

# Review of 'Preparing for Surgery: A Pocket Guide with Insights from an Anesthesia Provider to Help Prepare for Surgery with Confidence' and its Implications in Public Health

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## Abstract

*"Preparing for Surgery: A Pocket Guide with Insights from an Anesthesia Provider to Help Prepare for Surgery with Confidence" by Dana Adams (2024) is a concise and accessible resource designed to guide readers through the complexities of surgical preparation. The book demystifies the surgical process, addressing common anxieties and questions related to anesthesia and pre- and post-operative care. It emphasizes patient education and advocacy, empowering readers to actively participate in their surgical journey. Beyond its direct relevance to surgery, the book carries implications for public health by promoting patient education and understanding of surgical procedures. This can contribute to reduced anxiety, improved compliance with pre- and post-operative instructions, and better surgical outcomes. The book also fosters stronger patient-provider relationships, increasing trust and satisfaction with healthcare services. With its clear explanations and practical advice, this book serves as an informative companion for patients, students, and practitioners alike, ultimately contributing to a more informed and positive surgical experience.*

**Keywords:** Anesthesia, surgery, public health, book review

## Introduction

"Preparing for Surgery: A Pocket Guide with Insights from an Anesthesia Provider to Help Prepare for Surgery with Confidence" is a valuable resource written by Dana Adams (2024), a board-certified Physician Assistant specializing in Anesthesia. The book, published in 2024 by CJB3 Publishing LLC, spans five chapters and is designed to guide readers through the intricacies of surgical preparation. The book's compact format and accessible language make it a handy tool for patients, students, and practitioners alike. The primary focus of this book is to demystify the surgical process, addressing common anxieties and questions related to anesthesia

and pre- and post-operative care. It is essential for empowering patients with knowledge and reducing anxiety while promoting better communication and trust in healthcare (Ali et al., 2024). It highlights the importance of patient education and advocacy, empowering readers to actively participate in their surgical journey (Rothrock, 2022). With its clear explanations and practical advice, this book serves as an informative companion for anyone navigating the complexities of a surgical procedure.

Beyond its direct relevance to surgery and anesthesia, the book also carries implications for public health by promoting patient education and understanding of surgical procedures. This can contribute to

reduced surgical anxiety and improved mental health by alleviating fear and uncertainty (Wilson et al., 2016). Clear and concise information enhances patient compliance with pre- and post-operative instructions, leading to better recovery outcomes (Albalushi et al., 2023). The book's emphasis on open communication fosters stronger patient-provider relationships, increasing trust and satisfaction with healthcare services (Gottumukkala et al., 2023). By empowering patients with knowledge, the book contributes to increased health literacy and encourages patients to actively participate in their own care.

### Overview of the Book's Chapters

The first chapter, "*Types of Anesthesia*" delves into the various types of anesthesia, including general, regional, and local anesthesia. The author provides both official definitions and simplified explanations, ensuring clarity for readers with varying levels of medical knowledge. This chapter is particularly informative for patients who may be unfamiliar with the nuances of anesthesia and its different forms. Chapter two, "*Prep for Surgery - The Days Before*" outlines the crucial steps to take in the days leading up to surgery, including consultations with the surgeon and anesthesiologist, pre-anesthesia testing, and obtaining surgical consent. It emphasizes the importance of open communication with the medical team and understanding the details of the surgical plan. The author also provides guidance on dietary restrictions, medication management, and assembling a support system for post-operative care. Chapter three, "*The Day of Surgery*" focuses on the day of the surgery itself, offering practical advice on what to wear, hygiene recommendations, and managing expectations. It addresses common concerns such as makeup removal, nail polish restrictions, and hair care to ensure patient safety during the procedure. The author also stresses the importance of bringing necessary documents and having a designated

support person for transportation and post-operative assistance. Chapter four, "*Chapter 4: What to Expect on the Day of Your Surgery*," provides a detailed walkthrough of the surgical process, from arrival at the hospital to recovery. It outlines the various stages, including registration, pre-operative nursing assessments, anesthesia consultations, and the operating room experience. The author also discusses pain management and the role of the Post-Anesthesia Care Unit (PACU) in ensuring a safe and comfortable recovery. The final chapter, "*Chapter 5: Anesthesia Basics & Commonly Asked Questions Answered*," addresses common questions and misconceptions about anesthesia. It reassures readers about the safety of anesthesia, the role of the anesthesia provider, and the likelihood of rare events such as waking up during surgery. The author also discusses post-operative nausea and vomiting (PONV) and the measures taken to minimize this side effect.

### Strengths and Implications

One of the key strengths of "*Preparing for Surgery: A Pocket Guide with Insights from an Anesthesia Provider to Help Prepare for Surgery with Confidence*" is its readability. The author's conversational tone and clear explanations make complex medical concepts accessible to a wide audience. The book's emphasis on patient education and empowerment is particularly commendable, encouraging readers to actively engage in their surgical care. Additionally, the inclusion of commonly asked questions and practical advice enhances its value as a patient-centered resource. This book holds significant relevance for various groups: (i) *Practitioners*: Anesthesiologists, surgeons, and nurses can use this book as a tool to enhance patient education and improve communication regarding anesthesia and surgical procedures. (ii) *Teachers and Students*: Medical and nursing students will find this book to be a concise yet comprehensive overview of anesthesia and

surgical preparation. It can serve as a supplementary resource for courses related to anesthesiology, surgery, and patient care. (iii) *Researchers*: While not a primary research tool, this book can provide researchers with insights into patient perspectives and concerns regarding anesthesia and surgery. It can inform the development of patient-education materials and research studies, which focus on improving the surgical experience (Steves & Scafide, 2021).

The book's strengths relating to education on preparing for surgery can also translate into broader implications for public health (Teshome et al., 2022; Rangrass et al., 2024): (i) *Improved surgical outcomes*: By enhancing patient understanding and compliance, the book can indirectly contribute to improved surgical outcomes and reduced complications. (ii) *Reduced healthcare costs*: Better patient preparation and recovery can lead to shorter hospital stays and fewer post-operative complications, ultimately reducing healthcare costs. (iii) *Increased patient satisfaction*: Well-informed patients are more likely to feel empowered and satisfied with their healthcare experiences, leading to greater trust in the medical system. (iv) *Enhanced community health*: By promoting health literacy and self-advocacy, the book can contribute to a more informed and health-conscious community.

## Conclusion

Overall, "Preparing for Surgery: A Pocket Guide with Insights from an Anesthesia Provider to Help Prepare for Surgery with Confidence" is a valuable addition to the literature on patient education and surgical preparation. Its clear explanations, practical advice, and patient-centered approach make it an effective tool for empowering patients to navigate the complexities of surgical procedures. The book's focus on anesthesia, combined with its accessible language and compact format, enhances its relevance for both medical professionals and

patients alike. By addressing common anxieties and providing comprehensive guidance, this book contributes to a more informed and positive surgical experience for all. This book not only serves as a practical guide for patients undergoing surgical procedures but also carries significant implications for public health. By promoting patient education, empowerment, and open communication, the book can contribute to reduced anxiety, improved compliance, and better surgical outcomes. Its accessible format and comprehensive information make it a valuable resource for patients, students, practitioners, and researchers alike. As a Physician Assistant specializing in Anesthesia, Dana Adams has provided a commendable contribution to the field, bridging the gap between medical expertise and patient understanding.

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