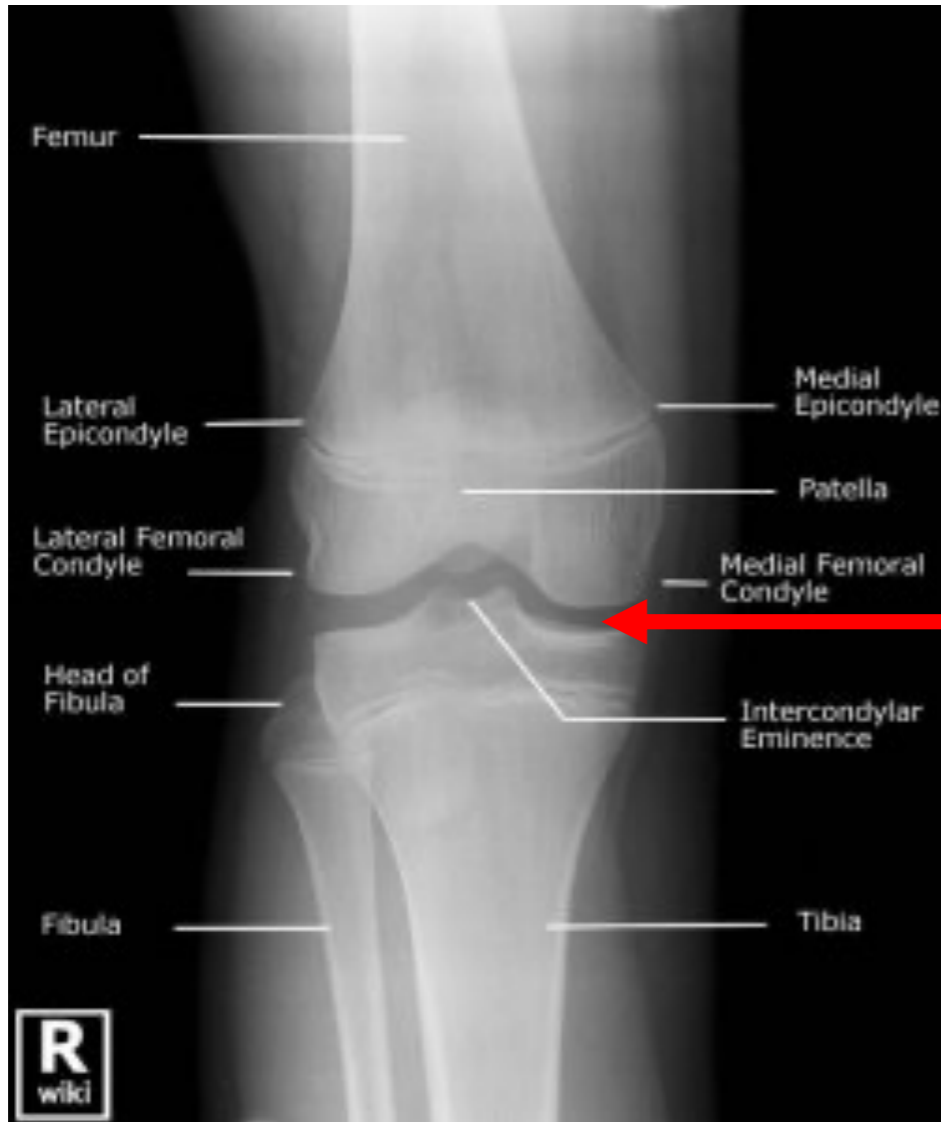


# Joint Replacement

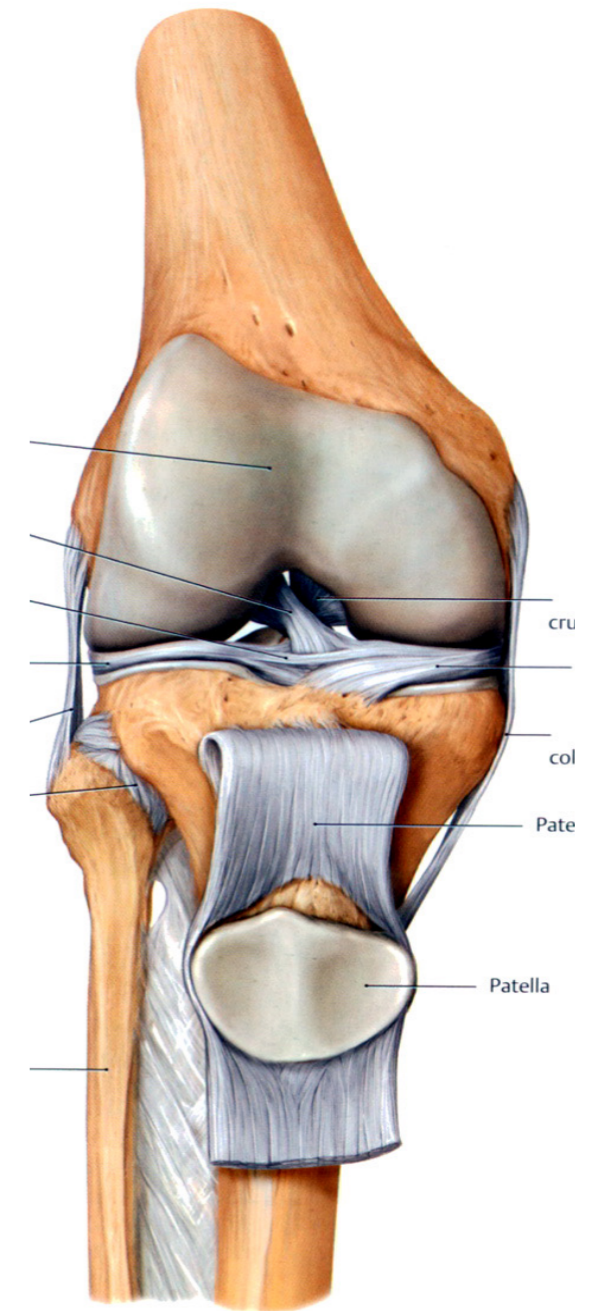
## Pre-operative Education



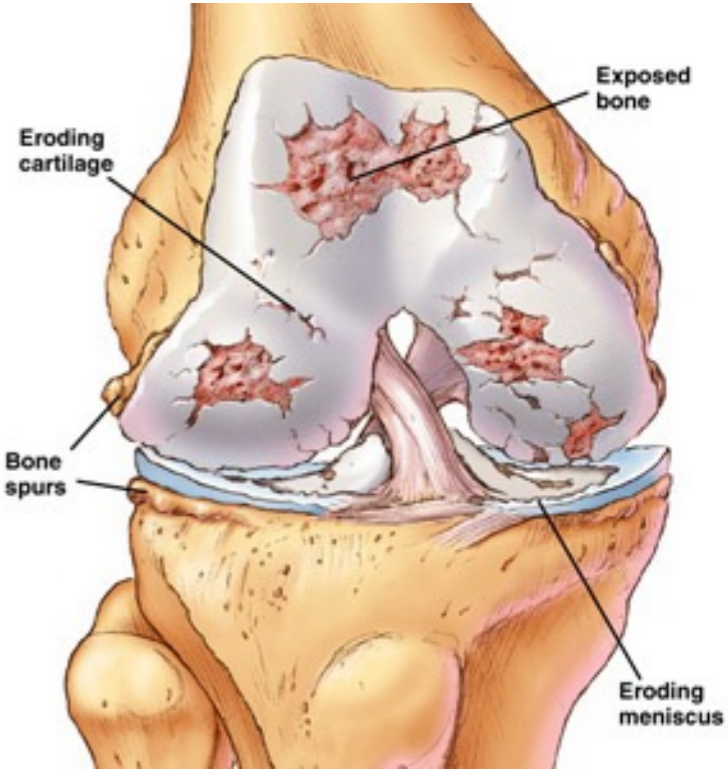
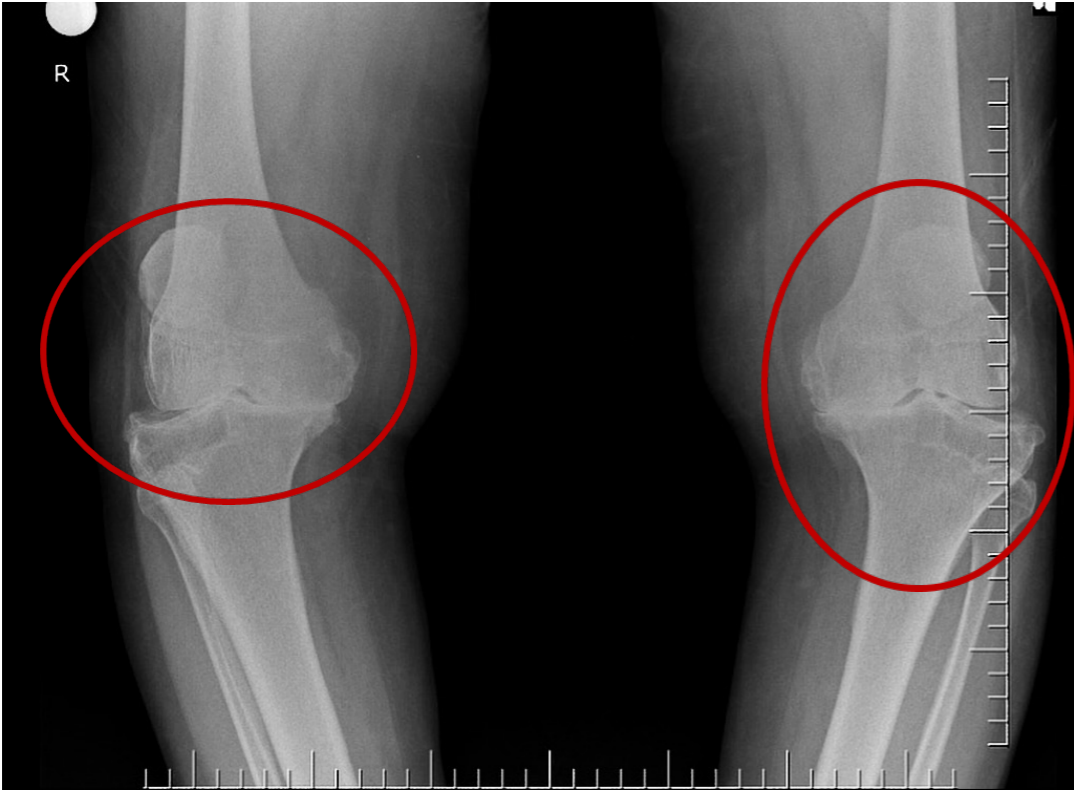
# Knee Replacement



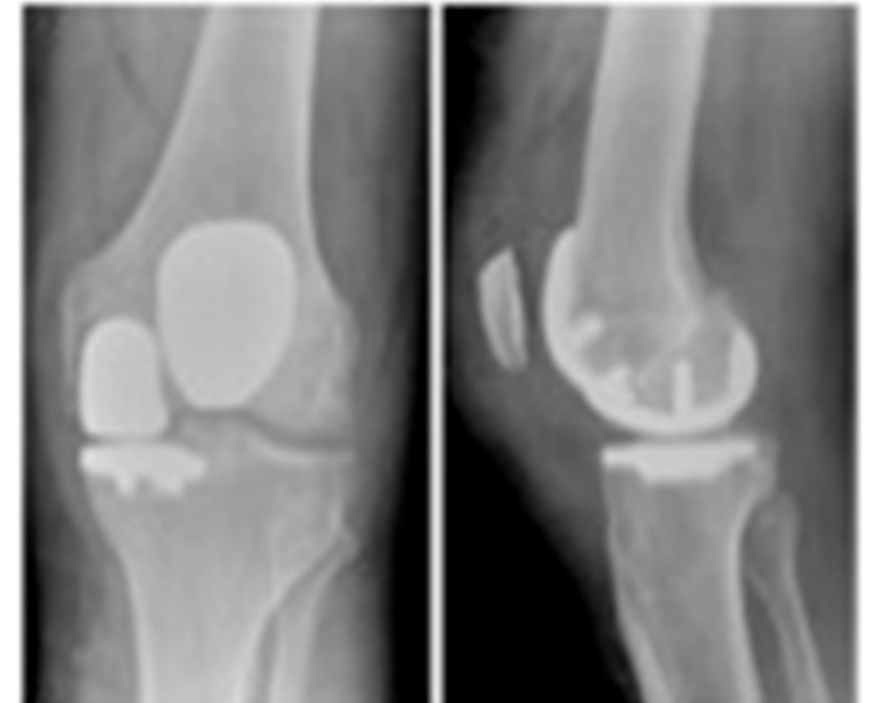
**NORMAL KNEE**



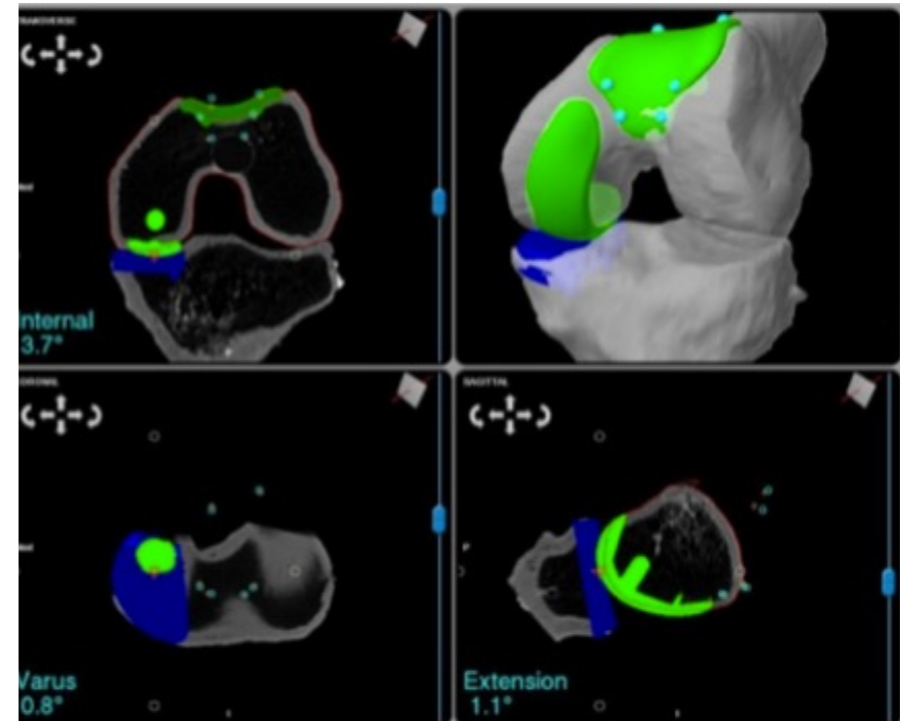
# ARTHRITIS



# KNEE REPLACEMENT



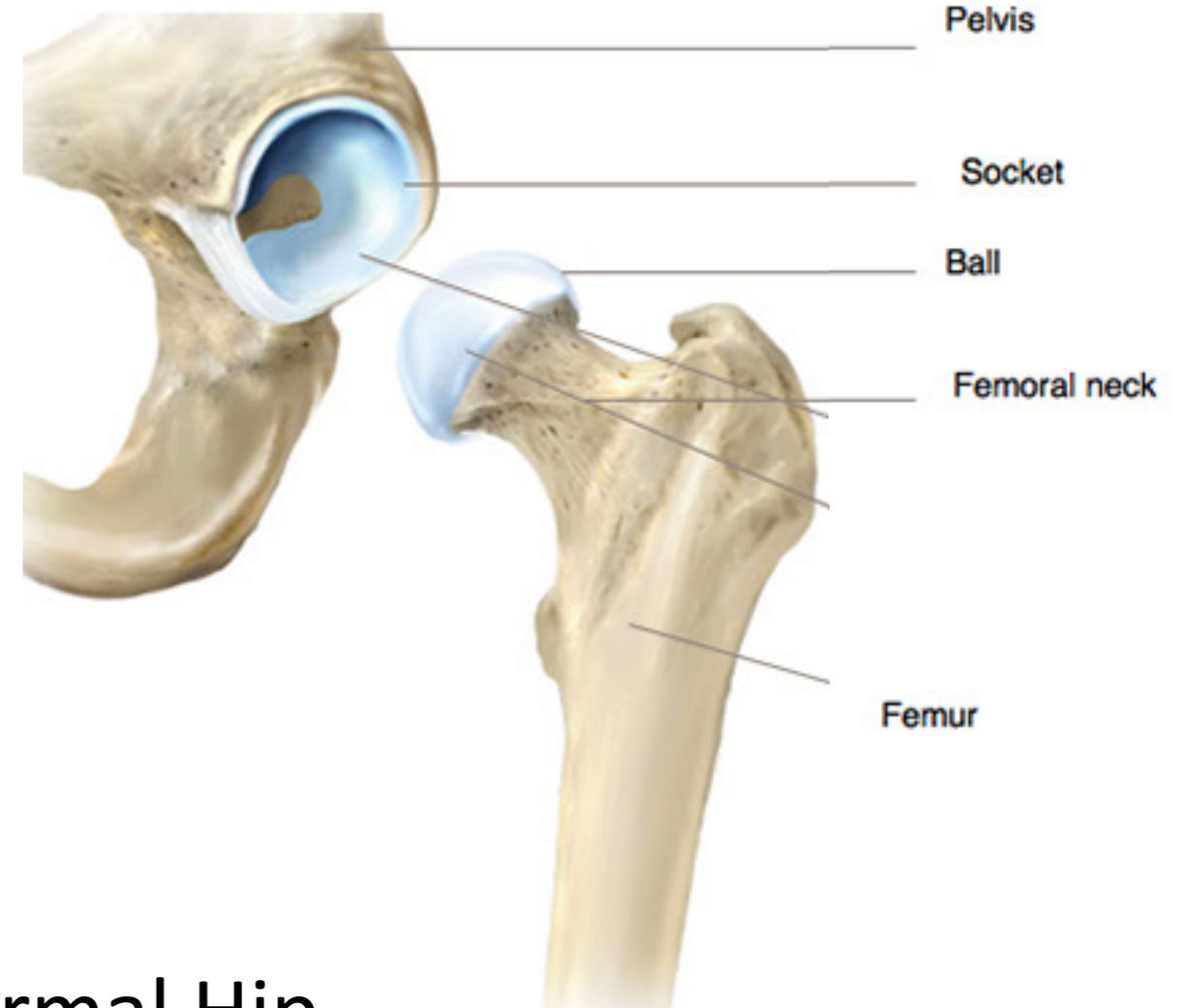
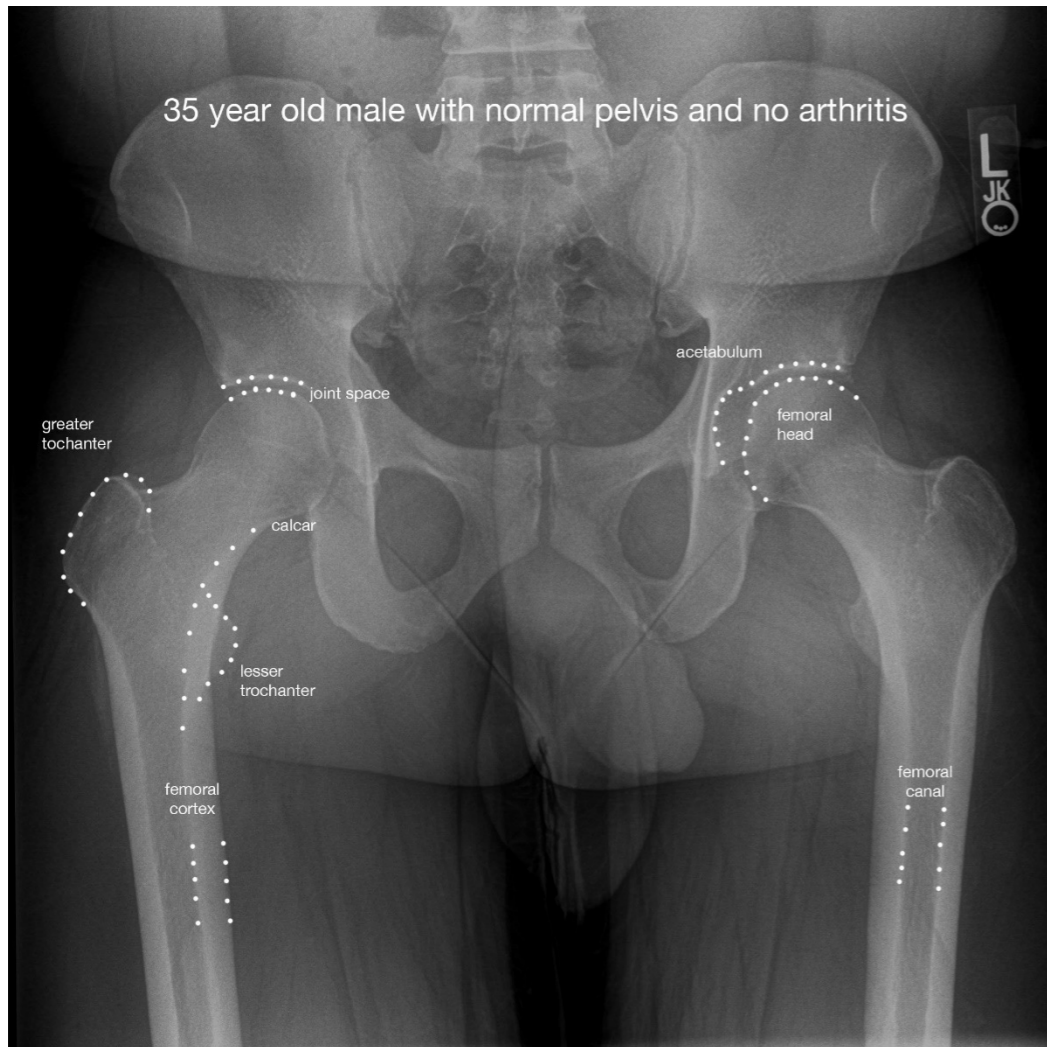
# MAKOplasty®



- Robot assisted **PARTIAL Knee** replacement procedure



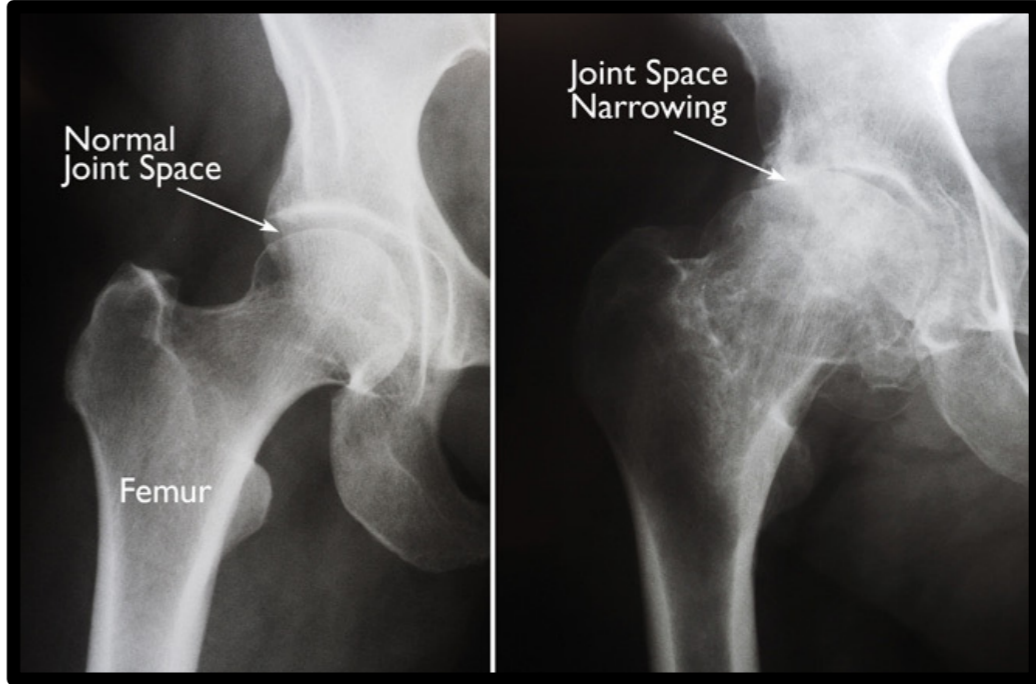
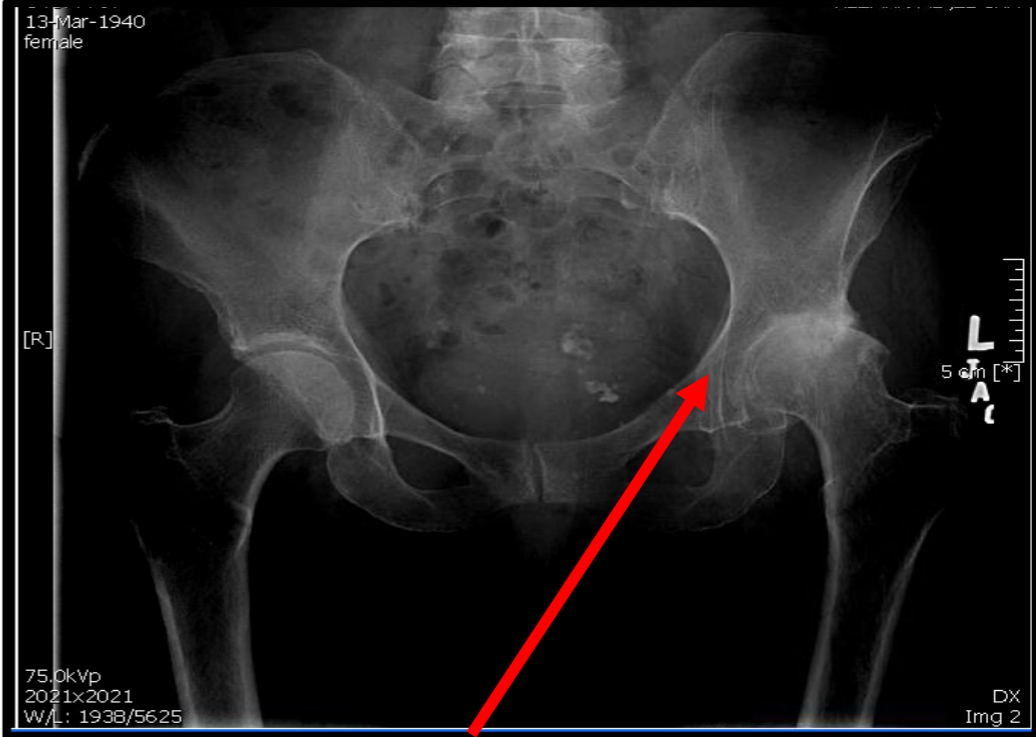
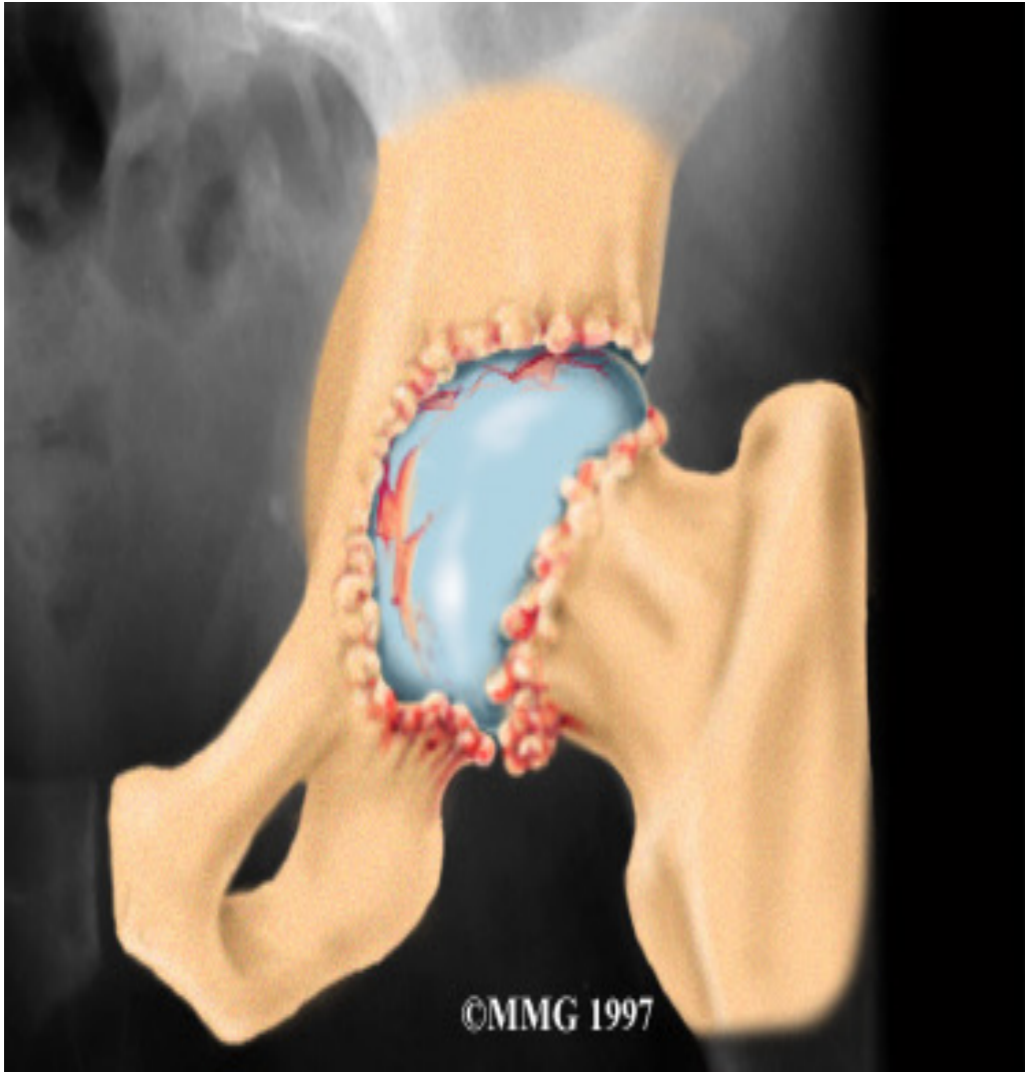
# Hip Replacement

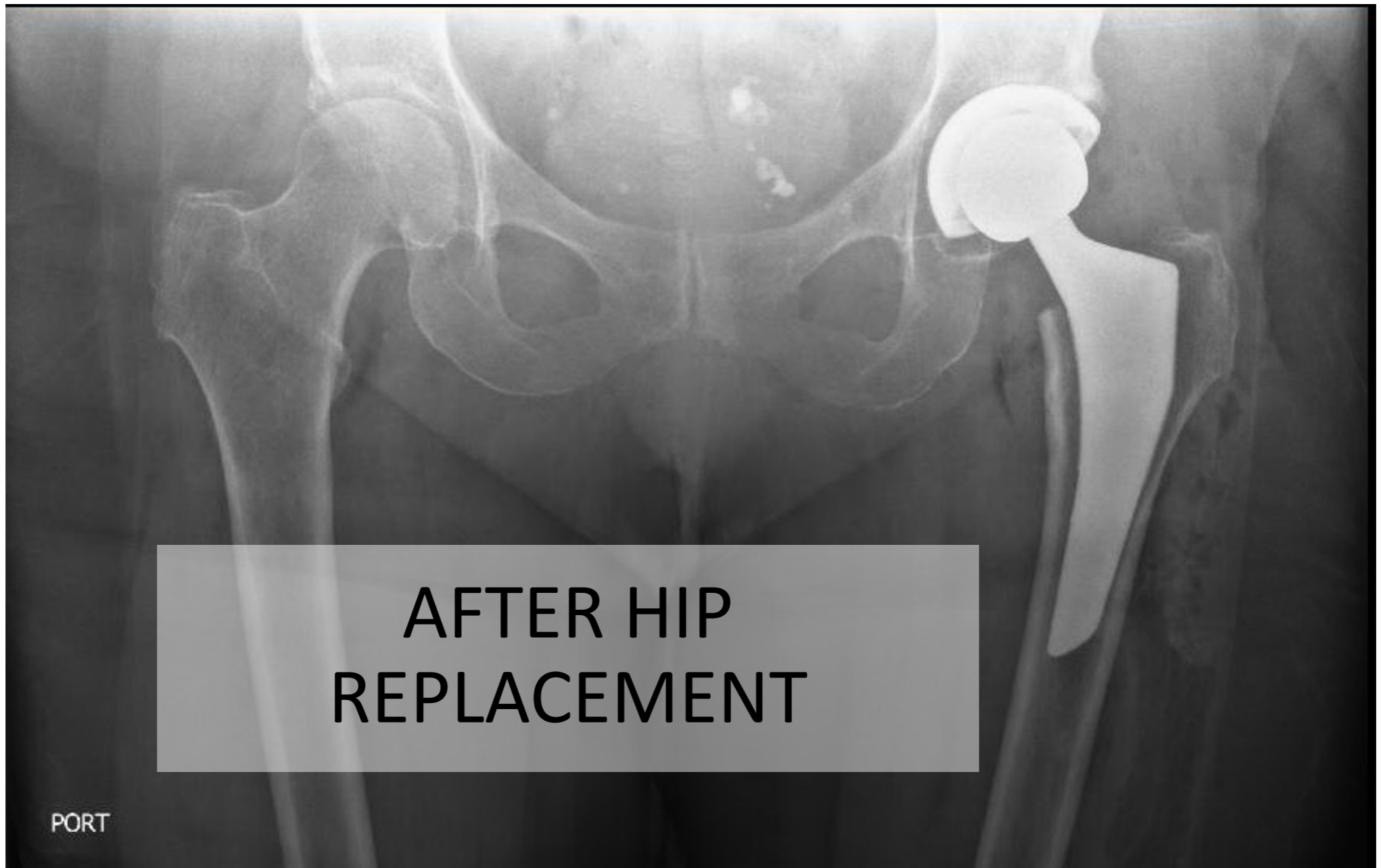


Normal Hip



# ARTHRITIS





AFTER HIP  
REPLACEMENT

PORT





NORMAL SHOULDER



ARTHRITIC SHOULDER



# SHOULDER REPLACEMENT



Total Shoulder Replacement



Reverse Total Shoulder Replacement



**We are ready to welcome our patients back and to continue enhancing  
your health and quality of life.**

**COVID PRECAUTIONS**  
**AT AHGL**



# To ensure your safety, we are following all CDC guidelines.

- Here are some of the general precautions we are taking:
- Screening our whole care team for fever and wearing masks at all times
- Social Distancing: patients will be 6 ft apart at all times!
- Screening and Testing all surgical patients for covid 19 before surgery and requiring masks be worn in the hospital
- Patients only in the Hospital. Visitors are NOT allowed entry



COVID REQUIREMENTS  
FOR SURGERY AT AHGL



# Preop Covid 19 Testing Requirements

- All patients scheduled for a surgical procedure will be required to be tested for COVID-19 three-five days prior to the scheduled procedure date.
- Covid Testing may be performed either at the hospital along with the other pre-procedure lab work or at an outside facility.
- Results on any testing performed outside the hospital must be submitted to the pre-assessment office prior to the day of the scheduled surgery by your surgeon's office.
- If covid testing results are not available, the day of your surgery there will be a delay until you are tested here, and the results received.
- Any positive covid test result will postpone your surgery unless it is deemed urgent by your surgeon based on hospital protocol



## Day of your surgery

- Remember you, the patient, only can enter the Hospital. Visitors including family members are NOT allowed entry.
- Your family may wait in the car or return home if preferred. Your family will receive a curtesy call when you have recovered and are in the appropriate post op unit.
- Upon entering, a facemask or cloth face covering must be worn at all times, including walking from your car. If you do not have a mask or cloth face covering, one will be provided
- As you enter, staff will complete a screening and temperature check
- If you have any of the following, your surgery will be postponed unless it is deemed urgent by your surgeon based on hospital protocol
  - Suspected of having COVID-19
  - Recently confirmed Positive for COVID-19
  - Presence of fever  $\geq 100$  F or COVID-19 symptoms



## Throughout your stay with us

- Frequently perform hand hygiene, i.e. prior to entry/exit of room, after restroom use, etc.
- Limit touching surfaces, etc.
- Comply with social distancing





# Agenda

## We will discuss:

- Preparation for surgery and what to expect
- Pain management
- Discharge plan
- What to watch for after surgery
- Therapy expectations

Be sure you have a Hip and Knee Replacement booklet to refer to.

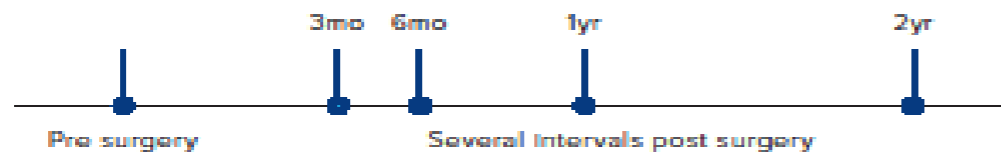
If you do not have the booklet call Nurse Navigator:

Debra Guy at 818-509-8235



We need your email,  
because we care.

We'll be asking you to complete several online assessments at various intervals throughout your recovery process. These assessments are designed to track your physical recovery, and the improvement to your overall quality of life.



**Sending these assessments via email, is the easiest way for us to keep in touch.**

If you haven't already provided your email, please share it with our staff.

*Glendale Adventist Medical Center*

 **Adventist Health**

You will receive a call or email from Code Technology.

Please follow instructions to complete the preop survey

Thank you

# **Your Pre-Surgical Checklist**

**Find it in the following:**

- **Hip and Knee Replacement Surgery Booklet**
- **Your packet from your surgeons office.**



## Your Pre-Surgical Checklist

Planned Procedure: \_\_\_\_\_

Surgery Date & Time: \_\_\_\_\_ Arrive 3 hours before you scheduled time

### • Rectangular **BEFORE YOUR SURGERY**

- Pre-assessment call** – you will receive a call from a nurse at AHGL to assess your readiness for surgery. They will also make an appointment for pre-op testing registration. Adventist Health Glendale Outpatient Registration is located in the West Tower Main Floor.
- Preop testing and registration appointment** \_\_\_\_\_  
Required: Lab Work \_\_\_ Covid Testing. If ordered: \_\_\_ EKG \_\_\_ Chest X-ray \_\_\_ CT SCAN \_\_\_  
Received: Wipes \_\_\_ Pre-surgical Nutrition \_\_\_
- Mandatory pre-op education:** Due to the Covid pandemic we are not able to provide in-person classes. Pre-operative education is provided on our website. Go to <https://www.adventisthealth.org/glendale/services/orthopedic-care/> then click on Required Pre-operative Education  
  
Required:  
1) Register – Note: Please be sure to enter your email. If you do not have an email, use the email of a family member or friend.  
2) Read - HIP AND KNEE REPLACEMENT booklet.  
OR  
3) Review presentation- JOINT REPLACEMENT PRE-OPERATIVE EDUCATION.  
If you have questions, please call Debra Guy (Nurse Navigator) at (818) 409-8235
- Medical/Cardiac Evaluation** from your doctor (as applicable) has been faxed and received by the surgeon's office.  
Evaluations due 14 days prior to surgery
- Code Technology survey completed.** -you will receive an email and/or phone call from Code Technology assisting you to complete a preop survey for reporting patient reported outcomes.

### **HEALTH OPTIMIZATION**

- Pre-Surgery nutrition** -you will be given products with instructions to help your body prepare for surgery.
- Preop strengthening exercises**- refer to the Hip and Knee Replacement Surgery booklet for exercises that can be done 1-2 times a day to strengthen your muscles for surgery.  
IF APPLICABLE
- Quit smoking at least 30 days** before surgery to improve healing and reduce the risk of infection after surgery.
- Last A1c result reported**- If you are a diabetic, make sure the surgeons office or preassessment nurse has the last A1c from your doctor.

### **POST OP CARE PLAN**

- Home Safety Evaluation and Post op Care plan** - You will receive a call from the Nurse navigator to confirm you have a Care Coach to take care of you and that you have everything you need at home after you are discharged.
- Post-op appt with:** \_\_\_\_\_ **Date/ Time:** \_\_\_\_\_



# Pre-assessment Call



## Medication



The nurse will ask you about the medications you are currently taking.

- name, dosage, and how often you take it. Refer to the bottles as need. for the information

Certain medications must be stopped before surgery. You will be advised when to stop them

- aspirin, NSAIDs, Coumadin or other blood thinners – Xarelto, Pradaxa, Eliquis.



## Preassessment Call includes:

Scheduling a Lab and Testing appointment where the following can be done:

- Covid testing and Lab work at least 2-3 days before the day of surgery
- EKG, Chest X-ray, and CT scan if ordered
- Receive Pre surgical nutrition products and instructions.
- Receive CHG wipes and instructions



# Optimizing Your Health

- Control blood sugar/ smoking
- Keep hydrated
- Exercise – 10 min 3x a day
- Use Antibacterial wipes as instructed
- Complete Operative Nutritional Support Plan





# Operative Nutritional Support

Perioperative nutritional optimization improves surgical outcomes by reducing, LOS, costs and complications.

- **Presurgical Immunonutrition assists in reducing:**

- wound complications,
- infectious complications



- **Presurgical Carbohydrate loading:**

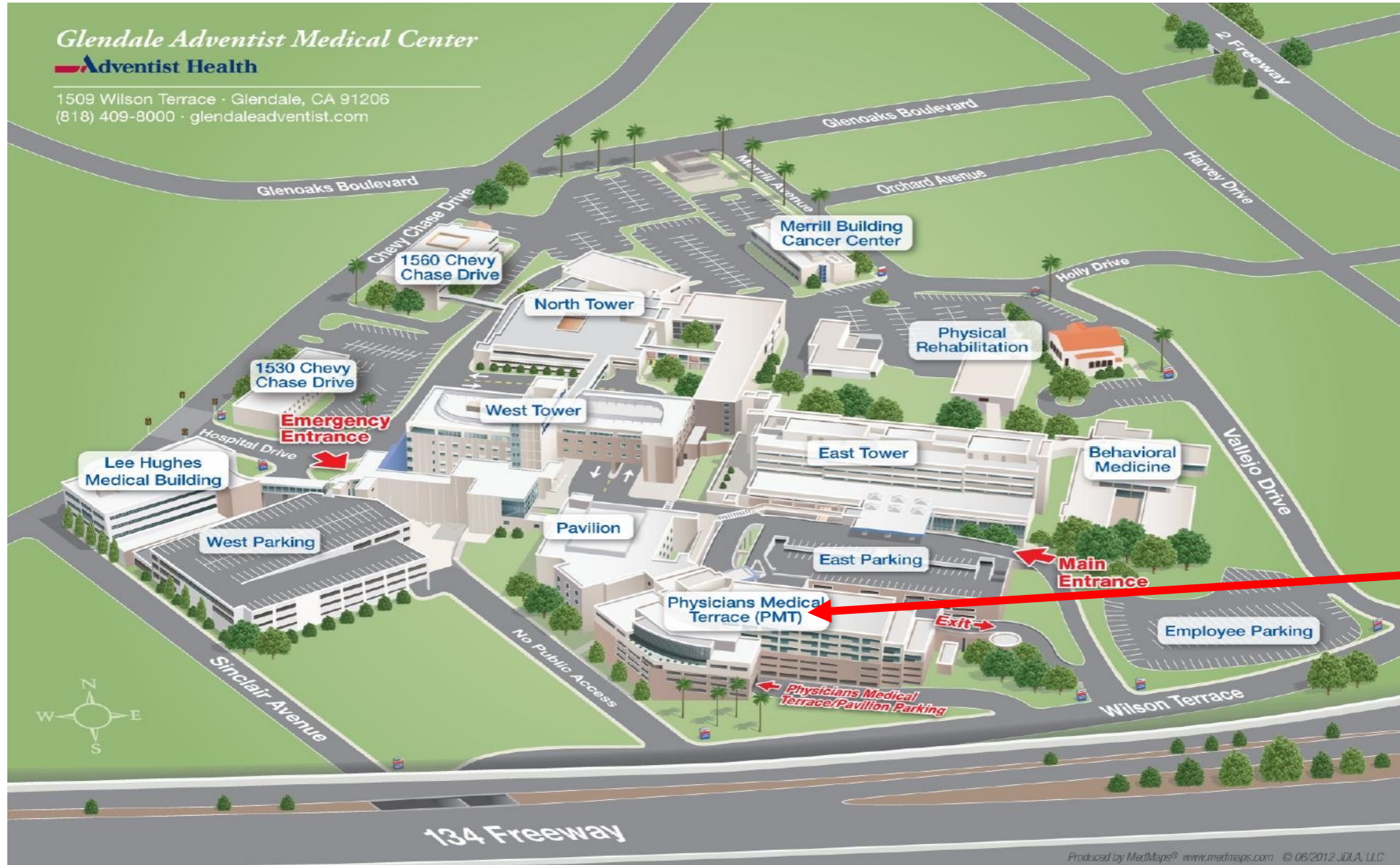
- Prepares the body to prepare for the surgical stress response.
- Reduces preop hunger, thirst and anxiousness.
- Reduces post op N/V and pain,
- Reduces post op insulin resistance



# Surgery



# Day of Surgery: Check-in and be screened at Physicians Medical Terrace building-Ground Floor.



# Day of Surgery: Refer to Your Pre-Surgical Checklist

- √ Plan on arriving 3 hours prior to surgery
- √ Reminder family member will not be allowed in due to Covid precautions.
- √ Wear Mask or Face covering
- √ Wear loose clothing
- √ Bring surgery booklet
- √ Take your medications as instructed
- √ DO NOT BRING: Valuables
- √ Drink last bottle of Ensure Pre surgery on the way into the Hospital.
- √ Bring special equipment: CPAP machine, Walker (front 2 wheels)



# Pre-op Preparation Day of Surgery

- Pre-op Nurse - gown and start your IV
- Orthopedic Surgeon mark the site of your surgery
- Anesthesiologist Consult
- OR Nurse will come and introduce him/her self



# Anesthesia Consultation

Goal is to manage your pain so you are able to get up the same day of surgery.

Multimodal Anesthesia: use the following modes, timed to wear off in sequence.

- Spinal
- IV Medication
- Nerve block(s)
- Local anesthetic



# After Surgery



## Recovery Room

- Will stay here for about one hour
- A Nurse will constantly monitor you
- If you are having pain or nausea let your nurse know so that they can help you





## After Surgery Goals

- Manage your pain
- Walk on the same day of surgery
- Teach you to function at your home
- Exercises safely and follow your precautions
- Know the signs/symptoms of possible complications



# Pain Management

Expect to have some pain

You are a participant

Pain management options:

- Pills
- IV medications for breakthrough pain
- Ice therapy

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.



# ON-Q\* Pump



The ON-Q\* infusion pump automatically infuses the medication at a slow flow rate.



# Discharge Plan



## Coach/ Care Giver

- Safety for first 2-3 days home
- Watch for complications
- Errands, ADLs, meal prep
- Appointments
- Clear Path
- One level
- Are YOU someone's caregiver?
- Pets



# Complications

If you experience any of these things, notify your surgeon

## Pneumonia/Constipation

Blood Clots Symptoms	
Legs	Lungs
<b>Tenderness in the calf</b> <b>Redness and warmth in the leg</b> <b>Excessive swelling in leg(s)</b>	<b>New onset of chest pain</b> <b>Unexplained shortness of breath</b> <b>Difficulty breathing</b> <b>Rapid heart rate</b>

Incision
<b>Unexplained oral temperature over 101°F</b> <b>Drainage from incision, may be foul smelling or discolored</b> <b>Increased pain, redness or swelling at incision</b>



# At Home

## Possible bathroom set-up



# Physical & Occupational Therapy

Therapy Schedule

Hip Precautions

Knee Precautions

Equipment

Pre & Post operative Exercises

Shower

Drive

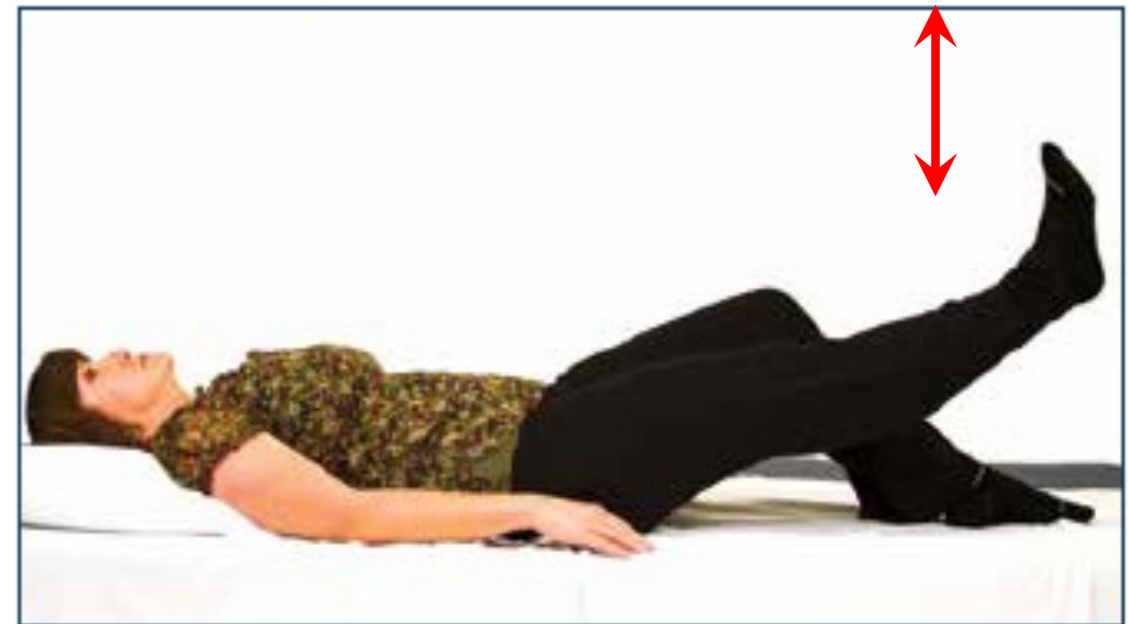




# Preoperative & Postoperative Exercises



# Preoperative & Postoperative Exercises



**Questions?**

**Call Nurse Navigator**

**Debra Guy**

**818-409-8235**

