



EQUITY IN OPTIMIZATION:

**THE INTERSECTION OF SURGICAL READINESS
AND SOCIAL DRIVERS OF HEALTH**

9/2/2026 | 12:00 PM - 1:15 PM PST



**FOUNDATION FOR
Health Care Quality**

Overview



REVIEW THE BREE
COLLABORATIVE, AND
SURGICAL OPTIMIZATION
REPORT AND GUIDELINES



INTRODUCE SOCIAL
DRIVERS OF HEALTH AND
PATIENT EDUCATION
MATERIALS



PANEL DISCUSSION AND
Q&A

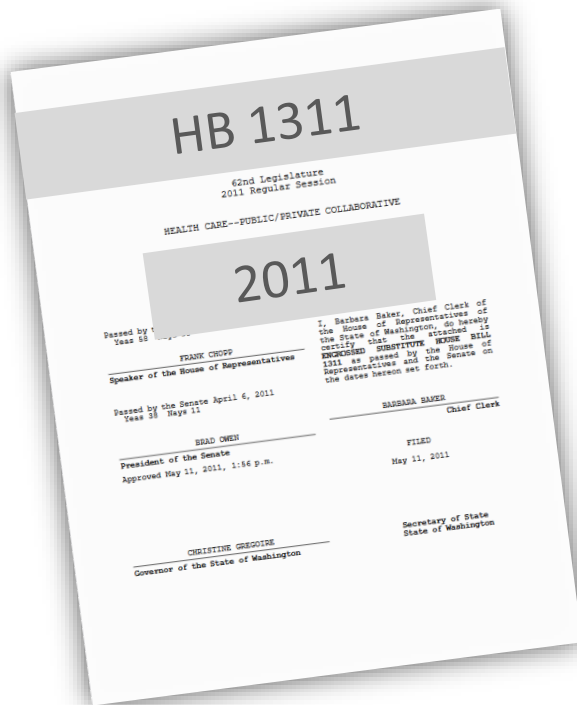
The Robert Bree Collaborative

Beth Bojkov, MPH, RN

Director of Research and Best Practice



Bree Collaborative



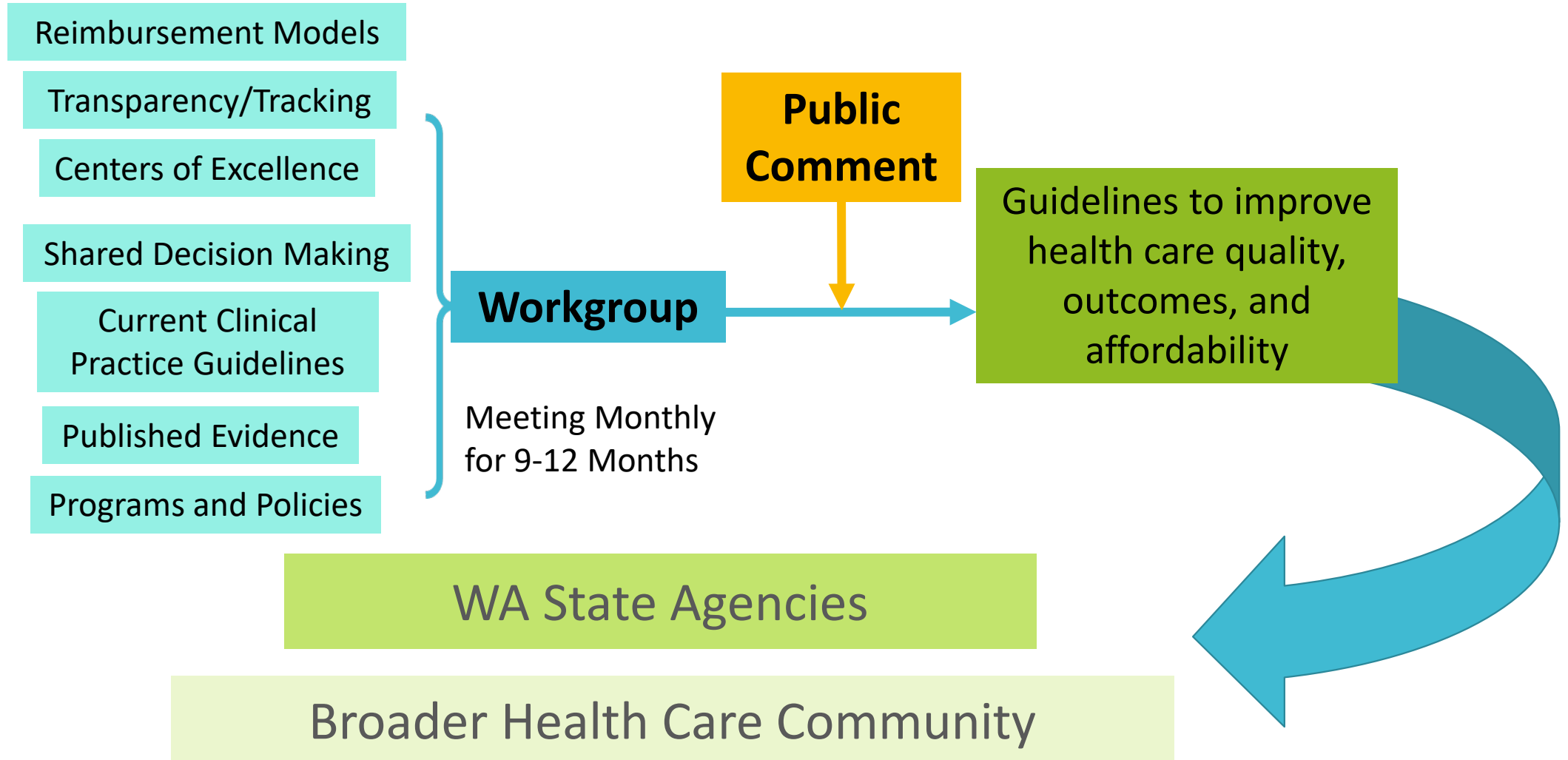
Providers
Hospitals
Health Plans
Private Purchasers
Public Purchasers
QI Organizations
State Agencies



Evidence-based
**clinical, payment,
and policy guidelines**
for health care
services with high
variation, high
utilization and poor
outcomes, inequity,
or patient safety
issues



Workgroup Process



Life Cycle of Guidelines



The Bree Collaborative Plays a Pivotal Role

- **Facilitate partnership** across the healthcare ecosystem and government agencies
- **Promote innovative approaches** to improve quality through co-created guidelines
- **Provide a neutral convening space** to address key health care issues impacting Washingtonians
- **Advance ongoing quality initiatives** in priority areas such as Primary Care, Health Equity, and Surgery
- **Maintain awareness and disseminate information** on critical multi-sector initiatives and pain points for programs in the state

Our Guidelines



Topic Areas:

- Aging
- Behavioral Health
- Care Transitions
- Chronic Diseases
- Infectious Diseases
- Pain Management
- General
- Oncology
- Reproductive Health
- **Surgery and Bundle Payments**

Surgery

- Bariatric Surgery Bundle (2016)
- Coronary Artery Bypass Graft Surgery Bundle (2015)
- Lumbar Fusion Surgical Bundle (2018)
- TKR/THR Bundle (2021)
- **Surgical Optimization (2025)**

Surgical Optimization Report and Guidelines



Preoperative
Anemia
Optimization

Perioperative
Glycemic
Control

Multidisciplinary
Collaboration

Payment
Reform

Social Drivers of Health and Patient Education

Isabella Aceituno, MPHc, University of Washington



Social Drivers of Health (SDOH)



Social Drivers of Health: Nonmedical factors that shape health

Socioeconomic Status	Race and Discrimination	Education Attainment	Social and Community	Access to Nutrition	Physical Environment	Healthcare System
• Employment • Income • Debt • Medical Bills	• Trust in providers • Implicit bias • Access to competent translators	• Health literacy • Higher education	• Social support • Home health services • Community services	• Food security • Access to healthy options	• Housing • Transportation • Walkability • Zip code • Travel burden	• Insurance coverage • Clinic and pharmacy availability • Culturally sensitive

Reproduced from Devin, C. L., & Shaffer, V. O. (2023). Social Determinants of Health and Impact in Perioperative Space. *Clinics in colon and rectal surgery*, 36(3), 206–209. <https://doi.org/10.1055/s-0043-1761155>

SDOH Impact on Surgical Outcomes



SDOH have been found to predict surgical outcomes such as:

- Risk of postoperative mortality and 30-day mortality^{1, 2, 3}
- Wound healing and risk for postoperative infection^{1, 3}
- Length of stay^{1, 2, 3}
- Risk of other operative and postoperative complications¹

SDOH can shape:

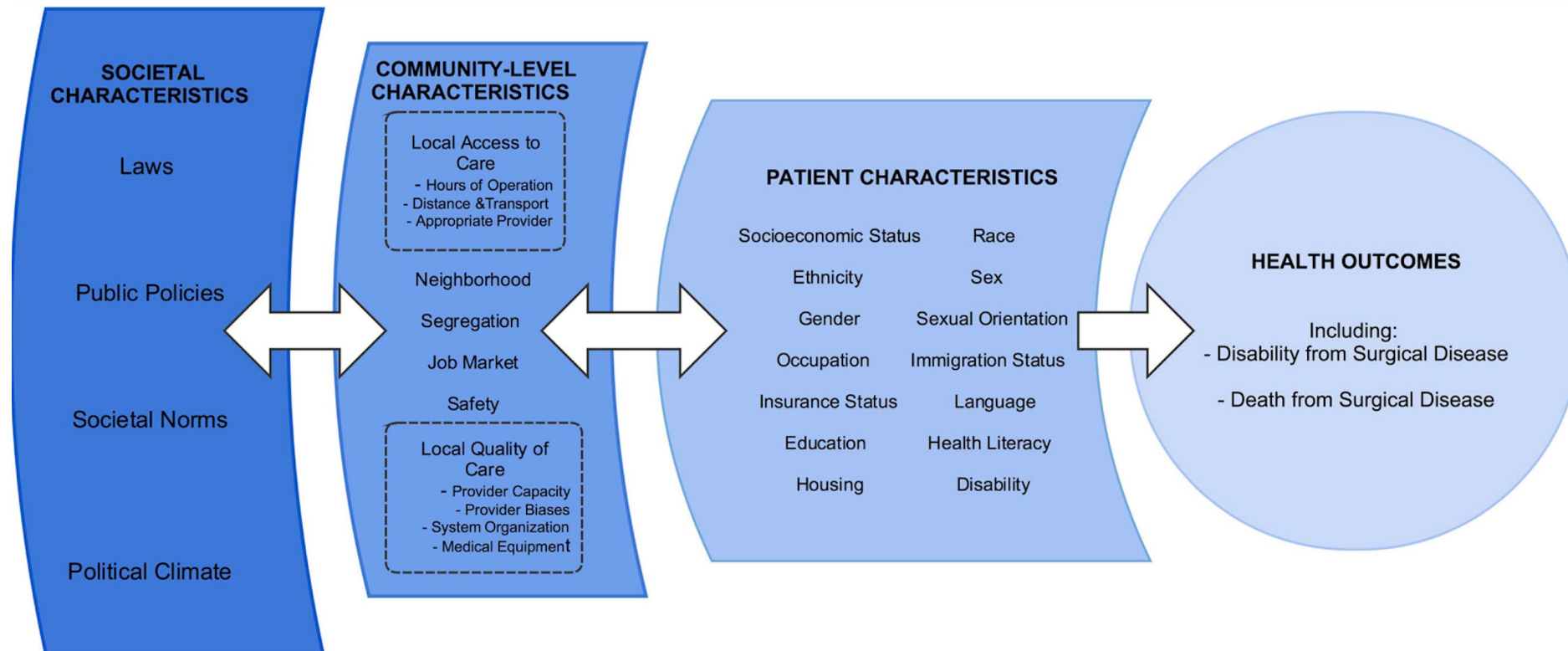
- Risk for chronic medical conditions, which may affect surgical outcomes^{1, 2}
- Stage of illness or injury when presenting to hospital/clinic^{1, 2}
- Access to care^{1, 2, 3}
- And more

1. Devin, C. L., & Shaffer, V. O. (2023). Social Determinants of Health and Impact in Perioperative Space. *Clinics in colon and rectal surgery*, 36(3), 206–209. <https://doi.org/10.1055/s-0043-1761155>
2. Edwards, M. A., Petty, S. B., Chawla, K., Pattipati, S., May, R., Westfall, E., Youssef, M. R., Delafield, N. L., Quillen, J. K., & Milam, A. J. (2026). Social drivers of health and perioperative outcomes: Identifying domains and barriers with significant impact. *American journal of surgery*, 256, 116890. <https://doi.org/10.1016/j.amjsurg.2026.116890>
3. Fox, M. (2021). Social determinants of health and surgery: An overview. American College of Surgeons. <https://www.facs.org/for-medical-professionals/news-publications/news-and-articles/bulletin/2021/05/social-determinants-of-health-and-surgery-an-overview/>.

Socially Responsible Surgery



"**Socially responsible surgery (SRS)** integrates surgery and public health, providing a framework for research, advocacy, education, and clinical practice to address the social barriers of health that decrease surgical access and worsen surgical outcomes in underserved patient populations" (Robinson et al., 2017).



Examples of SRS in Practice

- **Community Care Hubs | Coalition of Accountable Communities of Health:** Provides care coordination services to help connect people to services to address social and health needs through nine regional hubs
- **Edward Thomas House Medical Respite | UW Medicine:** Provides care for patients experiencing homelessness who are ready for discharge from the hospital but not well enough to return to the shelter or streets
- **Healthcare for the Homeless Network | King County, Washington:** Provides health care services to individuals experiencing homelessness
- **Washington Medical-Legal Partnership:** Supports individuals from under-served communities through legal advocacy for their needs and partnership with medical staff to address health barriers

Patient Education



Three ways education materials address SDOH for people undergoing surgery:

Provide
opportunity for
patient-provider
conversations
about needs,
barriers, and next
steps

Fill gaps in
awareness,
increase self-
efficacy, and
encourage early
planning

Serve as a starting
point for
connection to
further
resources and
support

The Why



The Issue:

Anemia and hyperglycemia have a significant impact on surgical outcomes, yet many patients and providers are unaware of this issue, how to address it, or how to navigate social drivers of health that can be a barrier to optimization.

Solution:

Develop a set of patient education resources for distribution by surgical teams, general practitioners, and other providers in the perioperative space as part of preoperative preparation

The Process:

Conduct literature review

Develop draft of materials

Consult the following :

- Surgical providers
- General practice providers
- Community health representatives
- Patient advocates

Revise resources to incorporate feedback

Surgery and Blood Sugar: What you need to know

Why is it important to improve high blood sugar before surgery?

Blood sugar control before, during, and after surgery is important for all people, whether or not you have diabetes. Research has shown that healthy blood sugar levels from pre-surgery through recovery can...



lower your risk for infection and other complications after surgery.



positively impact your quality of life after surgery.



and reduce how long you need to stay in the hospital after surgery.

You should be an active partner in your treatment plan.

Be sure to talk with your provider about questions and expectations you have for treatment, preparing for surgery, the surgery itself, and recovery.

What else should I know about high blood sugar?

- High blood sugar (also called hyperglycemia or high blood glucose) is a condition where the level of sugar in your blood is too high. This can cause problems such as insulin resistance, worsened response to infection, and conditions such as heart disease or stroke.
- Having high blood sugar over a long period of time may indicate that you have pre-diabetes or diabetes, or another health condition. Talk to your doctor if you want to know more about what your blood sugar levels mean.
- Ways to control your blood sugar will depend on your personal health history and what your blood sugar levels are. Talk to your provider as soon as possible before surgery if you have or suspect you may have high blood sugar.

Symptoms of high blood sugar may include:

- Weakness and tiredness
- Excessive thirst
- Frequent urination
- Blurry vision



Note: Some people who have high blood sugar have no symptoms at all

What can I do to improve high blood sugar before surgery?



- If you do not have a primary care provider, your surgery team should support you in creating a plan to prepare and recover from surgery.
- This plan may include monitoring your blood sugar, adjusting your diet and/or exercise habits, or starting or stopping certain medications. It is always important to ask your healthcare team before making any changes to your diet or the way you take your medications.



If You Have Diabetes:

- Make a plan with your healthcare team about how to maintain healthy blood sugar before and after surgery.
- Your healthcare team, including your surgeon and primary care provider, should both know and agree to the plan, including preparation and recovery.



If You Do Not Have Diabetes:

- There is still a chance you may experience temporary blood sugar changes during surgery as part of your body's response to stress.
- Talk to your surgeon and primary care provider about making a plan to control your blood sugar if you experience high or low blood sugar during and after surgery.

Many people struggle to access healthy and fresh foods, know where and how to get medical care, and balance other life demands with treating conditions such as high blood sugar. There are resources that can help. If needed, you may seek extra support here: [\[Health plan may insert link to patient resource navigator\]](#)

Tips for managing diabetes, advice on food choices that can help manage blood sugar, information about insulin, and more information that may be useful for patients with hyperglycemia



More advice for preparing for surgery



Surgery and Anemia: What you need to know

Why is it important to improve anemia before surgery?

Improving anemia before surgery is very important for your recovery and outcomes after surgery.
Research has shown that people who do not have anemia before surgery show...



higher survival rates
after surgery.



reduced likelihood of
needing a blood
transfusion.



reduced risk of infection
and other serious
complications.



increased quality of
life after surgery.



and reduced time
needed in the hospital
after surgery.

You should be an active partner in your treatment plan.

Be sure to talk with your provider about questions and expectations you have for treatment, preparing for surgery, the surgery itself, and recovery.

What else should I know about anemia?

- Anemia is a condition that happens when your body does not have enough red blood cells. It is important to address anemia before surgery to prevent complications.
- Treating anemia effectively requires knowing its cause. Talk to your provider as soon as possible before surgery if you have or suspect you may have anemia.

What Causes Anemia?

Anemia has many causes. These include:

- Genetic conditions
- Not getting enough iron or vitamins (B12 and folate) through the foods you eat
- Blood loss due to things such as heavy menstrual periods, ulcers, and gastrointestinal issues (note: not all gastrointestinal bleeding is obvious)

Anemia is More Common Among:

- Older adults
- Pregnant individuals
- People who menstruate
- People with a vegan or vegetarian diet
- People with autoimmune disorders
- People with intestinal and digestive issues
- People with chronic kidney disease

Symptoms of anemia may include:

- Weakness and tiredness
- Dizziness
- Shortness of breath
- Abnormal or fast heartbeat
- Headaches

Note: Some people who have anemia have no symptoms at all



What can I do to improve anemia before surgery?



If Your Anemia Is Caused By Low Iron:

- If you have an upcoming surgery, oral iron treatment and nutritional changes alone will likely not address anemia fast enough. Talk to your surgical team about other solutions, such as IV iron.
- Talk to a provider about starting oral iron tablets or making adjustments to your diet to address your low iron in the long-term.

If Your Anemia Is Caused By Something Else:

- Talk to your surgical team about how you can determine and treat the cause of your anemia.
- You should also talk with a provider about how to manage the cause for your anemia in the long-term.

Many people struggle to access healthy and fresh foods, know where and how to get medical care, and balance other life demands with treating conditions such as anemia. There are resources that can help. If needed, you may seek extra support here:
[Health plan may insert link to patient resource navigator]

More information
about anemia



More advice
for preparing
for surgery



Food sources
of iron



More information
about gastrointestinal
bleeding



Next Steps

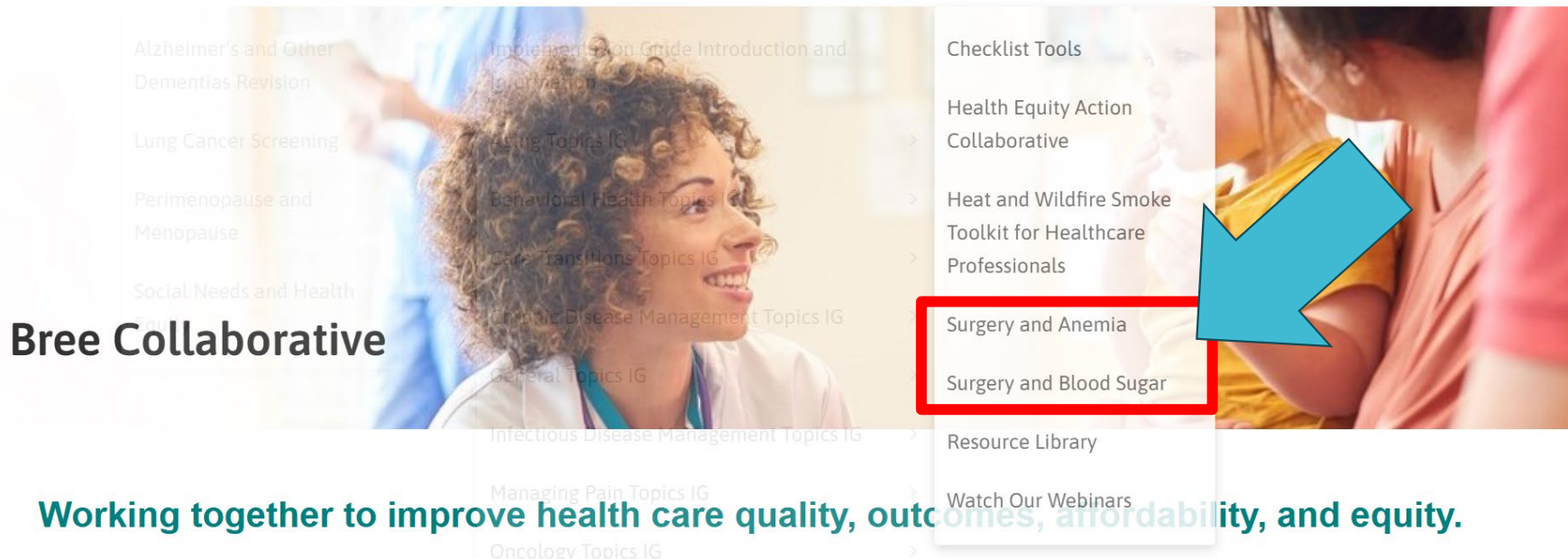


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Panelists



- **Kailey Bolles, MD, FACG**, Internal Medicine, Harborview Medical Center
- **Lara Oyetunji, MD, MPH**, Associate Professor of Cardiac Surgery, UW Medicine
- **Janice Tufte**, Hassanah Consulting, Patient Co-lead COSMID Trial
- **Sara Warner, DrPHc, MPH, CHW**, Community Health Plan of Washington



Closing

Webinar Recording will be shared in upcoming week with individuals who signed up to attend event.



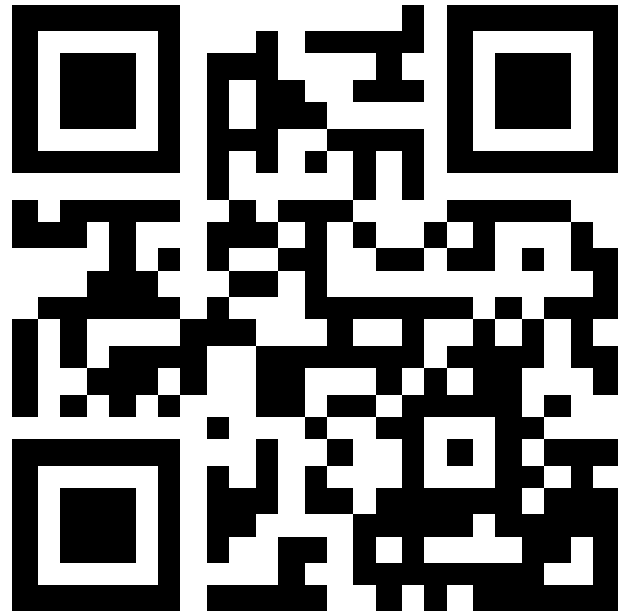
Upcoming Events

- **Sept. 16th:** Leading Successful Root Cause Analyses (Seattle, WA)
- **Sept. 17th:** Catalyst for Change: Harnessing Rural Ingenuity to Transform Health (Virtual)
- **Oct. 13-15th:** WA State Public Health Association Annual Meeting (Wenatchee, WA)
- **Oct. 15-16th:** NW Patient Safety Conference (Virtual)
- **October 23rd:** Dementia Summit: Primary Care at the Forefront (Yakima)
- **Oct. 27th:** HICOR Value in Cancer Care Summit (Seattle)
- **Oct 29th:** Cancer Action Coalition of Washington Annual Meeting (Seattle, Spokane, Poulsbo, Sunnyside, and Virtual)
- **Dec. 4th:** State of Diabetes: Puget Sound (Seattle)

Thank You



Post-Survey



THANK
you

Thank you to our speakers!

Thank you for joining us today!