Meet our Staff

Victoria Tang, MD is our geriatrician. She is passionate about ensuring the best care for older adults in the hospital.

Alicia Rivas, MS is our occupational therapist. She loves working to meet the unique needs of each patient.

Laurie Kramer is our physical therapist. She loves helping people get stronger.

Emily Finlayson, MD, is a surgeon & the founding director of the UCSF Center for Surgery in Older Adults.

Kaitlyn Attiga, MPH, RD is our dietitian. She will give you an individualized nutrition plan.

Medical and nursing students will also be joining us as health coaches to help you get fit for surgery.

The UCSF Surgery Wellness Clinic
At The UCSF Center For Surgery in Older Adults

A Guide To Your Clinic Visit

UCSF Medical Center at Mission Bay
1825 Fourth Street, 4th Floor
San Francisco, CA 94158
(415) 476 - 3474
http://csoa.surgery.ucsf.edu/
Get fit for surgery: why does it matter?

If you are stronger and healthier before surgery, it will be easier to recover, and get back to your usual activities.

What to expect...

...before your clinic visit:

Your surgeon referred you to our clinic because he or she thinks you could benefit from extra preparation before surgery.

Please fill out our questionnaire so that we can create a pre-surgery program that fits your specific needs.

...during your clinic visit:

You will spend about an hour and a half at the clinic and meet with the following professionals:

- A geriatrician will assess your risk of confusion after surgery and help you determine your goals for surgery.
- An occupational therapist will assess your home situation and anticipate post-surgery needs.
- A physical therapist will create an individualized strengthening program.
- A nutritionist will assess your nutrition and may recommend diet changes or supplements before surgery.

...after your clinic visit:

At the end of your visit, you will be offered a health coach who will review the recommendations for your pre-surgery program.

Your health coach will keep in touch with you to help you get fit for surgery.