

Welcome to South Bay Hospital's Pre-Operative Joint Presentation



South Bay Hospital

TOGETHER, PERFORMING AT A HIGHER STANDARD™



Nursing

- The Pre-Operative Visit
 - Scheduled 1 week before your surgery
 - Bring a Photo ID and Insurance cards
 - Bring a complete list of medication
 - Allergies



MEDICARE		HEALTH INSURANCE	
SOCIAL SECURITY ACT			
NAME OF BENEFICIARY JOHN D. DOE			
MEDICARE CLAIM NUMBER 123-45-6789A	SEX MALE		
IS ENTITLED TO HOSPITAL INSURANCE (PART A) MEDICAL INSURANCE (PART B)	EFFECTIVE DATE 1/1/95 1/1/95		
SIGN HERE	<i>John D. Doe</i>		

 PremierCare	
CONTRACT NUMBER XYS 888888888	PLAN CODE 210
SUBSCRIBER NAME VALUED CUSTOMER	
GROUP NUMBER 00124316	



Important Things to Consider

- Preparing the home
- Pet care
- Designate a Care Partner
- Valuables



Fluids

- The day before surgery
 - Drink plenty of fluids
- Eat a good evening meal
- Do not eat or drink anything past midnight the day of your surgery



Special Soap

- Obtained during your pre-operative visit
- Use ½ the night before your surgery
- Use the other ½ the morning off your surgery
- Helps to reduce your chance of infection



Meet the Surgery Staff



Operating Room

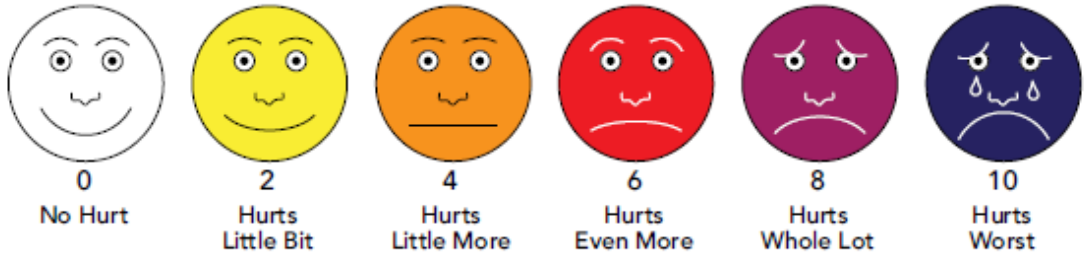
- Surgery site question
- Meet the Anesthesia Team
- IV started – antibiotics



Pain Management

HICA

Wong-Baker FACES Pain Rating Scale




The scale consists of six faces arranged horizontally, each with a number below it and a description of the pain level. The faces are: 0 (white, neutral), 2 (yellow, slight smile), 4 (orange, neutral), 6 (red, frown), 8 (purple, sad), and 10 (dark blue, crying).

Rating	Description
0	No Hurt
2	Hurts Little Bit
4	Hurts Little More
6	Hurts Even More
8	Hurts Whole Lot
10	Hurts Worst

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

Pain Assessment Ruler



The ruler is a horizontal line with tick marks at 0, 2, 4, 6, 8, and 10. Above the line, a color gradient bar transitions from yellow at 0 to dark blue at 10. Labels for pain levels are placed above the tick marks.

Rating	Pain Level
0	No Pain
2	Mild Pain
4	Moderate Pain
6	Severe Pain
8	Very Severe Pain
10	Worst Possible Pain

0 No Pain 2 4 Moderate Pain 6 8 Very Severe Pain 10 Worst Possible Pain



Recovery Room

- Surgical Drain
- Oxygen Mask
- Foley Bag



Transfer to Room

- Hand off Communication



Ortho/Spine Nursing Staff



Preventing Complications

Clotting Prevention

- SCD Cuffs to promote circulation
- Lovenox Injections



Pneumonia Prevention

- Incentive spirometer
- Activity



Pain Management

- **You should know:**
 - Every person's pain is different
 - Taking your pain medications as prescribed will help you heal faster
 - Pain management is not necessarily pain elimination
 - We don't know if you are in pain unless you tell us
- **Please tell us:**
 - If you are in any pain
 - If your pain level does not go down after taking your medication
 - If you have any questions about your medications



Pain Management

- Nerve Block
- Patient Controlled Analgesia (PCA) Pump
- Comfort Measures

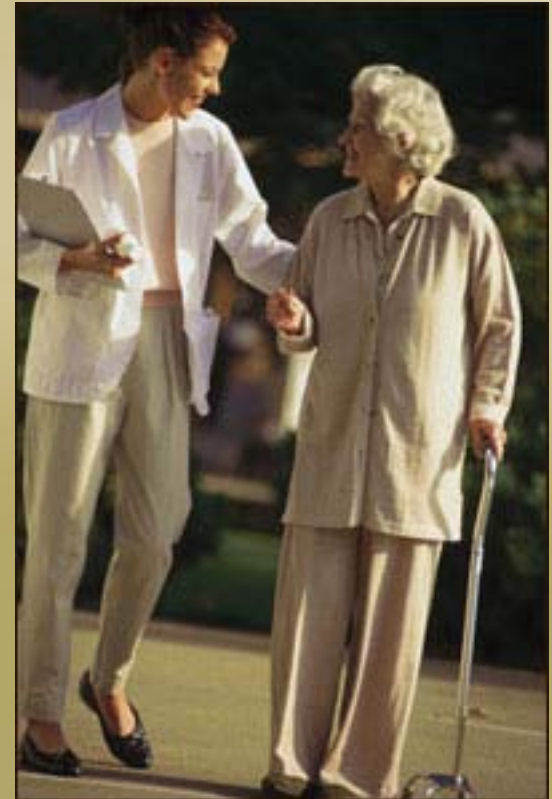


The Rehab Therapy Team



Therapy

- Role of the Therapist
 - Physical Therapist
 - Occupational Therapist



Therapy

- Therapy may start as early as the day of your surgery
- Therapy will continue twice daily for the remainder of your stay
- Session last 15-30 minutes



Therapy and Pain Management

- Pre-medication prior to therapy is important so that you may successfully participate in sessions.
- Discuss alternative pain modalities with your therapist:
 - Ice
 - Repositioning



Post Operative Day #1

- Goals:
 - Initiate exercises and range of motion
 - Initiate out of bed transfer to chair
 - Tolerate sitting upright for 1-2 hours
 - Begin taking steps using an assistive device



Post Operative Day #2

- Goals:
 - Education on a home exercise program
 - Increase exercise and range of motion
 - Walking to the door and back
 - Activities of daily living training
 - Increase tolerance for upright sitting



Continuous Passive Range of Motion



Post Operative Day #3-5

- Goals:
 - Family education
 - Begin car transfers (if going home)
 - Enhance exercise program
 - Progress walking distance
 - Assess and monitor pain



Case Management



Case Management

- The role of a Case Manager
- You and your Case Manager
- Discharge planning starts on day 1
- Continued care upon discharge
- Having a plan makes a big difference



Skilled Nursing or Home Health

- Skilled Nursing provides 24 hr care along with daily rehabilitation sessions
- Home Health Care can provide
 - Physical Therapy visits
 - Nursing visits
 - Assistance for your personal home needs
- Home Health Care intermittent
 - Teaching you and your caregiver how to provide care in your home



Before Your Surgery

- Tour local Skilled Nursing Facilities
- Identify a Care Partner
 - Assist at meal times
 - Offer beverages
 - Refill ice packs
 - Attend beside therapy session
 - Offer support and encouragement
 - Bring in a personal photo and reading material



Contact Your Insurance Provider

- Insurance Coverage & Your Options
- Ask about your benefits
- Ask about any Co-Pays
- Ask about which Skilled Nursing Facilities will accept your insurance



Important Numbers

- **Janiece MacDonald, Director of Surgery**
 - 813-634-0280
- **Paul Melancon, Director of Rehabilitation**
 - 813-634-0221
- **Case Management Department**
 - 813-634-0371
- **South Bay Hospital 813-634-3301**



**Thank you for choosing
South Bay Hospital**
**We look forward to your stay in our
*Center for Joint and Spine Care***



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