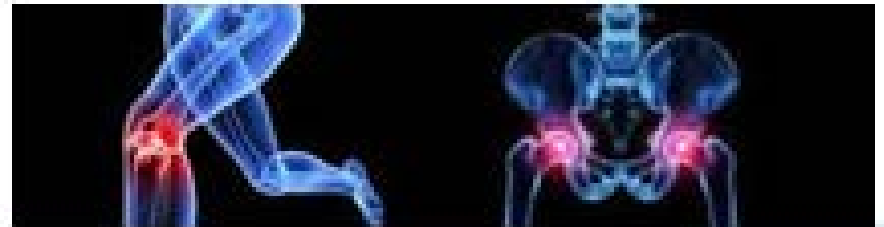


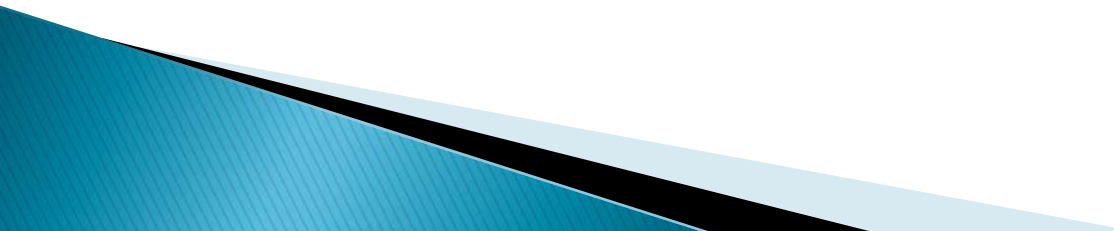
GRANDVIEW
MEDICAL CENTER

Total Joint Replacement Class

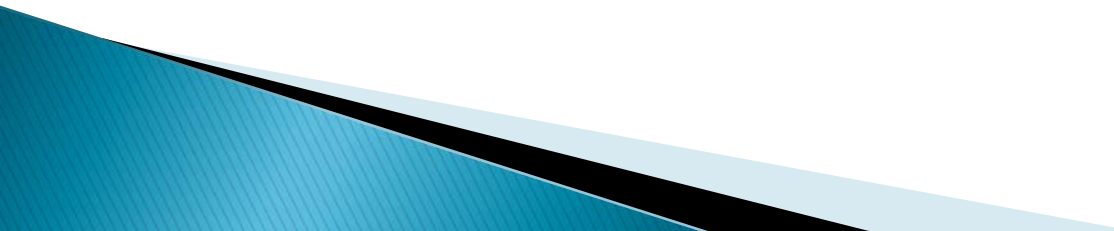


**Welcome to Grandview Medical
Center Total Joint Replacement
Hip and Knee
Pre-Operative Patient Education Class**

Purpose

- ▶ Provide you with valuable information on what you may expect after surgery
 - ▶ An opportunity to familiarize yourself with Grandview Medical Center and the staff who will help provide you with quality care in a timely fashion
 - ▶ Help you to better plan ahead for your hospital stay as well as discharge
 - ▶ Finally, decrease your anxiety level
- 

Purpose

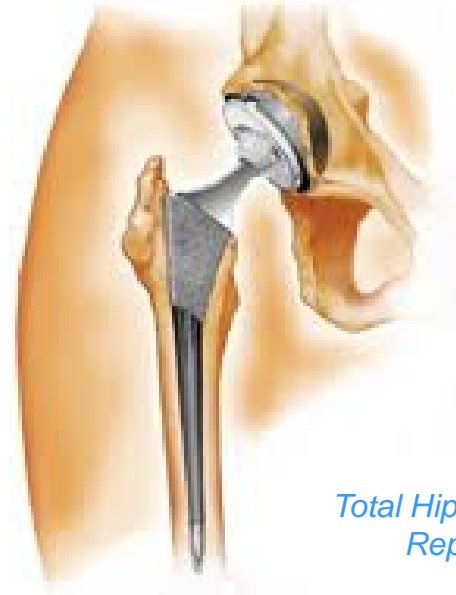
- ▶ At GMC we provide a comprehensive, multidisciplinary approach to care for the evaluation and treatment of hip and knee joint replacement surgeries.
 - ▶ Our team consists of your Orthopedic Surgeon, Anesthetists, Nurses, Physical Therapists, and Case Managers who will guide you through post surgery rehabilitation and recovery.
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Our Goal

- ▶ The goal of our team is to relieve pain, return you to independency, and get you back to work and activities of daily living.



*Total Knee
Replacement*



*Total Hip
Replacement*



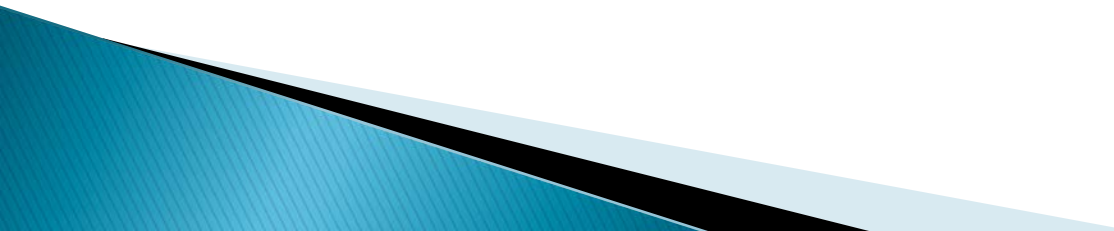
Designated as a

**Blue
Distinction[®]**

**Center for Knee and Hip
Replacement**



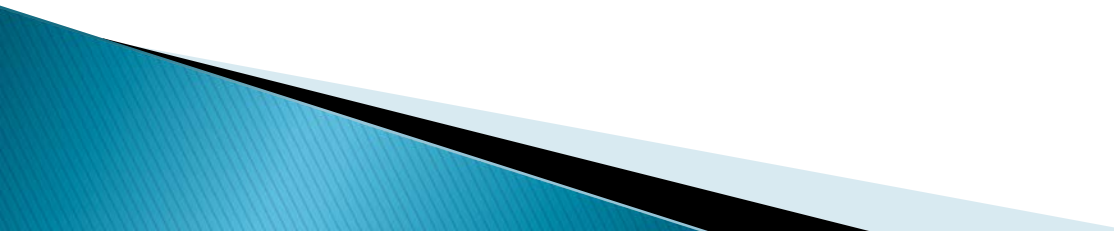
Blue Distinction

- ▶ Grandview has been designated as a Blue Distinction Center for Knee and Hip Replacement.
 - ▶ This designation is based on rigorous, clinically established data in collaboration with nationally recognized experts in the field of orthopedic surgery and medicine.
 - ▶ The goal of this program is to help consumers find healthcare facilities that have demonstrated better outcomes in orthopedic specialty care.
- 

Overview the day following surgery

- ▶ The day begins early around 6:00 a.m. with vital signs being taken.
- ▶ Staff or Coach will assist you with personal needs, bathing, and be sure to put on your gym clothes.
- ▶ Breakfast arrives around 07:00 a.m. You should walk with assistance to the dining room for all meals starting today.

Next Day Continued

- ▶ Physical Therapy, Nurse or Coach will walk with you to the gym.
 - ▶ Therapy lasts about one hour and then you, with your Coach, may walk in the hallway for more exercise before returning to your room to sit in the recliner. You will need to sit in a chair as much as can be tolerated throughout the day, when not walking in the hall.
 - ▶ Lunch will be served around 1200.
- 

Next Day Continued

- ▶ 1:00 Physical Therapy will return for your work out in the gym. You will be able to rest for a short period of time before dinner in your room, but don't forget your chair exercises. It is very important to use the incentive spirometer as well while resting.
- ▶ Dinner will be served around 5:00 p.m. in the afternoon in the dining room. After dinner, is a good time to have visitors.
- ▶ This is the daily routine until discharge.

Hourly Rounding

- ▶ On the ortho floor a healthcare worker will be in your room once every hour between the hours of 6am and 10pm. This is referred to as Hourly Rounding.
- ▶ During the night, the staff will check on you every two hours.
- ▶ They will not wake you up for anything if you do not ask them to.
- ▶ This is for your safety, and to see if you need anything at that time.
- ▶ We will assess 4 P's
 - Pain
 - Potty
 - Position
 - Possessions

Incentive Spirometer

- ▶ You will be receiving an ICS today
- ▶ The purpose of it is to move the air around in your lungs to help prevent pneumonia
- ▶ Exhale first, then inhale slowly into the ICS to your set goal
- ▶ 10 breaths every hour while awake
- ▶ You can remember this by adding it to your hourly PT



Drains

- ▶ Pull fluid from the incision site to help with reduce pain and swelling.
- ▶ Removed day after surgery.
- ▶ They are not sutured in.



Equipment

- ▶ Ice Packs may be used 20 minutes out of each hour.
- ▶ Abduction Pillow for Posterior Approach
 - Prevent hip patients from crossing their legs.
- ▶ Remember, if you are having a Total Hip Replacement with the Anterior Approach there are NO HIP Precautions.



Pain Management

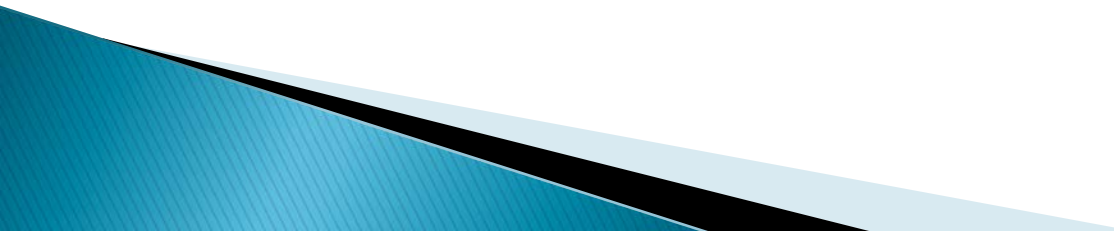
- ▶ You will have medicine for pain so you can move around and participate in physical therapy your entire stay in the hospital.
- ▶ Several pain management options are available, such as pain medicine through your IV, or pain pills, as well as muscle relaxers. Remember, there are none narcotic methods for pain control as well. Ask your nurse about these options.
- ▶ A Pain Management Nurse will visit and assess your individual need for pain relief.
- ▶ Adductor Canal Blocks are available in the holding room prior to your surgery. This block will reduce pain for the next 8-12 hours.

Adductor Canal Block

Benefits Include

- ▶ Decreased pain
- ▶ Decreased pain medications
- ▶ Reduced incidence of nausea and vomiting
- ▶ The anesthesiologist will discuss the block/procedure with you before surgery

Side Effects of Pain Meds

- ▶ Nausea and Vomiting
 - ▶ Constipation
 - ▶ Drowsiness
 - ▶ Dizziness
 - ▶ Decreased Respirations
 - ▶ If you experience any of these please notify your nurse
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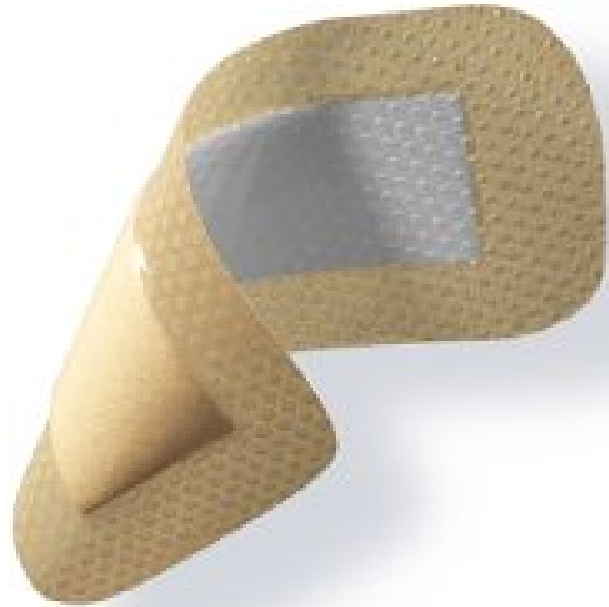
Anticoagulants

- ▶ Blood thinners will be given to you while you are in the hospital and after discharge to prevent blood clots. They are very important!
 - ▶ Coumadin
 - Do not eat leafy greens because they are full of Vitamin K and this will thicken the blood.
 - ▶ Lovenox
 - A shot that is given once a day for the amount of time specified by the doctor
 - We will teach you how to give it while you are here
 - Check to see if your pharmacy carries it before you are discharged home
- Asprin:** 325mg. may be ordered as your Blood Thinner at discharge.



Dressing

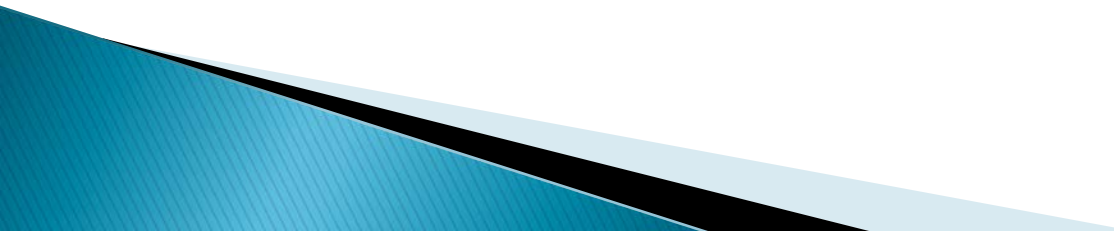
- ▶ Your dressing will be changed the day after surgery.
- ▶ It will last 7 days.
- ▶ You will be sent home with one to change on your own.
- ▶ You may shower with it on; pat dry after shower.
- ▶ **Do NOT** take a tub bath until your doctor approves, only shower.



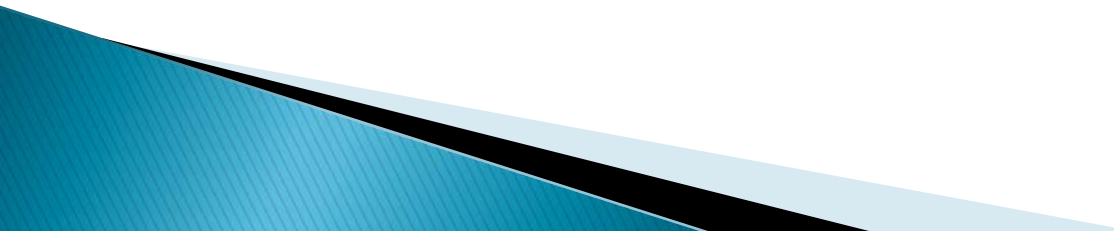
Changing the Dressing

- ▶ On day 7 remove dressing.
- ▶ Clean the incision site with the chloraprep stick, if you have Staples,
- ▶ If your incision is glued, DO NOT use the Chloraprep stick, use water.
- ▶ Allow to dry.
- ▶ Apply clean dressing.

Discharge

- ▶ Discharge is normally 3 nights in bed and then discharge around noon the next day.
 - ▶ Example: if your surgery is on Monday, the tentative day of discharge will be Thursday. If surgery is on Tuesday, then Friday would be the tentative discharge day.
 - ▶ Plan ahead, be thinking about the rehabilitation portion of joint replacement.
- 

Case Manager

- ▶ The Case Manager will visit with you the day of surgery or the following day. She will advise you of your insurance benefits.
 - ▶ She will assist in finding placement for you in another facility or set you up with Home Health and Physical Therapy.
 - ▶ The better choice is always home with out patient physical therapy whenever possible.
- 

Case Manager

- ▶ If you have used the services of an agency in your home town and you want to use them, feel free to discuss this with the Case Manager.
- ▶ She also will be able to tell you the deductible you may owe for prescriptions.
- ▶ Any special equipment you may need such as a walker, and or bed side commode, she will arrange for delivery of these items.

Preparing your Home

- ▶ Before the day of surgery prepare your home for a safe environment upon your return.
- ▶ Use night lights in your bedroom, hallways, bathrooms.
- ▶ Remove scatter rugs
- ▶ Move low items and high items to waist height.
- ▶ Frequently used items place in easy reach.
- ▶ Place non-skid mats in the shower. **AVOID Bathtubs.**

Meals

- ▶ Prepare meals in advance, buy groceries now and avoid shopping for the next few weeks.
- ▶ Keep a stool in the kitchen to sit on while preparing and cooking meals.
- ▶ You may consider drinking ensure, boost or any supplement for the next several weeks to improve your nutrition.



Packing your Bag

- ▶ Things to bring to the hospital:
- ▶ Rubber sole shoes with a closed heel
- ▶ Gym Clothes to wear from 0600 until bed time. No Night Clothes During the Day.
- ▶ A list of your medications and allergies
- ▶ C-Pap
 - If you use one at home please bring it with you.
- ▶ Glasses, hearing aids, and any other items you use daily.

Packing your Bag continued

- ▶ A copy of your living will and Health Care Power of Attorney, if you have either one.
- ▶ Leave all jewelry, credit cards, money and checkbooks at home.
- ▶ Reading materials.
- ▶ Don't forget GYM clothes.




Day Before Surgery

- ▶ Do NOT eat or drink anything after midnight including water, chewing gum, or mints.
- ▶ Your Doctor will inform you of any medication you can have the morning of surgery with a sip of water
- ▶ Shower the night before and the morning of surgery with the special soap provided to you.



**No food
or drink**

As you Recover

- ▶ In the days following surgery, your orthopedic surgeon, nurses, and physical therapist will closely monitor your condition and progress.
 - ▶ You'll spend a great deal of time exercising your new joint.
 - ▶ Gradually, your pain medication will be reduced, the IV removed, and you will become increasingly mobile and ready for discharge.
- 

Preparing for Discharge to Home/Rehab

- ▶ Case Managers will begin discharge planning on the day of admission as discussed earlier.
- ▶ Depending on your physician's assessment of your abilities you could be sent directly home with out patient physical therapy, or Home Health with Physical Therapy or to a non-acute care bed for rehabilitation.
- ▶ The Case Manager will make arrangements for further home or outpatient physical therapy as well as any needed equipment

Occupational Therapy

- ▶ After Joint Replacement your balance may not be as steady or strong.
- ▶ Always call for assistance before getting up to the bathroom or attempting to get dressed.
- ▶ An occupational therapist is available to teach you the safest way to dress or reach for items with adaptive equipment.

Before You Leave the Hospital

- ▶ You will learn to:
- ▶ Get in and out of bed by yourself
- ▶ Walk down the hall with your walker
- ▶ Get in and out of a chair
- ▶ Go up and down steps



Enjoy

- ▶ Enjoy your new joint and be safe
- ▶ If you have any questions after you get home, feel free to call the Orthopedic Floor 205-971-1866 and ask to speak to an Orthopedic Nurse.

Thank You for Attending the Class

- ▶ We, your Orthopedic Team, have enjoyed our time with you, thank you for attending the Pre-Op Class.
- ▶ We look forward to Caring for you!

