

Sponsored By:

**Sheridan Memorial
Hospital**

**Sheridan Orthopaedic
Associates PC**

Wyoming Rehab

*The "TOTAL ADVANTAGE" Joint Replacement presentation and Patient Guide
booklet have been designed and written by Esther Holliday, RN (2009)*

Sheridan Memorial Hospital

1401 West 5th Street

Sheridan, Wyoming 82801



“Total Advantage” Joint Replacement

A Patient Guide

Assisting in Restoring Your
Active Lifestyle



Dear Patient,

Welcome and congratulations on your decision to enhance your active lifestyle!!

This guidebook is being provided to you in order to help provide answers to your questions, act as a reference during your hospital stay and ease the worries you may be having. If you have any questions please feel free to ask any of our staff. If we do not have an immediate answer we will put you in touch with someone who can help you with the answers you need.

Education is the cornerstone of a successful total joint recovery. This guidebook entails a summary of information discussed in the "Total Advantage" Joint Replacement presentation. We will approach your care in a multidisciplinary fashion which means that you benefit from the knowledge of multiple medical care providers that include doctors, nurses and therapists ensuring that you are well cared for during your stay with us.

We strive to provide excellent care each day to our patients and their families. We are privileged that you have chosen us to be your provider of choice.

Thank you for allowing us to care for you and your family.

Sincerely,

Sheridan Memorial Hospital

PERSONAL NOTES

What does that shortened medical jargon mean ??

CPM - Continuous Passive Motion

Med Surg - Medical Surgical Unit of the hospital

OPS - Outpatient Surgery

OR - Operating Room

OT - Occupational Therapy

PACU - Post Anesthesia Care Unit (recovery unit)

PT - Physical Therapy

RN - Registered Nurse

TCU - Transitional Care Unit

Table of Contents

INTRODUCTION	PAGE 2
TABLE OF CONTENTS	PAGE 3
PRE REGISTRATION AND PRE ADMISSION TESTING	PAGE 4
DAY OF SURGERY	PAGE 5
THE OPERATING ROOM	PAGE 6
THE POST ANESTHESIA CARE UNIT	PAGE 7
THE MEDICAL SURGICAL UNIT	PAGE 8
DAY ONE (POST SURGERY)	PAGE 9
DAYS TO FOLLOW (POST SURGERY)	PAGE 10
TRANSITIONAL CARE UNIT	PAGE 11
PREVENTING COMPLICATIONS	PAGE 12
HOMeward BOUND	PAGE 13
PICTURES	PAGE 14
FINDING YOUR WAY THROUGH THE HOSPITAL	PAGE 15
MEDICAL ARTS COMPLEX	PAGE 16
IMPORTANT PHONE NUMBERS	PAGE 17
MEDICAL JARGON	PAGE 18
PERSONAL NOTES	PAGE 19

Pre-Registration and Pre-Admission Testing

What is the difference between pre-registration and pre-admission testing?

Pre-Registration requires patients to register with the hospital's Admissions Department. During this process you will be asked to give current information that relates to your insurance, mailing address and contact information.



Pre-Admission Testing is the process in which a current medical history is reviewed with you. Lab work and other tests are determined based on your personal medical history. This information is requested and then reviewed by your surgeon and anesthesiologist prior to surgery. Please bring a copy of your current medication list with you.

Why is this necessary?

The purpose is to make sure that your insurance company is aware of your upcoming procedure, to gather the required lab test (blood work-ups) and other testings (EKG, Chest X-ray) as warranted for your particular procedure.

Where is this done and how long does it take?

You will likely be asked to come into the hospital to review your medical history in person with a registered nurse. Lab work and other testings are also done at the hospital. Sometimes, these tests have been done at other facilities. This is okay, as long as those tests meet our needs we will be happy to utilize them. There are certain tests that must be done closer to your procedure date in order to avoid any unnecessary costs to you. The registered nurse reviewing your history will let you know when those tests should be performed.

A medical history review can generally be completed in 30 minutes or less. The required lab work and testings can be completed in an additional 15-30 minutes.

Please call the Admissions Office, to schedule dates and times that work for you. It is located at the Main Entrance of the hospital.

IMPORTANT PHONE NUMBERS

Sheridan Memorial Hospital 672-1000
Billing Dept. 672-1030 or 672-1028
WEBSITE: www.sheridanhospital.org

Sheridan Orthopaedics Associates PC 674-7469
1050 Mydland Road, Sheridan, WY

Hospital Pharmacy 673-3188
(Open 8:30am - 6 pm --- Located in the Medical Arts Complex of the hospital)

Buffalo Physical Therapy 684-8623
509 Fort St., Buffalo, WY

Sheridan Physical Therapy 672-2092
50 W. 3rd St., Sheridan, WY

Wyoming Rehab (Physical Therapy) 674-1632
135 N. Gould St., Sheridan, WY

Other Important Numbers:

_____	_____
_____	_____
_____	_____

What you can find in the Medical Arts Complex

Hospital Pharmacy (Hours: 8:30 am - 6 pm) 673-3188

Location: Main floor next to the Sidewalk Café

In addition to filling prescriptions they also offer many over the counter pharmacy items.

Sidewalk Café (Hours: 7 am - 5 pm) 673-3195

Location: Main floor next to the pharmacy

The café offers specialty coffees, smoothies and other drinks. They also offer bakery items and a lunch menu that contains specialty sandwiches and salads. Each day they feature a lunch special.



Day of Surgery (Outpatient Surgery)

Please arrive at the hospital Admissions Desk at the time that was previously given to you by your surgeon's office. Let the admissions clerk know your name and that you are here for a surgical procedure.

- A staff member from the Admissions Office will walk you to the Outpatient Surgery Department.
 - Outpatient surgery is the area of the hospital in which the majority of our surgical patients get ready for their surgical procedure. This includes all patients who will be going home the day of surgery and patients who will be having a hospital stay following their surgery.
 - **WHEN YOU ARRIVE FOR SURGERY:**
 - A nursing staff member will get a current height and weight from you.
 - You will be taken to a room that has been reserved for you and asked to put on a hospital gown.
 - A nurse will take your blood pressure, temperature, oxygen level, pulse and review your medical history list.
 - You will review and sign your consents and be asked to give any other necessary signatures at this time.
 - You will be handed a permanent marker so that you may mark your surgical site with the word **YES**.
Please write only the word "yes". This is your participation in designation of correct surgical site. Your surgeon will also mark or check that the surgical site was marked.
 - Your IV will be started by either a nurse or anesthesiologist.
- When all of the above has been completed you can rest until the operating room nurse arrives for you.**

The Operating Room (OR)

When the operating room staff have prepared your surgical suite and your surgeon is ready for you, a Registered Nurse will take you to the O.R. If you have not already met with your anesthesiologist you will meet with them at that time and you can ask any questions you may have.

You may have a short waiting period in the OR holding area.

Who will be in the operating room with me?

The only people allowed in the operating rooms besides the patient are other qualified medical staff that include: surgeons, the anesthesiologist (the doctor who will monitor your well being throughout the procedure), RN Circulators (nurse) and Surgical Technicians (trained assistants that provide your surgeon with the tools needed to perform your surgery).



What you can find in the hospital and where it can be found

Admissions: (Hours: 6am—8pm)

Location: Main Entrance of the hospital

Billing Department: (Hours: 8 am—5pm)

Location: Basement level of the hospital

Cafeteria: (Hours: Breakfast 7am -9am Lunch 11am -1pm)

Location: Basement level of the hospital

The hospital cafeteria features a wonderful chef that prepares delicious meals each day. In addition to the main course there are also sandwiches, soup and salad bar along with side salads, desserts and drinks.

Kozy Korner Gift Shop:

(Hours: **M - Th** 10am - 4 pm & 6 pm - 8 pm,

Fri 10 am - 4 pm, **Sat** 1pm - 4pm, **Sun** - Closed)

Location: Main floor next to admissions in the hospital.

The Post Anesthesia Care Unit (PACU) Recovery -Phase I

When your surgery is complete the RN circulator and the anesthesiologist will take you to recovery where you will be cared for by a Registered Nurse. During this initial phase of recovery you will be waking up from the anesthetic you received. The nurse will be monitoring your heart activity, oxygen levels, comfort levels and pain levels and treating them as necessary. You may also be given ice chips during this time. When you become more aware of your surroundings you may notice the bulky sterile dressings on your surgical site as well as any ice packs/ cryo cuff, slings, braces, or other devices that your surgeon ordered for you.

How long will I be here?

The average recovery time is approximately 45 – 60 minutes depending upon how quickly you wake up and how well you are doing. Once you have met the criteria to be moved you will be taken to the Medical Surgical Unit of the hospital where you will continue your recovery.

Where will my family be while I am in recovery?

Your family can wait in the surgical waiting room during your surgery and recovery time. Once your surgery is complete your surgeon will visit with your designated family member(s) about your surgery.



The Medical-Surgical Unit

Congratulations!!

Your surgery has been completed and now you are on the road to recovery.

*The key to your success is **EARLY MOBILITY**, compliance and hard work.*



NO EXCUSES WE ALREADY KNOW YOU CAN DO IT.

After all, you did complete the total joint education program—RIGHT!

Once you arrive on the medical surgical unit. You will meet nurses that will care for you and encourage you to succeed. A nursing staff member will help you settle in, take your vital signs and assess your needs including pain management.

Unfortunately we cannot promise that you will be pain free but we can promise to help you manage the discomfort you will experience. You, your doctor and your nurse can manage this together.

When you are up to eating something you will be brought a meal tray. Start out slow and easy. Give your stomach time to get back into the swing of things. Drink adequate amounts of water.

- Remember that coughing and deep breathing are essential. You may need to use a spirometer (that little gadget for your lungs). Your nurse or a respiratory therapist will teach you how to use it.
- Drink plenty of fluids (water is best).
- **EARLY MOBILITY** (funny how that word keeps popping up). You may be assisted into a chair the same day of surgery.
- If you have a catheter don't worry it will be taken out soon enough.

Homeward Bound !!

YOU'RE DOING IT!!!

You have met all of your hospital therapy goals and are now ready to go home.

BUT WAIT YOU'RE NOT DONE YET!!

Once home you will continue your physical therapy. You will go to a physical therapist of your choice and continue to work on the exercises and goals they have for you.

YOUR THERAPISTS ARE IMPORTANT TO YOUR HEALING AND PROGRESS!

Keep working hard at doing what is being asked of you.

WE KNEW YOU COULD DO IT.

KEEP UP THE GOOD WORK!!

Preventing Complications

CONSTIPATION

Drink plenty of water. (*Pain medication is notorious for slowing down our bowels.*)

Eating fruits and vegetables will provide good fiber for you. Stool softeners can be helpful. You can talk to your doctor or nurse about this.

SWELLING

Elevate the affected extremity when you are able to.

Cryo cuff and cold packs are helpful.

Continuous Passive Motion machine (knee replacements only) is important.

PNEUMONIA

Coughing and deep breathing,

Using your incentive spirometer if needed.

INFECTION

Washing your hands before touching or changing your surgical dressing.

BLOOD CLOTS

Take your anticoagulant as ordered by your surgeon.

Wear the compression stockings that were ordered by your surgeon.

Get up and about.

Do ankle pumps / leg exercises when you are sitting or lying down.

Day 1 (Post Surgery)

Okay folks, you're doing great! The healing has begun!!



You've successfully completed the total joint education program, your surgical procedure is complete and your first night is under your belt. Look how far you've come! Now it's time to CONQUER physical and occupational therapy. You'll do just fine.



Just remember:

A lot of hard work now will continue to pay out down the road.

Tips to help you succeed in therapy:

Try to take your pain medication before physical therapy comes to work with you.

It's going to hurt (you just had surgery). Work hard and do what your therapists ask of you. You will benefit from this!!

Days to follow (Post Surgery)

Get up! Get up! Get up!

Your body is healing each day!

Your job is to eat healthy, drink plenty of water, get adequate sleep, work hard in therapy and manage any pain if you have it.

WHAT ARE YOUR GOALS:

To get back to your own home?

To take walks whenever you want to?

To garden? To ride your bike? To walk your dog?

My goals are:

You are doing great!!

Keep up the hard work.

The difference between stumbling blocks and stepping stones is how you use them.

—Author Unknown

Transitional Care Unit (TCU)

Many times a longer hospital stay is necessary to help you meet your therapy goals. Your doctor will discuss the transitional care unit with you so that you can continue to work on your therapy and meet your discharge goals. Your progress and readiness to go home will be evaluated each day.

What happens in the TCU?

Going to TCU means that the care you now require is more focused on your therapy achievements. To get here means that you have made great progress. In this area patients dress regularly each day just as they would at home. They participate in meals with other patients that have joint replacements and even participate in therapy as a group. This is yet another stepping stone to helping you return back home.

WHEN DO I GET TO GO HOME?

Everyone heals differently and everyone progresses differently. Do not compare yourself to others. Your surgeon, therapists and nurses are assessing your progress each day. Work hard and be consistent. This will surely help you make the progress you need to get back home.