

Tonya Bryant, DNP, RN, CCRN, Shazlee Aolaolagi, BSN, RN, Gisels Arellano, BSN, RN, Ka Vang Chang, BSN, RN, Peggy Fowler, RN-BC, and Amy Lourenco, RN

BACKGROUND

- According to the literature, pre-surgery classes offered to patients preparing for total joint replacement surgery has proven to increase patient engagement in their care, reduce pain, anxiety, and hospital length of stay.
- The Integrative Joint Program pre-surgery class prepares its attendees for their total joint replacement surgery by providing education related to alternative pain/discomfort therapies, mobility, infection prevention, and what to expect with as they matriculate through their care continuum.

METHOD

- Our Integrative Joint Program was developed to: achieve care milestones, offer a dedicated orthopedic unit with specially trained staff.
- Partner with patients to achieve their therapeutic goals, Assist with safe mobility, provide education for participants and their support liaison (coach), address pain and comfort concerns using a comprehensive approach including our integrative therapy nurses, assist with discharge planning to include aftercare coordination all coordinated/led by the orthopedic nurse navigator.

Interdisciplinary Team Approach

About Us

Our world-class team members are here for you every step of the way, providing valuable support and knowledge on your path to a rapid recovery. We take pride in providing the highest level of care, supported by the highest level of service for our patients. In addition, our expertly trained orthopedic surgeons utilize groundbreaking robotic technology to ensure surgical precision for optimal healing and function.

PURPOSE

To bring awareness to the Integrative Joint Program at UMC.

Pre-Surgery Class

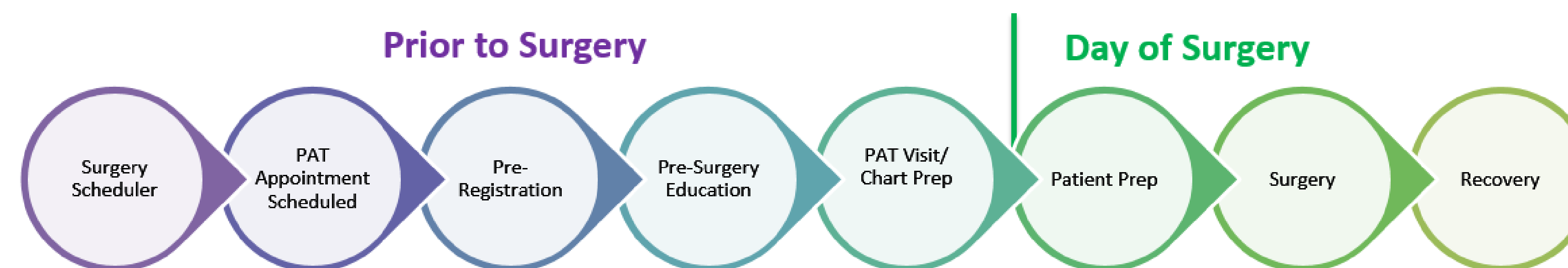
Meet the Team

1. Your Orthopedic Nurse Navigator
2. Integrative Therapy Nurses
3. Physical Therapist/Occupational Therapist
4. Peri-Operative Nurse

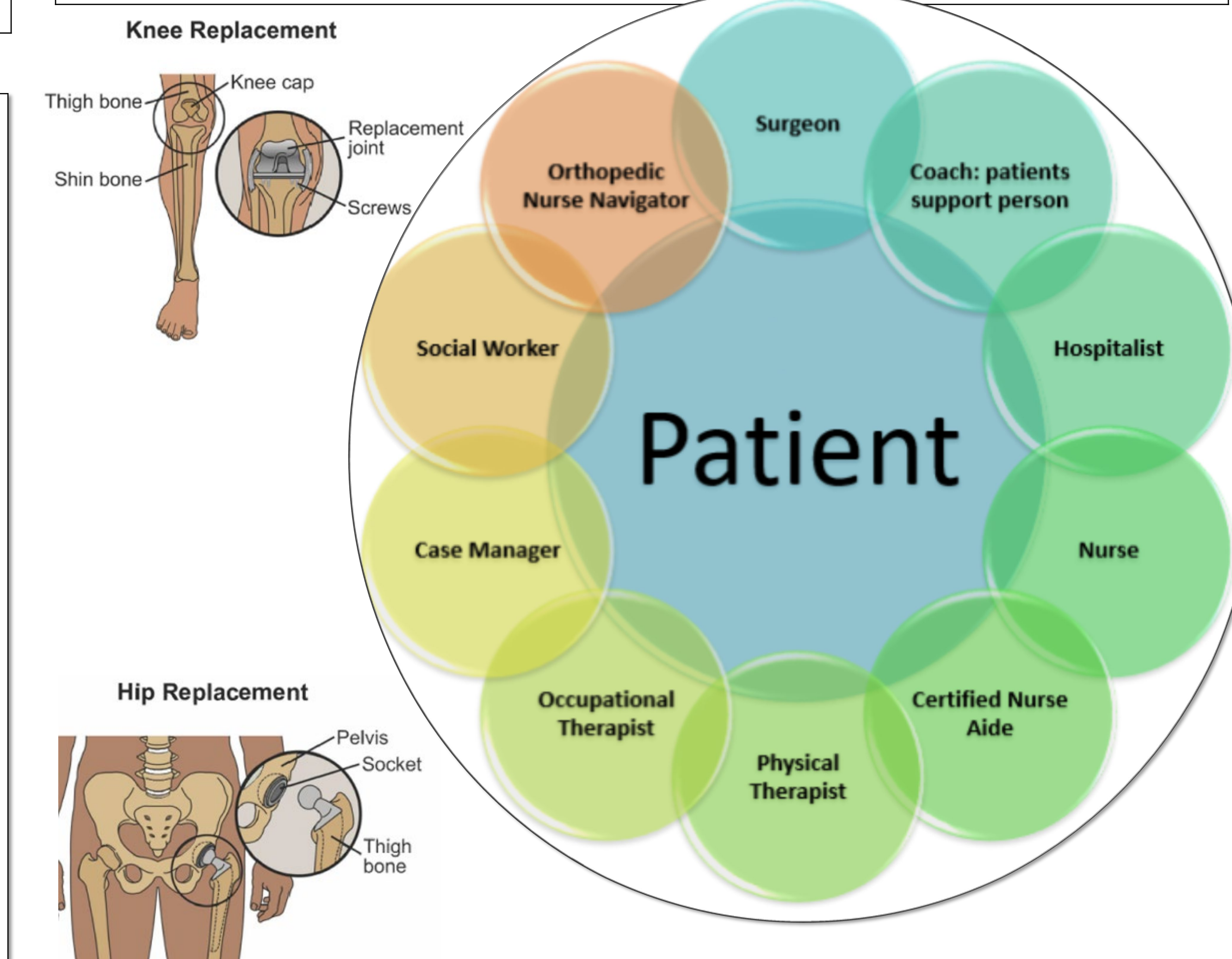
Topics Discussed

1. Overview of the Program
2. Pain and relaxation techniques available at UMC
3. What your surgical experience will be like from start to finish
4. What to bring to the hospital

Total Joint Replacement Patient Map



- The **Surgery Scheduler** receives orders from the Surgeon's office and schedules patients for surgery.
- The patient will be scheduled for their **Pre-Admit Testing (PAT) Appointment** by registration/admitting.
- **Pre-Registration:** Registration will contact the patient by phone to update any information and confirm the correct insurance in Electronic Health Record (EHR). They will also verify the proper insurance Authorization is in place.
- **Pre-Surgery Education:** Orthopedic Nurse Navigator (ONN) works with Admitting to ensure that all Elective Total Joint Replacement patients are enrolled in a class before surgery. The ONN facilitates the class with the interdisciplinary team. The class is hosted every 1-2 weeks at the Healthy Living Institute (Delta Point Suite 180) on Thursdays at 1300.
- **PAT Visit** will occur no more than seven days before surgery. If a Type & Screen blood test is ordered, it will be no greater than three days prior to the Date of Surgery (DOS). PAT is open Monday-Friday only and is set up as a first come, first serve/walk-in clinic. The patient will be asked about home medications, complete an Anesthesia Checklist/questionnaire, and complete any remaining test ordered by the Surgeon.
- **Patient Prep:** The Surgeon's office will give the patient the time to arrive at UMC's Surgery Center. The patient will be taken to the Pre-Op Area (ASU) and prepped for surgery. Commonly, they will have a Chest x-ray completed before surgery. They will sign their procedural and Anesthesia consents, and the nurse will establish an IV. Their coach, loved ones, and/or family are allowed to wait with them in the Pre-Op area.
- **Surgery:** The patient is in the Operating Room during this time.
- **Recovery:** Starts in the Post Anesthesia Care Unit, or they may return to the Pre-Op area (ASU). Patients will either be discharged from the Surgery Center or admitted to IJU. No visitors are allowed in the PACU area but are welcome in the ASU area.



REFERENCES

FOR ACCESS TO REFERENCES
PLEASE SCAN THE QR CODE



CONCLUSION

The Integrative Joint program has provided services to over 600 patients since inception of the program. Using an integrative approach when caring for total joint replacement patients has provided a unique surgical experience.

Your Journey to Recovery Starts Here

