

Perioperative Warming: Decision Guide



The pre-operative phase is defined as 1 hour before induction of anaesthesia.



The intra-operative phase is defined as the total anaesthesia time (including the time in the anaesthetic room before induction of anaesthesia).



The post-operative phase is defined as 24 hours after the patient enters the recovery area.

The Facts About Perioperative Hypothermia:

Clinical hypothermia = core temperature less than 36°C



Patients can lose up to 1.6°C core temp within the first 1 hour of anaesthesia

70% of patients experience hypothermia unless steps to keep them warm are undertaken:

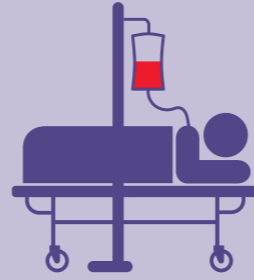


Hypothermic patients are associated with:

Readmission to high dependency units



Longer hospital stay



Increased surgical site infection rates



Cardiac events



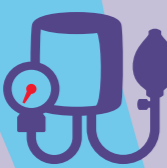
Higher costs of treatment



Changes to metabolism of drugs



Longer post-anaesthetic recovery



Post-operative shivering and thermal discomfort



Who is at risk?

- Any patient undergoing a surgical procedure anticipated to require more than 30 minutes of anaesthesia time
- Any patient undergoing anaesthesia anticipated to last less than 30 minutes who:
 - has an ASA grade greater than 1
 - is having combined GA and regional anaesthesia
 - is undergoing major/intermediate surgery
 - is at risk of cardiovascular complications
 - has a pre-operative temperature below 36°C

ASA grading

ASA Classification	Definition
ASA I	A normal healthy patient
ASA II	A patient with mild systemic disease
ASA III	A patient with severe systemic disease
ASA IV	A patient with severe systemic disease that is a constant threat to life
ASA V	A moribund patient who is not expected to survive without the operation

REFERENCES

- National Institute for Health and Clinical Excellence (NICE) guideline (2008), Surgical site infection prevention and treatment of surgical site infection.
- National Institute for Health and Clinical Excellence (NICE) guideline (2008; updated 2016), The management of inadvertent perioperative hypothermia in adults.
- National Institute for Health and Clinical Excellence (NICE) Resource impact report: Hypothermia: prevention and management in people having surgery (CG65) (2016)
- Sessler DI (2000) Perioperative heat balance. *Anaesthesiology* 92: 578-96
- Centers for Disease Prevention and Control / Healthcare Infection Control Practices Advisory Committee (CDC) / (HICPAC) guidelines 2017 Berrios-Torres SI, et al. (2017), Centers for Disease Control and Prevention Guideline for the Prevention of Surgical Site Infection JAMA Surg E1-E8.
- National Institute for Health and Clinical Excellence (NICE) Addendum to Clinical Guideline CG65, Inadvertent Perioperative Hypothermia (2016)
- American Society of Anesthesiologists' (ASA) Physical Classification System, Last approved by the ASA House of Delegates on October 15, 2014

