. During your visit you will be asked if you are willing to be contacted about research projects relevant to you. Medical students may be present during your visit. If you prefer not to see medical students please inform a member of staff.

Pharmacy Medicines Helpline

If you have any questions or concerns about your medicines, please speak to the staff caring for you or call our helpline.
t: 020 7188 8748, Monday to Friday,
9am-5pm

Your comments and concerns

For advice, support or to raise a concern, contact our Patient Advice and Liaison Service (PALS). To make a complaint, contact the complaints department.
t: 020 7188 8801 (PALS) e: pals@gstt.nhs.uk
t: 020 7188 3514 (complaints)
e: complaints2@gstt.nhs.uk

Language and accessible support services

If you need an interpreter or information about your care in a different language or format, please get in touch.
t: 020 7188 8815
e: languagesupport@gstt.nhs.uk

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A list of sources is available on request

Perioperative medicine for Older People undergoing Surgery (POPS)

This leaflet explains more about this clinic. If you have any questions, please speak to a member of staff caring for you.

What is the POPS clinic?

We are a specialised clinic for patients with complex medical problems who may be having an operation. We make sure patients are

- having the most appropriate treatments
- able to make an informed decision about surgery
- as fit as possible before surgery
- prepared for the hospital stay
- aware of the process of discharge from the hospital.

Who has referred me?

You may have been referred by

- your GP
- the surgeon planning your operation
- pre-assessment nurses
- clinical nurse specialists (CNS)
- anaesthetists

Who might I see in clinic?

The team members are:

- consultant physicians specialising in medicine for older people
- junior doctors who work with the consultant
- clinical nurse specialists
- occupational therapists
- health care assistants
- administrators.

What will happen at the clinic?

Your appointment will take about two hours. You will be assessed by a health care assistant, nurse and/or doctor (a consultant, junior doctor or both) and often an occupational therapist. The assessment may include:

- A medical history and physical examination. You will be asked to remove some of your clothes.
- Questions about how you manage at home, your mood and memory.
- Tests such as a walking test, a urine sample, blood tests and/or a tracing of your heart (ECG).
- Other specialist tests like X-rays or referral for more specialist tests (we will try to do these on the same day but this may not always be possible).

The occupational therapist will assess how you manage day to day tasks and may recommend equipment to improve your independence and safety at home. You can refer to the Occupational Therapy Leaflet for more information.

After the assessment we will explain the results and what will happen next. Sometimes you will need to come back for more tests. Some patients will need to have treatments changed in preparation for their surgery. We will often speak to your surgeon, anaesthetist and your GP.

A written summary of the clinic assessment will be sent to you, your surgeon and GP. This letter will also include information about what you can do to prepare for surgery and it is important you follow the instructions provided in the letter. If you have any queries please do contact the team.

What will happen after I have my operation?

The POPS team will see you on the wards where we work together with the surgical teams. After the operation we look after medical problems and help with discharging you from hospital.

What do I need to bring?

You should bring along any correspondence (for example letters and test results) that you might have received from your GP or other hospitals. You should also bring a list of medicines you are taking or the medicines themselves if you don't have a list.

Clothing: for some examinations you may need to remove your tights or stockings.