

Total Joint Replacement Pre-Operative Education Class



FALMOUTH HOSPITAL

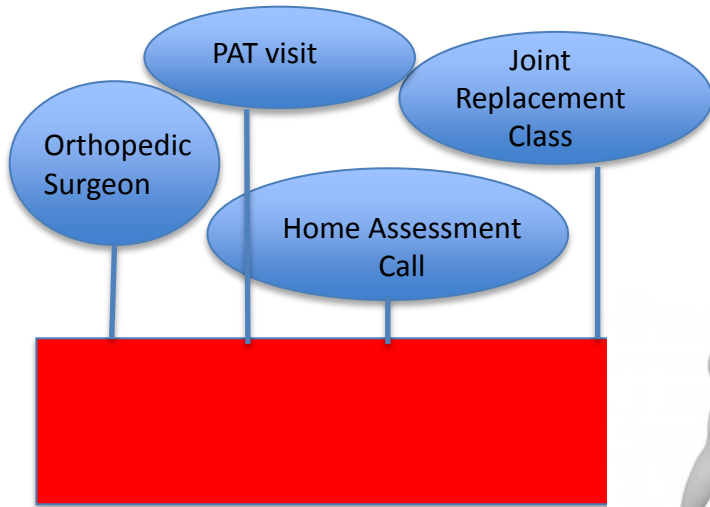
Member Cape Cod Healthcare

Goals for Today

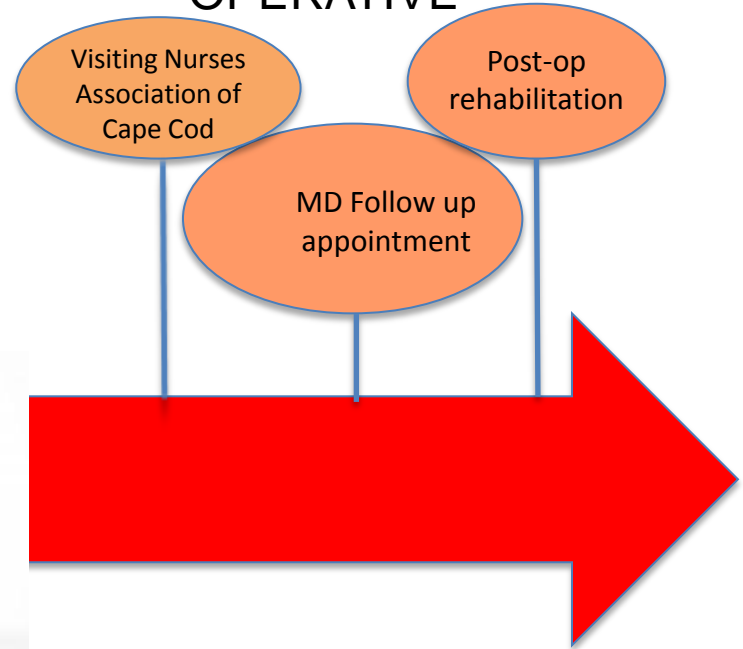
- Welcome you to your Total Joint Program
- Introduce you to our team, our services, and our facility
- Review important information
- Answer any questions you might have
- Prepare you for a successful experience

Our Total Joint Program

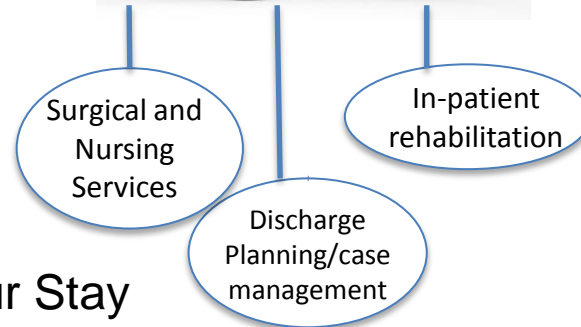
PRE-OPERATIVE



POST-OPERATIVE



During Your Stay



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PRE-OPERATIVE



Patient Responsibilities for Optimal Outcomes

- Limit or stop smoking
- Decrease alcohol consumption
- Adopt healthy eating habits
- Take exercise seriously
- Stop taking medications as instructed by your Doctor
- Wash with soap provided as instructed
- Prepare your environment for a safe return home
- Write down any questions you have

Pre-Admission Assessment and Testing (PAT)

Office/PAT team:

- Physician's office schedules your PAT appointment
- Visit lasts about 2 hours
- Register at the Registration Desk in Faxon Lobby/Main Entrance

Your Responsibilities:

- Ensure that the nurse has a PREFERRED phone number
- Bring a picture ID, updated medications list with doses, and cards for implanted devices

PreHab

- Your Doctor will determine if you need Prehab
- **Goal: To identify and address functional deficits before surgery that can be improved to help maximize post-operative outcomes.**
- Appointments may include:
 - Evaluation and recommendations for safety
 - Pool exercise session
 - Individual land-based exercise session
 - Gait training with a walker or cane on level surfaces and stairs
 - Appropriate number of appointments will be determined at evaluation

Case Management Phone Assessment

- A Case Manager will call the week before your surgery
- **GOAL: to establish discharge goals with you pre-operatively**
- Information shared with care team from hospital to home
- Provides your care team with information including the physical layout of your home, support available at home, community resources, and any medical equipment you have or may need

What to Bring for your Stay

- Your Total Joint book
- Any breathing machines used while sleeping
- Glasses (with case)
- Dentures
- Hearing aids (with case)
- Cell phone charger if bringing your cell phone
- A credit/debit card if using our Meds to Go program
- Your Incentive Spirometer that was provided to you at your PAT appointment.

Do NOT bring:

- Valuables
- Jewelry
- Cash/Checkbooks
- Medications (unless told to do so)
- Weapons of any kind
- Smoking materials, recreational drugs or alcohol. We are a non-smoking facility.
- **We cannot be responsible for any lost belongings.**

The Night Before

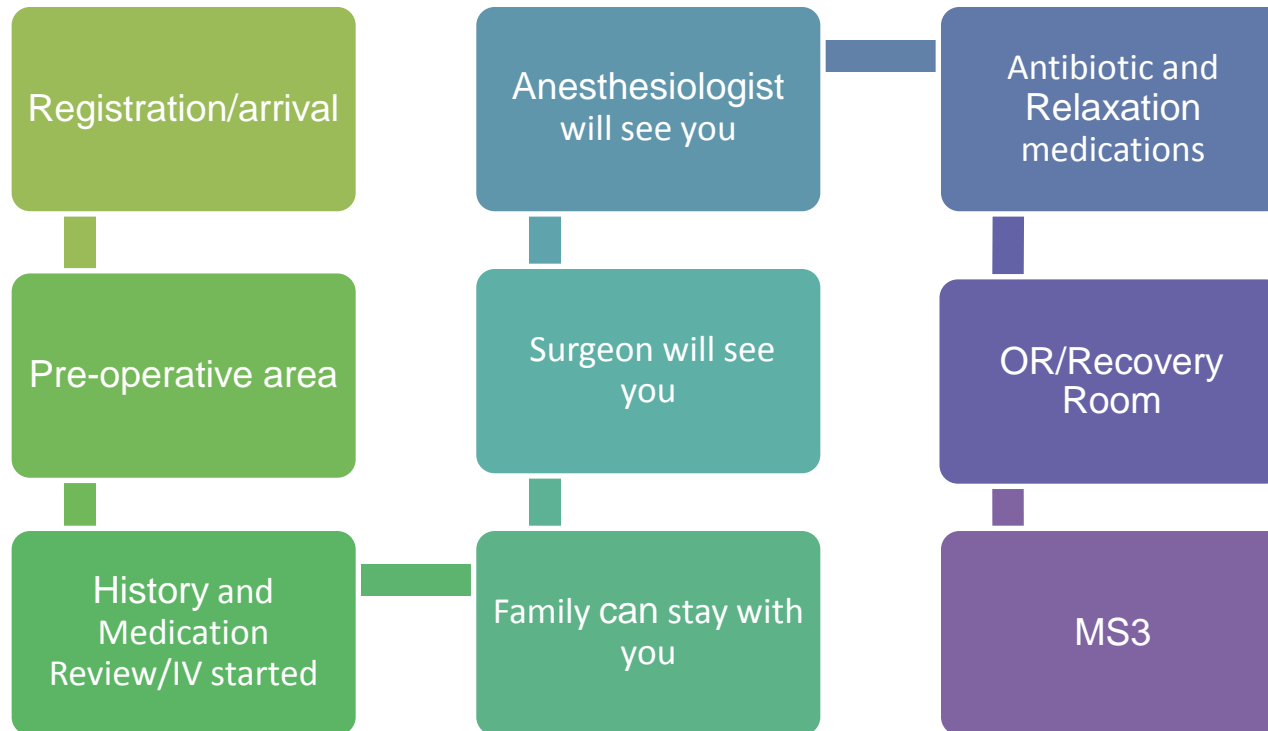
- Nothing to eat after midnight prior to surgery. You may drink up to 16 ounces of clear liquids until 4 hours before surgery. Clear liquids include coffee or tea without milk or sugar, apple juice, or water.
- Get a good night's sleep
- Shower using HIBICLENS

Your Stay at Falmouth Hospital



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Day of Surgery Procedures



Your Room Assignment and Communication Boards

- Private room : all of you will have a private room
- Toiletries will be provided (toothbrush, toothpaste, soap, towels)
- All rooms will have a phone, TV and a private bathroom
- Communication Board

FALMOUTH HOSPITAL Member Cape Cod Healthcare		Welcome to Med Surg 3	
Patient Name: Kira	Today Is: Friday 8-3-18	Plan for the Day: Ambulate in hall Visit Home Confidence Room	
Room #: 302	Your Phone Number: 508-457-3802		
Attending Provider: Your surgeon			
Nurse: Jenn	Case Manager/Social Worker: Cyndi	Discharge Plan: Home with VNA of Cape Cod 8-4-18	
Patient Care Tech: Sarah	Housekeeper: Mayre		
Nursing Leadership: Stephanie Whelan / Sheila Roche		Fall Risk: High Fall Risk	
M: <input checked="" type="checkbox"/>	Purposeful Rounding Log		Activity/PT/OT: Quad Sets Glute Sets Ankle Pumps
E: <input checked="" type="checkbox"/>	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>		Family Concerns/Messages: Kira will be using our "Meds to Beds" program
E: <input checked="" type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>		
T: (Tell us one thing we can do to improve your hospital experience): "Coffee in AM"			

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Pain Management

- “On a scale of 0-10, 10 being the worst pain, how would you rate your pain?”
- You will NOT BE PAIN FREE!
- **Goal: to comfortably participate in Physical Therapy, get rest and visit with family**
- Scheduled medications/PRN(as needed) medications (your nurse will review on admission)

Wong-Baker FACES Pain Rating Scale



From Wong D.L., Hockenberry-Eaton M., Wilson D., Winkelstein M.L., Schwartz P.: Wong's Essentials of Pediatric Nursing, ed. 6, St. Louis, 2001, p. 1301. Copyrighted by Mosby, Inc. Reprinted by permission.

Preventing Post Operative Complications

- Prevention:
 - Exercise
 - Foot pumps
 - Ankle circles
 - Other exercises prescribed by your therapist
 - Venodynes
 - Anticoagulant medication
 - Plenty of fluids
 - OOB same day as surgery
 - Walking with help in hallways
 - Incentive Spirometer



- Note: Let your Nurse know immediately if you have the following symptoms
 - chest pain
 - shortness of breath or rapid breathing
 - pain or tenderness in your calf

Rehabilitation Benefits

- Benefits of Physical and Occupational Therapy
 - Restore Joint Range of Motion
 - Reduce risk of falling
 - Improve strength
 - Improve balance and coordination
 - Improved activities of daily living (such as bathing, dressing, toileting)
 - Assist you to meet your movement and activity goals

Inpatient Rehabilitation

- Initial evaluation day of surgery
- Assess needs for durable medical equipment (walker, grabber, commode, raised toilet seat)
- Home Confidence Room
 - Mimics a home setting to practice functional activities required in your home and the community
 - stair training
 - walking with assistive device
 - entering and exiting the passenger side of a car
 - activities of daily living
 - Improves your confidence in performing functional activities

Case Management and Discharge Planning

- You should expect rehabilitation services after discharge
 - Most of you will go home with Visiting Nurses Association of Cape Cod (VNA) (or selected homecare provider)
 - A few of you may go to JML (or selected Short Term Rehabilitation facility)
- Transportation
 - Transportation to JML is not always a covered service.
 - Patients going home
 - Please make sure that you have a family member or friend who can provide transportation
- To make the discharge process run smoothly
 - Your ride should be available to pick you up before 11 am
 - Parking on day of discharge is at the Lilly Lobby entrance in the circle by the door
 - Make sure you understand discharge instructions including medications and follow up appointments
 - Post-operative Rehabilitation
 - Follow-ups with Surgeon
 - VNA first visit
 - Outpatient Rehabilitation

Pharmacy

- **“Meds to Go: *Prescriptions, ready when you are*”** program
- Available through Falmouth Hospital Retail Pharmacy
 - (located near Faxon Lobby)
- Medications can either be delivered to your bedside or picked up by a family member at the pharmacy
- A member of your healthcare team will assist you
- Allows for easier facilitation of your discharge from the hospital

POST-DISCHARGE



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Visiting Nurses Association of Cape Cod (VNA)

- Day of discharge after you get home
 - VNA will visit you to complete a full medical and home safety assessment
 - nursing, physical therapy, and/or occupational therapy
- Physical therapy is daily for the first 5-7 days (includes weekends)
 - provides you with recommendations for equipment and/or environmental changes
 - Assists you with establishing goals
 - restoring you to normal function,
 - relieving your pain
 - improving your range of motion and muscle strength
- Home therapy continues until your surgeon has cleared you for outpatient rehab with Falmouth Hospital Outpatient Rehabilitation
- Follow-up phone call from the VNA of Cape Cod at 3 months after your discharge date from home therapy

Outpatient Rehabilitation

- After VNA home therapy, you will continue rehabilitation in outpatient therapy
- Your therapy goals and progress are communicated to your surgeon
- Locations
 - Falmouth Hospital
 - Bourne Clinic
- Outpatient Patient Responsibilities
 - Keep your appointments
 - Be on time for your appointments
 - Wear comfortable clothing (shorts, athletic pants, t-shirts)
 - If you are unable to make an appointment, please call to reschedule

Your Questions



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