

# Individualised risk assessment: why and how guide



In the UK we are required by law to explain the **specific risks to individual patients** of medical interventions (Montgomery ruling)



Use your risk assessment to: **communicate** and discuss risk with colleagues and patients; **prioritise** patients for critical care; **plan** the perioperative care pathway



Individualised risk assessment is also good practice and supports **shared decision making** between patients and clinicians



Use the **Duke Activity Status Index** or **Cardiopulmonary Exercise testing\*** to evaluate individual patients' suitability for prehabilitation interventions such as exercise training



Use the Surgical Outcome Risk Tool **SORT** ([www.sortsurgery.com](http://www.sortsurgery.com))\*\* **combined with clinical judgement** to estimate short-term mortality risk. The SORT is an accurate free, online risk calculator and requires no blood tests or other investigations



Risk assessment should occur as **early as possible in the perioperative pathway**: ideally at the time of surgical referral or MDT discussion - or at latest in the pre-op assessment clinic