

November 9, 2021

Dear Primary Care Team,

The Beverly Hospital Orthopedic Team consistently strives to provide orthopedic service excellence with successful patient outcomes. As a participant in the New England Baptist Orthopedic (NEBO) program, we follow established criteria that have been proven to reduce complications and improve outcomes by optimizing our patients' modifiable medical conditions.

We understand that medical management of complex patients is your area of expertise. We look to our PCP colleagues to help us medically optimize our patients so that we all can provide high quality patient focused care with a reduction in surgical outcome complications and a quicker patient recovery. We are not asking you to pre-screen patients before referring for orthopedic evaluation. Rather, we are sharing the NEBO program criteria with you so patient expectations can be consistent across all care providers. Your orthopedic colleagues are available and happy to assist in surgical and non-surgical care for your patients. The NEBO program criteria are listed below. When something is listed as a "hard stop", this means that elective surgery may not be done on this patient until criteria are met unless there are extenuating circumstances.

#1 Weight management:

- BMI greater/equal than 45 is a hard stop
- BMI between 40-45 with comorbidities such as obstructive sleep apnea, IDDM, recent stroke or heart attack, CHF, and end stage renal disease is a hard stop

#2 improved glycemic control

- Hemoglobin A1C greater than 8 is a hard stop

#3 Hemoglobin

- Hemoglobin less than 10 is a hard stop

#4 Smoking cessation

- Optimal timeframe is to quit smoking for 6 or more weeks before their surgery

#5 Alcohol use

- Optimal alcohol consumption for patients is less than 14 drinks/week

#6 Recreational drug use:

- Optimal time frame of no active drug use for more than 3 months prior to

#7 Pre-surgical Narcotic Prescriptions

- Reduce narcotic use pre-procedure if possible

#8 Special Considerations:

- Patients with the following conditions may need extended pre-procedure optimization which may delay their elective surgery:
 - End stage renal disease on dialysis
 - Transplant patients
 - Hematological disorders including cancer

Thank you for your continued support and referrals. We look forward to mutually providing the best care and outcomes for orthopedic care.

Please contact Ed Aiello, the orthopedic service line director, at 978-816-3038 for any questions, feedback, or concerns