

Total Joint Center at The Miriam Hospital

Patient Education Guide



Move like you're meant to.

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Welcome to the Total Joint Center at The Miriam Hospital

We are delighted that you have chosen the Total Joint Center at The Miriam Hospital for your joint replacement surgery. Joint replacement is one of the most effective ways to reduce pain and restore mobility for arthritis sufferers.

The Miriam Hospital has worked with orthopedic surgeons, nurses, physical therapists and occupational therapists to develop a Total Joint Center that will shorten your hospital stay and further enhance your orthopedic care. Bringing together our combined expertise, we have created a multifaceted program that is unparalleled in our region. The center focuses on extensive patient education, exceptional surgical technique, excellent nursing care, and consistent therapy post-operatively. Our program extends beyond your hospital stay, ensuring that your recovery, whether it is at home with services or in a short-term facility, is effective. This seamless continuum of care guarantees that you have the information, care and support you need every step of the way, enabling you to once again move like you're meant to.

Please be sure to bring this guide with you to all of your appointments and bring it with you on the day of your surgery.

At The Miriam Hospital we value your right to understand and participate in your care, and reviewing this guide is one of your first steps to do so. The goal of this guide is to inform you about what to expect and to help you understand why each step of this process is important.

Thank you for choosing The Miriam Hospital for your surgery. We look forward to providing you with exceptional care and to restoring your lifestyle and mobility.

Sincerely,

Arthur Sampson

Executive Director, The Miriam Hospital

Preparing for Surgery

Prior to your surgery, you will need to make some preparations. A list of tasks to consider is provided here, and a checklist for you to review is located in the front pocket of this guide.

Your Health

- Complete any pre-operative appointments you have been asked to schedule. This may be one appointment with your primary care physician or appointments with specialists such as a cardiologist or other provider.
- If you smoke, try to cut back or, ideally, quit smoking. Smoking can decrease your body's ability to heal after surgery, and if you have smoked for a long time, it can lessen your ability to breathe deeply and prevent pneumonia after surgery.
- If you have diabetes: Check your blood sugar regularly, and monitor what you eat. High blood sugar after surgery can prevent your body from healing as quickly as it should. Controlling your sugar and being careful about your sugar intake leading up to surgery can help you recover more quickly.
- Stay active. Continue to remain as active as you can in the weeks leading up to surgery. Strong muscles before surgery will help you succeed at physical therapy after surgery. There is a very simple exercise guide (in the back pocket of this guide) for you to review and begin before your surgery. Please practice these exercises in the weeks leading up to your surgery.
- Medications: The pre-admission testing team will give you specific instructions about your medications. Follow these instructions. This may mean stopping your supplements and some pain relievers seven to 10 days before surgery.

Preparing Your Home

Please complete a walk-through of your home and use the information below and the information sheet provided in the front pocket of this guide to ensure that your home will be safe for you to return to after your surgery.

- If possible, use furniture with a matte finish rather than a glossy finish.
- Store medications in a safe place, following label instructions. Use a simple management system, such as a medication box. Be sure you can manage child-resistant closures; if not, request alternative closures from your pharmacist. Properly dispose of outdated medications.
- Have an emergency fire exit plan. Smoke alarms should be present and in working order, with one on each floor. Notify your local police department that there is someone with a disability in the house.

General Home Safety Guidelines after a Total Joint Replacement: Room-by-Room Assessment

Kitchen

- Place frequently used items in accessible cabinets so you won't have to use a stepstool.
- Keep counters clear of clutter.
- Make sure flooring is not slippery; remove rugs.
- Buy juices/milk/etc. in small containers to avoid lifting heavy items.

Bedroom

- Have a lamp and telephone on the bedside table. Check that both are working.
- Use a night-light to illuminate the path to the bathroom.
- If the floor is carpeted, be sure it is low pile. **Do not use throw rugs over the carpet.**

- If possible, arrange a bedroom on the first floor.
- Have plenty of room to walk around all sides of the bed.
- Keep items in the closet off the floor and stored at heights that are easily accessible.
- Place frequently used clothing in higher drawers. Store away seasonal items.
- Sit in a chair with arms while dressing.

Bathroom

- Use a night-light. Be sure it is bright enough to illuminate the bathroom.
- Use a non-skid mat in the tub.
- Remove rugs or be sure backing is non-skid.
- Use grab bars by the toilet and the tub. Do not use towel bars as a support or to pull up on; towel bars are often not secured well enough for this purpose.
- Consider using medical equipment such as a raised toilet seat and extended tub bench as needed to make mobility easier and decrease your risk of falls.

Living Room

- Place electric cords along walls, not in traffic areas or under rugs.
- Seating should be sturdy, secure and at a height that is easy to get into and up from. You may have specific chair height requirements after your surgery.
- Use chairs with arms; avoid rockers or chairs that tilt or move.
- If using a device like a walker or cane, be sure paths are clear to allow safe passage for yourself and the equipment.
- Rearrange furniture to open up all walkways.

Stairways/Halls

- Keep stairs and hallways free from clutter.
- Consider adding nonskid strips to stairways. If you have vision problems, adding contrast tape or paint to the edge of each step can be helpful.
- Consider adding railings on both sides of stairs.

Many options are available to adapt stairs. Electric lifts and ramps are two suggestions.

- Plan to have a family member or caregiver help you manage stairs and steps initially upon your return home.

Outdoor Areas

- Steps and walkways should be in good condition with appropriate lighting.
- Handrails should be sturdy.
- Landscaping such as hedges and trees should not interfere with outdoor walkways.
- Garage doors should be automatic and easy to operate.
- Especially during inclement weather, paths should be clear of loose dirt, leaves, snow, etc. Please plan ahead to ensure that outdoor pathways are clear when you return home.

Home Equipment for Your Recovery

As part of your preparation for total joint replacement, you may want to ask friends or family if they have any adaptive equipment (walker, cane, shower chair, etc.) that you may borrow. Adaptive equipment is sold at many home medical equipment stores, community pharmacies and home improvement stores. Some community groups loan equipment or are able to sell adaptive equipment at a discounted rate. Please see the community resources section of this binder.

Insurance Questions

Doctor visits, hospital visits, surgeries, therapies, and equipment may or may not be covered by your insurance, as plans differ. Please contact your insurance carrier with any questions about the cost of services prior to your surgery day.

Within a Week of Your Surgery

- Review the paperwork given to you at your pre-admission testing appointment and/or your surgeon's office to ensure you stop any medications that you need to.
- Do not shave near the area where surgery will take place for one week prior to surgery. Shaving could increase your risk of infection.

The Day Before Your Surgery

- Pack for surgery. Use the worksheet titled "What to Bring to The Miriam Hospital" as your guide.
- Do not eat and drink after midnight the night before surgery.
- Double-check the medication list given to you at your pre-admission testing appointment and/or by your surgeon. Follow any instructions you were given.
- Prepare your skin by washing with the Hibiclens soap, following the instructions for use.
- Try to get a good night's sleep.
We will see you tomorrow!

The Morning of Your Surgery

- Wash with the Hibiclens soap as instructed.
- Remember: No shaving near the area where you are having surgery. No writing on your skin. Both of these actions increase your risk for infection and could lead to delays when you arrive for surgery.
- Before you leave your home, make sure you have removed all jewelry and valuables.
- Please bring your glasses and dentures with you. We will remove them right before surgery.
- Make sure that you have your identification and insurance card with you.

Contact Your Surgeon's Office if:

- You cannot make it to your surgery on time.
- You get sick (a cold or flu) or have a fever.
- You have infected skin, a rash and/or a wound near the area where your surgery will be done.
- You have questions or concerns about your surgery.

If your surgeon's office is closed, please call the Total Joint Center hotline at 401-793-5852.

Frequently Asked Questions: Preparing for Surgery

If I develop a cold or become sick, can I have surgery?

Please contact your surgeon if you develop any flu or cold symptoms. The surgery may be rescheduled to avoid complications.

Can I continue to take my herbal supplements?

Most supplements should be stopped three weeks prior to surgery. We ask that you discontinue use because some supplements can thin the blood and you will already be on blood thinners such as Coumadin or Lovenox.

What will my insurance cover during my hospital stay and after surgery during my recovery?

When you have your surgery, the case management department will notify your health insurance company as needed. (Some insurance, like Medicare and Medicaid, do not require hospital admission notification.) While some insurance plans may help with rehabilitative therapy costs after discharge, they may require copayments and/or deductible(s). You are encouraged to contact your own health insurance company before your surgery if you have questions about what is covered and what you can expect to pay out of pocket. We cannot guarantee that your insurance will pay your hospital bill, either partially or completely.

The Day of Surgery

What You Should Know About Your Surgical Experience:

- **Enter through the main entrance** of the hospital at the time you were instructed to arrive. Very early in the morning, there is no valet parking; however, your family can park in the lot directly across the street after dropping you off. After 7 a.m. free valet parking is available to you and your family. The time you are asked to arrive is usually 1.5 to 2 hours before your surgery will begin.
- **Registration:** The admitting office is located across from the information desk. The admissions staff will ask to see your identification and insurance. They will provide you with a name bracelet and register you for your surgery and hospital stay. The admitting staff will escort you to the surgical unit, located on the second floor of the Baxt Building.
- **The Surgical Liaison Desk and Waiting Area:** The liaison will familiarize you and your significant others with the surgery suite and waiting area, which has free internet connection, television, and comfortable chairs. There is a monitor in the waiting area that displays the progress of surgery so that significant others can track your progress throughout your surgery. For confidentiality, your name is replaced by a number, and this

information is only given to your loved ones. The liaison will provide additional communication as needed.

- **Pre-Op or Holding Unit:** The pre-operative (pre-op) department completes your preparation for surgery. You will be asked to change into a hospital gown, and an intravenous line will be started. Your personal belongings and clothing will be placed in plastic bags and labeled with your name. A team of nurses, surgeons and anesthetists will review your paperwork, vital signs and laboratory results. You will be asked by the hospital staff to recite your name, date of birth, and site and side of surgery. This is a normal part of the routine safety checks done in preparation for surgery. Any additional blood work or testing will be completed.

You will see your surgeon in the pre-op area. After reviewing the surgical paperwork and answering any questions, he or she will mark where surgery will occur with his or her initials.
- **Anesthesia:** Anesthesia is administered to make you comfortable and pain-free during surgery. The anesthesiologist will talk with you and your surgeon to decide which type of anesthesia is best for you and whether you will be completely asleep or sedated with a spinal anesthetic during your surgery. Depending on your



Members of the Pre-Operative Team



Surgical liaisons Linda and Deirdre

surgery, the anesthetist may give you a local nerve block to help with pain both during and after the surgery.

- **Surgery:** After all the pre-operative checks have been completed and you have seen your surgeon and anesthetist, you will be taken into surgery. You may be given a sedative to make you sleepy at this time. Once you are in the operating room (OR), the OR staff will make you comfortable, the anesthetist will administer your anesthesia, and the surgeon will begin the operation.
- **Post Anesthesia Care Unit:** Once your surgery is completed, you will be transferred to the Post Anesthesia Care Unit (PACU). When you wake, you will have an oxygen mask on your face, a blood pressure cuff, a heart monitor, and devices on your feet or legs that help circulate blood. You may also have a urine catheter.

It is the nurse's responsibility to make sure that you wake from anesthesia safely, that your heart and breathing are normal, and that you remain comfortable after surgery.

The nurse will ask you to rate your pain according to a 0 to 10 pain scale and will give you pain medication as needed to keep you comfortable. Your length of stay in the PACU will be at least two hours and could be longer depending on the type of surgery, type of anesthesia, and any medical conditions you may have. For example, if you have sleep apnea, you may stay in the PACU for up to five hours.

- **Visitors:** One visitor will be invited into the PACU to see you for a five-minute visit after you are out of surgery and beginning to wake up. The PACU nurse will call the liaison when it is time for this visit. Your loved one will be escorted to the PACU.

Once you are ready to leave the PACU, you will be taken to 3 North, the nursing unit directly above the surgery suites. Your hospital stay begins once you arrive on 3 North.



Your Hospital Stay

The 3 North Team

- The 3 North (3N) team consists of highly trained registered nurses, certified nursing assistants, and unit secretaries. In addition, various members of the care team may visit with you at some point during your stay, including those from physical therapy, occupational therapy, case management, social work, spiritual care, and pet therapy. The Miriam Hospital is a teaching hospital and our nurses are usually training student nurses throughout the year.
- **Visitors:** Family members and friends can visit with you as soon as you arrive on 3N. All patient rooms on 3N are private rooms and lend themselves nicely to accommodating visitors. Each room is also equipped with a couch that converts to a bed for family whom you may want to stay with you overnight.

Pain Management After Your Surgery

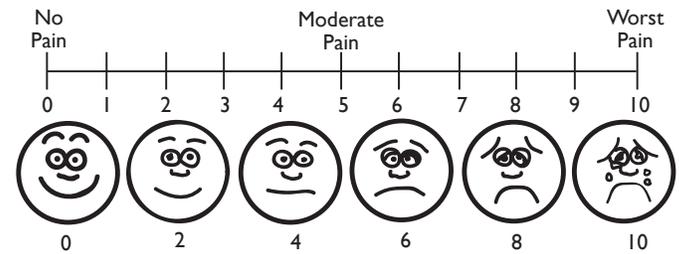
It is normal to experience pain after surgery.

It can feel like a dull ache, pulling, tightness, cramping, burning, stabbing, or other unpleasant sensations. It can range from mildly irritating to severe. Controlling pain is an important step in your recovery. The nursing and physician staff will work closely to provide you with optimal pain control throughout your stay.

Benefits of good pain control: Pain control and the ability to move will facilitate a faster healing process. Adequate pain control will allow you to participate in therapy and care with your staff and family. Early and frequent mobility will help prevent complications such as blood clots, pneumonia, and constipation.

The Pain Scale

- 0-3 = Minimal/Mild Pain – Treated with non-pharmacologic methods (repositioning, ice, etc.)
- 4-7 = Moderate Pain – Treated with a combination of medications and alternative methods
- 8-10 = Severe/Intense Pain – Treated with medications



Pain Medications

- Your care providers will be assessing your pain level frequently (about every three hours), and re-assessing your pain level within 60 minutes after you receive pain medications.
- **Oral pain medications** are used for moderate pain (pain scores ranging from 4 to 7).
- **Intravenous pain medications** are used for severe pain (pain scores ranging from 8 to 10). Your surgeon will prescribe a combination of pain medications to provide pain relief for you.
- **A patient-controlled pump** may be ordered for you. This allows you to administer a small amount of pain medication periodically. The doses are set by your doctor so that there is little to no risk of overdosing on the medication. Your recovery nurse will teach you how to use this once you awaken from anesthesia.

Side Effects

All medicines can have side effects, but not everyone will experience them. Most happen during the first hours of treatment and gradually go away. The most common side

effects include constipation, nausea, sleepiness, dizziness, itching, and slowed breathing. It is extremely rare that a patient becomes addicted to pain medication if it is taken as prescribed.

Non-medication treatments: There are also non-medication treatments that can be used to control pain:

- Positioning (Activity) – Your doctor might suggest changing positions to alleviate pain.
- Cold therapy often works well to control pain. It can also relieve itching and muscle spasms.
- Relaxation techniques such as yoga, prayer and meditation help relieve anxiety and tension. Doing these activities produces a relaxation response that calms and reduces your stress.
- Distraction therapy reduces pain by taking your mind away from it. Music is an example of distraction therapy.
- Positive thinking – Individuals who stay positive and hopeful often feel less pain or are less bothered by the pain they feel.

Describing your pain: You can help the nurses measure your pain by describing it:

- Onset of pain – When did the pain start?
- Location – Where does it hurt? Does it radiate?

- Quality – Describe the pain. Is it sharp, shooting, burning, aching, cramping?
- Intensity – Is the pain constant or does it increase and decrease? What makes the pain worse?
- Response to treatment – Is there anything that helps relieve the pain? How long does the relief last?

Keeping your pain under control: Everyone feels pain differently and responds differently to pain control treatments. You will be the one to decide what level is acceptable to you. Be sure to:

- Talk with your doctor about pain control methods that have worked or not worked for you before.
- Talk about any concerns you may have about pain medications.
- Tell about any allergies to medications you may have.
- Ask what you can expect. Will there be much pain? Where will it occur? How long is it likely to last?
- Take your pain medications as instructed or ask the nurse for pain medication as soon as you start to feel pain or discomfort.
- Take pain medication before beginning activities that may hurt.

Frequently Asked Questions about Pain and Pain Medications

Should I be concerned about addiction to pain medications?

Addiction is extremely rare if pain medication is taken as prescribed. Your care providers will be monitoring you closely and you will only be on these medications for a short period of time.

Will I have pain during my hospital stay?

You should expect to feel pain after surgery; however, your care providers will make every attempt to control your pain by using a variety of pain medications as well as different pain relieving modalities.

Blood Work

- Blood will be drawn each morning between 4 and 7 a.m.
- The nursing team and your physician will review your blood work before making decisions regarding your treatment plan.

Preventing Blood Clots

- After surgery you may wear compression stockings and/or have foot pumps while you are in bed. Foot pumps are devices that go around your feet and provide intermittent pulsation, helping to circulate blood and prevent clots.
- Your doctor will also treat you with medications to help prevent blood clots. You may receive either aspirin or Coumadin. If you receive Coumadin, daily blood work while you are in the hospital will help to determine the proper dose to give you.



Bowel Management

Many of the medications you receive while you are in the hospital may cause constipation. Your doctor will prescribe medications that prevent constipation and help you to have a bowel movement. These include stool softeners and laxatives. Moving around will help to “wake up” your digestive system.

Preventing Falls

Because of medications and the nature of joint replacement surgery, your balance and strength may be compromised after surgery. It is extremely important that you call the nurse for assistance prior to getting out of bed or moving from the bed to the chair. A fall after joint replacement surgery can lead to infection, fracture, re-admission to the operating room, bleeding, and a prolonged hospital stay.



Urine Catheter

A urine catheter may be inserted while you are asleep in the OR. Your nurse will remove the catheter after your surgery. The nurse will monitor your ability to urinate after the catheter is removed.

Frequently Asked Questions Regarding Your Hospital Stay

How long will I be in the hospital?

We aim to have you return home on your second day after surgery. Some patients may need to stay longer in the hospital for a variety of reasons. Your surgeon and

care providers will provide you with an anticipated discharge date the day after your surgery, based on your personal needs and progress.

Physical Therapy

Physical therapy (PT) is an important part of your recovery after surgery that helps you regain normal mobility after your joint replacement surgery.

Day of Surgery: Your doctor will order PT after surgery. Usually, the physical therapist will see you to complete an evaluation the day of surgery. She or he will review any movement restrictions, discuss a home exercise program, bed mobility, transfers, and gait training.

During Your Hospital Stay: After your surgery, a physical therapist will see you daily to help you progress. You will be out of bed most of the day and walking with your nursing staff as well.

Discharge Planning: Included in the back pocket of this guide are instructions for your home exercise program. Your physical therapist will review safe techniques and any movement restrictions with you before you go home. She or he will also make recommendations regarding discharge.

The physical therapist will teach you how to go from lying down to sitting to standing up. She or he will also teach you how to walk with the walker and, if you are able, will transition you to crutches before you are discharged. She or he will do stair training with you if you will need to be able to climb stairs when you are discharged. She or he will talk with you about bed and chair exercises you need to do to recover from surgery.

Finally, the physical therapist will talk with you about any movement precautions you may need to maintain after your surgery.

Safely getting into and out of a car will be discussed during your physical therapy. Your surgeon will determine when you will be able to safely drive again. You may qualify for a temporary handicap parking permit.



Frequently Asked Questions Regarding Physical Therapy

How long do I have to follow movement precautions?

Your surgeon will provide you with details about any movement precautions.

Please speak with your surgeon or rehabilitation providers if you have any questions.

Occupational Therapy: Live Life to the Fullest!

What is Occupational Therapy?

In its simplest terms, occupational therapists help people with the activities that they need and want to engage in. Common occupational therapy interventions include helping children with disabilities participate fully in school and social situations, helping people recovering from injury regain skills, and providing supports for older adults experiencing physical and cognitive changes. Occupational therapy services typically include:

- a personal evaluation during which you and the occupational therapist determine your needs and goals
- customized interventions to improve your ability to perform daily activities and reach those goals
- an evaluation to ensure that the goals are being met and/or to make changes to the intervention plan

Occupational therapy services may include evaluations of your home, suggestions for adaptive equipment and training in its use, and education for family members and caregivers. Occupational therapy practitioners have a holistic perspective, in which the focus is on adapting your environment to fit you, and you are an integral part of the therapy team.

Occupational Therapy after a Total Joint Replacement

After your total joint replacement you may work with an occupational therapist who will assess your abilities to complete self-care tasks and your functional mobility so that you may return home safely and as independently as possible. The occupational therapist will discuss adaptive equipment options such as long-handled dressing aids to maximize your independence. The occupational therapist may discuss adaptive equipment for your home to accommodate movement restrictions you will need to maintain after your joint replacement surgery. Part of your occupational therapy treatment may also include establishing an upper body exercise routine. As you heal from your total joint replacement surgery, you may rely

on an assistive device for mobility using your arms for support, so upper body strength training may be needed to improve your endurance, making mobility easier.

After discharge from the hospital, you may receive occupational therapy at home through a visiting nurses service to continue to help you learn how to complete activities of daily living and best adapt your home for a safe recovery. If your discharge plan changes and short-term rehabilitation is needed, occupational therapy will resume there.

Emergency Contacts Worksheet

Please consider hanging a sign with emergency numbers and contacts in your home in an easy-to-view location. This will be very helpful to friends, family and home care staff who may visit you after your surgery, in case assistance is needed quickly.

Adaptive Equipment Needs

Following your total joint replacement, you may have difficulty performing personal care tasks. After total joint replacements there are specific movement limitations that must be maintained. These precautions can make it challenging to complete basic self-care tasks. Most people find it helpful to use some pieces of adaptive equipment to perform these self-care tasks while they are recovering from a total joint replacement. The most commonly used items are: a reacher, a sock aid, a long shoehorn, a long-handled sponge, elastic shoe laces, a raised toilet seat and a tub bench. Your occupational therapist will teach you how to use this equipment to maintain your independence while you recover.



Most adaptive equipment for self care is not covered by insurance companies. Please call your health care insurance provider for the details of your plan. A more inclusive list of assistive devices can be found in the

front pocket of this guide. After your surgery the occupational therapist can help you identify your needs and guide you to obtain the proper adaptive equipment.

Notes:

Planning for Your Discharge and Recovery

The Role of Case Manager

The case manager will:

- review your patient education worksheet and contact you by telephone before your surgery to begin your discharge planning and answer any questions you may have.
- see you the day after your surgery and continue to monitor your progress and facilitate your safe discharge from The Miriam Hospital.
- serve as a liaison to insurance companies and assist with discharge planning.
- review your discharge options and ensure you are prepared.

Determining Your Discharge Plan

- It is a state mandate and your right to have a choice in selecting providers, services and agencies. Choice can be limited for many reasons, including your insurance coverage and bed availability.
- The team's goal is to identify the best and safest discharge option for you. Case managers work closely with you and with physical and occupational therapists to develop your individual discharge plan.
- Often discharge plans change for a variety of reasons. We encourage you to maintain flexibility in planning for discharge, and the team will help you find solutions if unforeseen challenges arise.

Home Care: Option 1 after Discharge

- If you reach a good level of independence while working with PT in the hospital and have good support at home, you may be discharged to your home and receive therapy and nursing care in your home. This option may not be ideal if you have numerous stairs to get into your home or if you do not have family or friends that who check on you at least two or three times a day.

Most joint replacement patients are able to go home after their hospital stay.

Skilled Nursing Facility: Option 2 after Discharge

- This option is ideal for patients who need more frequent physical therapy before they are able to return home safely. Skilled nursing facilities have nursing care available and offer physical therapy five to seven days a week. A list of facilities is located in the Resources section of your guide.
- Admission to an acute rehabilitation hospital or program is for patients with bilateral (two) joint replacements or other major injuries.
- Transportation from the hospital to a skilled nursing facility via ambulance or wheelchair van is usually a covered service, but there may be a co-pay. Please contact your insurance company for details.
- Case managers are responsible for making referrals to facilities and/or agencies based on your choice. If a bed is not available at the facility of your choice, the case manager will seek other alternatives.

Tips for Preparation

- Review approved provider lists of facilities and home care agencies. (See Resources section.)
- Visit skilled nursing facilities that you are considering. No appointment is necessary.
- Call your insurer regarding co-pays and other coverage questions.
- Follow the list of tips provided in the “Preparing for Surgery” section of your patient education materials.
- Remain flexible—sometimes plans change for a variety of reasons.

Frequently Asked Questions about Discharge from the Hospital

How long will I be in discomfort after surgery?

Most patients experience pain for two to four months after surgery. Your pain will typically lessen over time and you will usually be able to stop strong pain medications within 10 to 14 days after surgery.

When can I start driving again?

Your surgeon will provide you with a timeframe of when you can start driving, which typically ranges from four to six weeks. You must also be off your pain medications before you can resume driving.

When can I resume my hobbies? (such as golfing, etc.)

You can return to your hobbies as soon as pain allows. Always remember to follow your hip precautions. For activities such as swimming, you should wait approximately six weeks. Please speak with your surgeon or rehabilitation providers if you have any questions.

When can I resume sexual activities?

You may resume sexual activities when it is comfortable for you, remembering to follow any precautions.

Do I need antibiotics for dental procedures (cleanings, fillings, etc)?

Yes, all total joint patients will need to take antibiotics prior to all dental procedures for an interval of time specified by your surgeon. Please contact your surgeon's office prior to any dental appointments.

Will I set off the detector at the airport? If so, do I need a medical ID card?

Patients may set off metal detectors. No medical ID card is necessary after total joint replacement.

Will I be able to have an MRI now that I have a total joint replacement?

You can have a MRI safely.

How long will I be on a blood thinner?

You will be on your blood-thinning medication for an interval of time that will be determined by your surgeon.

Outpatient Rehabilitation Services after Total Joint Replacement

Outpatient rehabilitation is recommended as part of the plan of care for patients who have undergone total joint replacement surgery. Once you are able to walk and are no longer homebound, your rehabilitation will continue in an outpatient setting where the focus is on moving like you're meant to.

The following information describes the “**who, what, when and why**” of outpatient rehabilitation.

Who: After a total joint replacement, you will see a physical therapist and may see an occupational therapist at an outpatient facility.

What: A physical therapist works with all aspects of the body including lower extremity and spine problems. Occupational therapists specialize in ensuring you are as independent as possible with your activities of daily living.

When: Your surgeon may encourage you to receive outpatient therapy before surgery. You will work on range of motion and strengthening to better prepare you for surgery. After surgery, you may be discharged to home or to a skilled nursing facility. You will receive home therapy services until you are able to leave your home without difficulty. You may begin outpatient therapy when home therapy services end. If you are discharged to a skilled nursing facility, you may begin outpatient therapy when you leave the skilled nursing facility.

Why: You may require additional therapy even after a short stay at a skilled nursing facility or receiving home services. This may be necessary because of pain and swelling that interferes with your functional abilities, due to loss of strength or range of motion. For example, after a total knee or hip replacement, it is very important to have flexibility in your joint. If not, the lack of motion will interfere with your walking, sitting and toileting. Lacking strength in your muscles will also limit your ability to perform activities such as transferring out of a

chair or climbing stairs. Finally, you may still be having difficulty with activities of daily living and recreational activities that you were performing prior to your surgery.

On your first visit to the outpatient rehabilitation clinic, the therapist will:

- Perform an examination
- Obtain a history of your prior medical and surgical procedures
- Assess your pain
- Obtain a history of your prior and current functional status
- Take several measurements
- Observe your range of motion, strength, and balance
- Identify your goals for therapy
- Observe your transfer, walking and stair-climbing abilities
- Consult your surgeon's orders
- Develop a unique treatment plan for you

The frequency and duration of outpatient therapy varies as each patient will progress differently. Patients may be seen between two to three times per week for a duration of four to eight weeks or more.

Equipment you may work with includes (but is not limited to):

- a stationary bike to improve range of motion, strength and endurance
- a treadmill to practice gait sequencing and build your walking endurance
- stairs to promote balance training and safety
- floor exercises to improve your range of motion and strengthen the affected extremity
- weights and machines to improve flexibility, strength, and range of motion

- hands-on, manual therapy techniques to improve flexibility, strength, and range of motion
- assistive devices, progressing to walking with the least restrictive device or without a device

The Miriam Hospital offers outpatient rehabilitation as part of its center of excellence for joint replacement surgery. At The Miriam Hospital's outpatient rehabilitation department, we are dedicated to providing expert one-on-one care in a friendly, enthusiastic environment. The goal of therapy is to maximize your independence and ensure maximum benefit from your surgery. We

work closely with your surgeon and provide timely communication regarding your progress. The staff is experienced in treating orthopedic conditions and is proud to have maintained a patient satisfaction score of 99 percent. There is free on-site parking and the facility is easily accessible via RIPTA or RIDE. If continued rehabilitation is needed in an outpatient setting, please keep us in mind.

Notes:

Community Resources

Department of Elderly Affairs (DEA)

- www.dea.ri.gov
- State's primary agency that monitors community programs and services for seniors
- Offers information about programs like financial assistance, home care, etc.

Dial 211

- For elders, adults with disabilities, families, and caregivers for additional programs offered through the Department of Elderly Affairs

Eldercare Locator

- 1-800-677-1116
- www.eldercare.gov
- For information in 150 languages regarding community services and links to legal advice, housing options, transportation, home-delivered meals, etc.

Insight

- 401-941-3322 or Insight@gmail.com
- Offers a wide array of services for those who are blind or visually impaired

Lifeline

- 1-800-635-6156
- www.lifelinesystems.com
- Personal emergency alert service

Meals-on-Wheels

- 401-726-2285
- Food delivery service

Stop & Shop

- www.peapod.com
- Online grocery shopping and delivery system

Pari Independent Living Center

- 401-725-1966
- www.pari-ilc.org
- Private, non-profit community-based agency providing resources such as transportation, medical equipment, counseling, etc.
- Offers unique Equipment Reuse Program; inventory includes walkers, wheelchairs, and bathroom equipment

RI Hospital Driving Evaluation

- 401-444-5178
- Provides pre-driving clinical and computerized simulation assessment performed by a registered, licensed occupational therapist

Ride Away

- 508-643-0605 OR 1-888-868-0009
- www.rideaway.com
- Provides modified vehicles and adaptive equipment like hand controls, floor lifts, etc.
- Offers van/car rentals

RIDE Program

- 401-461-9760 OR 1-800-479-6902
- Provides transportation services to those 60 and older, as well as to handicapped persons under 60 who meet certain criteria
- Requires appointments to be made three to four weeks in advance
- Available for therapy, doctor appointments, medical tests, senior day care

RIPTA

- 401-784-9500, ext. 604
- www.ripta.com
- Bus passes available as well as programs that work within income

- Para-transit services provide curb-to-curb transportation to people with disabilities

Tech ACCESS

- 401-463-0202
- www.techaccess-ri.org
- Resource and demonstration site for assistive technology including low vision equipment, seating/mobility equipment, and communication equipment

Notes:

VNS of Narragansett – Driving Re-education Program

- 401-782-0500

For additional resources, contact your local church groups, Knights of Columbus, Elks Club, and senior centers.

Home Care Equipment Vendors

Section 1802 of the Social Security Act “seeks to ensure that free choice is guaranteed to all Medicare Individuals.” The law states: “Any individual entitled to insurance benefits under this title [i.e., Medicare] may obtain health services from any institution, agency, or person qualified to participate under this title if such institution, agency, or person undertakes to provide him such

services.” This statement gives patients freedom to choose whom they want as their provider of post-hospital services.

There are other companies not listed on this form. A patient has the right to find one of his or her own choosing.

Lifespan Home Medical

401-335-9000 or toll free: 1-800-480-2273

Delivers equipment directly to your home.

To learn more about us, please go to
www.LifespanHomeMedical.org.

Absolute Respiratory Care - 401-458-1902

Apria Healthcare - 401-435-8500

Comprehensive Home Medical Equipment -
401-463-9400

Enos Home Oxygen & Medical Supply - 508-992-2146

Independence Home Health Wares - 401-273-8888

Kent Home Medical - 401-723-0022

Lincare - 401-434-2833

South County Surgical Supply - 401-738-1850

Vanguard Home Medical Equipment - 401-468-1300

Outpatient Rehabilitation Services

(This is not an exhaustive list of facilities.)

Section 1802 of the Social Security Act “seeks to ensure that free choice is guaranteed to all Medicare Individuals.” The law states: “Any individual entitled to insurance benefits under this title [i.e., Medicare] may obtain health services from any institution, agency, or person qualified to participate under this title if such institution, agency, or person undertakes to provide him such

services.” This statement gives patients freedom to choose whom they want as their provider of post-hospital services.

There are other companies not listed on this form. A patient has the right to find one of his or her own choosing.

The Miriam Hospital Outpatient Rehabilitation

195 Collyer Street, Suite 301, Providence, RI
Phone: 401-793-4080

Newport Hospital Outpatient Rehabilitation

100 Friendship Street, Newport, RI
Phone: 401-485-1845

Foundry Sports Medicine and Fitness

285 Promenade Street, Providence, RI
Phone: 401-459-4001
(Philippe Cote, MD)

Orthopedic Group, Inc. Physical Therapy

588 Pawtucket Ave, Pawtucket, RI
Phone: 1-800-725-3037
(Howard Hirsch, MD)

Performance Physical Therapy

400 Massasoit Avenue, E. Providence, RI
Phone: 401-270-8770
(Jack Goldstein, MD)

Performance Physical Therapy

129 School Street, Pawtucket, RI
Phone: 401-726-7100
(Jack Goldstein, MD)

Performance Physical Therapy

45 Seekonk Street, Providence, RI
Phone: 401-230-1126
(Jack Goldstein, MD)

Performance Physical Therapy

1822 Mineral Spring Avenue, N. Providence, RI
Phone: 401-435-4540
(Jack Goldstein, MD)

Performance Physical Therapy

1525 Wampanoag Trail, Suite 205, East Providence, RI
Phone: 401-433-4049
(Jack Goldstein, MD)

Performance Physical Therapy

330 Cottage Street, Pawtucket, RI
Phone: 401-723-8111
(Jack Goldstein, MD)

University Orthopedics Physical Therapy Services*

2 Dudley Street, Providence, RI
Phone: 401-457-1590

University Orthopedics Physical Therapy Services*

100 Butler Drive, Providence, RI
Phone: 401-330-1437

University Orthopedics Physical Therapy Services*

East Greenwich Office, Greenwich Medical Center
1405 South County Trail, East Greenwich, RI
Phone: 401-884-1177, ext. 5

University Orthopedics Physical Therapy Services*

Newport Office, Borden Carey Building
19 Friendship Street, Newport, RI
Phone: 401-849-5596

*(University Orthopedics Surgeons: John A. Froehlich, MD; Gary M. Ferguson, MD; Andrew Green, MD; Robert Shalvoy, MD; Lee E. Rubin, MD)

Skilled Nursing Facility and Services List

NAME AND INFORMATION	CITY	MEDICARE/ MEDICAID	UNITED- HEALTHCARE	BLUE CROSS	OTHER	NOTES
Epoch Senior Health Care on Blackstone Boulevard 353 Blackstone Boulevard 401-273-6565	Providence	X		X		
Kindred Transitional Care and Rehabilitation - Oak Hill 544 Pleasant Street 401-725-8888	Pawtucket	X	X	X		
Steere House Nursing & Rehabilitation Center 100 Borden Street 401-454-7970	Providence	X	X	X		
Alpine Nursing Home 557 Weaver Hill Road 401-397-5001	Coventry	X	X	X		
Apple Rehab Clipper 161 Post Road 401-322-8081	Westerly	X				
Apple Rehab Watch Hill 79 Watch Hill Road 401-596-2664	Westerly	X				
Avalon Nursing Home 57 Stokes Street 401-738-1200	Warwick	X				
Ballou Home for the Aged 60 Mendon Road 401-769-0437	Woonsocket	X				
Bannister House 135 Dodge Street 401-521-9600	Providence	X	X	X		
Bayberry Commons 181 Davis Drive 401-568-0600	Pascoag	X	X	X		
Berkshire Place 455 Douglas Avenue 401-553-8600	Providence	X	X	X		
Bethany Home of Rhode Island 111 South Angell Street 401-831-2870	Providence	X	X			

NAME AND INFORMATION	CITY	MEDICARE/ MEDICAID	UNITED- HEALTHCARE	BLUE CROSS	OTHER	NOTES
Brentwood Nursing Home 4000 Post Road 401-884-8020	Warwick	X	X			
Briarcliffe Manor 49 Old Pocasset Road 401-944-2450	Johnston	X	X			
Cedar Crest Nursing Centre 125 Scituate Avenue 401-944-8500	Cranston	X	X	X		
Charlesgate Nursing Center 100 Randall Street 401-861-5858	Providence	X	X			
Cherry Hill Manor 2 Cherry Hill Road 401-231-3102	Johnston	X	X	X		
Chestnut Terrace Nursing & Rehabilitation Center 100 Wampanoag Trail 401-438-4275	Riverside	X	X	X		
Cortland Place 20 Austin Avenue 401-949-3880	Greenville	X	X	X		
Coventry Skilled Nursing & Rehabilitation 10 Woodland Drive 401-826-2000	Coventry	X	X	X		
Cra-Mar Meadows 575 Seven Mile Road 401-828-5010	Cranston	X	X	X		
Crestwood Nursing 568 Child Street 401-245-1574	Warren	X	X			
Eastgate Nursing & Recovery 198 Waterman Avenue 401-431-2087	E. Providence	X	X	X		
Elmhurst Extended Care 50 Maude Street 401-456-2600	Providence	X	X			
Elmwood Health Center 225 Elmwood Avenue 401-272-0600	Providence	X	X	X		

NAME AND INFORMATION	CITY	MEDICARE/ MEDICAID	UNITED- HEALTHCARE	BLUE CROSS	OTHER	NOTES
Evergreen House Health Center 1 Evergreen Drive 401-438-3250	E. Providence	X	X	X		
Forest Farm Health Care Center 193 Forest Avenue 401-847-2777	Middletown	X	X	X		
Friendly Home 303 Rhodes Avenue 401-769-7220	Woonsocket	X	X	X		
Golden Crest Nursing Centre 100 Smithfield Road 401-353-1710	N. Providence	X	X	X		
Grace Barker Nursing Center 54 Barker Avenue 401-245-9100	Warren	X	X	X		
Grand Islander Center 333 Green End Avenue 401-849-7100	Middletown	X	X	X		
Grandview Center 100 Chambers Street 401-724-7500	Cumberland	X	X	X		
Greenville Skilled Nursing & Rehabilitation 735 Putman Pike 401-949-1200	Greenville	X	X			
Greenwood Care and Rehabilitation Center 1139 Main Avenue 401-739-6600	Warwick	X	X			
Hallworth House Rehabilitation Center 66 Benefit Street 401-274-4505	Providence	X	X			
Harris Health Care Center-North 60 Eben Brown Lane 401-722-6000	Central Falls	X				
Harris Health Center 833 Broadway 401-434-7404	E. Providence	X				
Hattie Ide Chaffee Home 200 Wampanoag Trail 401-434-1520	E. Providence	X	X			

NAME AND INFORMATION	CITY	MEDICARE/ MEDICAID	UNITED- HEALTHCARE	BLUE CROSS	OTHER	NOTES
Heatherwood Nursing & Subacute Center 398 Bellevue Avenue 401-849-6600	Newport	X	X	X		
Hebert Nursing Home 180 Log Road 401-231-7016	Smithfield	X	X			
Heritage Hills Nursing Centre 80 Douglas Pike 401-231-2700	Smithfield	X	X	X		
Holiday Retirement Home 30 Sayles Hill Road 401-765-1440	Manville	X				
Hopkins Manor 610 Smithfield Road 401-353-6300	N. Providence	X	X	X		
Jeanne Jugan Residence - Little Sisters of the Poor 964 Main Street 401-723-4314	Pawtucket	X				
John Clarke Retirement Center 600 Valley Road 401-846-0743	Middletown	X				
Kent Regency Center 660 Commonwealth Avenue 401-739-4241	Warwick	X	X	X		
Linn Health Care Center 30 Alexander Avenue 401-438-7210	E. Providence	X	X	X		
Mansion Nursing Home 104 Clay Street 401-722-0830	Central Falls	X	X	X		
Morgan Health Center 80 Morgan Avenue 401-944-7800	Johnston	X	X	X		
Mount St. Rita Health Centre 15 Sumner Brown Road 401-333-6352	Cumberland	X				

NAME AND INFORMATION	CITY	MEDICARE/ MEDICAID	UNITED- HEALTHCARE	BLUE CROSS	OTHER	NOTES
Nancy Ann Nursing Home 48 East Killingly Road 401-647-2170	Foster	X	X			
New Bedford Health Care Center 221 Fitzgerald Drive 508-996-4600	New Bedford MA	X	X			
North Bay Retirement Living 171 Pleasant View Avenue 401-232-5577	Smithfield	X	X			
Oakland Grove Health Care Center 560 Cumberland Hill Road 401-769-0800	Woonsocket	X	X	X		
Orchard View Manor Nursing & Rehabilitation Center 135 Tripps Lane 401-438-2250	E. Providence	X	X	X		
Overlook Nursing & Rehabilitation Center 14 Rock Avenue 401-568-2549	Pascoag	X	X	X		
Park View Nursing Home 31 Parade Street 401-351-2600	Providence	X				
Pawtucket Skilled Nursing & Rehabilitation 70 Gill Avenue 401-722-7900	Pawtucket	X	X	X		
Pine Grove Health Center 999 South Main Street 401-568-3091	Pascoag	X	X	X		
Riverview Healthcare Community 546 Main Street 401-821-6837	Coventry	X	X	X		
Roberts Health Centre 25 Roberts Way 401-294-3587	N. Kingstown	X	X	X		
Saint Elizabeth Community 1 Saint Elizabeth Way 401-471-6060	E. Greenwich	X	X	X		

NAME AND INFORMATION	CITY	MEDICARE/ MEDICAID	UNITED- HEALTHCARE	BLUE CROSS	OTHER	NOTES
Saint Elizabeth Manor 1 Dawn Hill 401-253-2300	Bristol	X	X	X		
Scalabrina Villa 860 North Quidnessett Road 401-884-1802	N. Kingstown	X	X			
Scallop Shell Nursing & Rehabilitation Center 981 Kingstown Road 401-789-3006	S. Kingstown	X	X	X		
Scandinavian Home 1811 Broad Street 401-461-1433	Cranston	X	X	X		
Shady Acres 415 Gardiner Road 401-295-8520	W. Kingston	X	X	X		
Silver Creek Manor 7 Creek Lane 401-253-3000	Bristol	X	X	X		
South County Nursing & Rehabilitation 740 Oak Hill Road, Rte 4 401-294-4545	N. Kingstown	X	X			
South Kingstown Nursing & Rehabilitation Center 2115 South County Trail 401-783-8568	W. Kingston	X	X	X		
Saint Antoine Residence 10 Rhodes Avenue 401-767-3500	N. Smithfield	X	X	X		
St. Clare Home 309 Spring Street 401-849-3204	Newport	X	X	X		
Summit Commons Skilled Nursing and Rehabilitation Center 99 Hillside Avenue 401-574-4800	Providence	X	X			
Sunny View Nursing Home 83 Corona Street 401-737-9193	Warwick	X	X			

NAME AND INFORMATION	CITY	MEDICARE/ MEDICAID	UNITED- HEALTHCARE	BLUE CROSS	OTHER	NOTES
Tockwotton Home 75 East Street 401-272-5280	Providence	X		X		
Trinity Health and Rehabilitation 4 St. Joseph Street 401-765-5844	Woonsocket	X	X			
Village House Nursing and Rehabilitation 70 Harrison Avenue 401-849-5222	Newport	X	X	X		
Warren Skilled Nursing & Rehabilitation 642 Metacom Avenue 401-245-2860	Warren	X	X	X		
Waterview Villa 1275 South Broadway 401-438-7020	E. Providence	X	X			
West Shore Health Center 109 West Shore Road 401-739-9440	Warwick	X	X	X		
West View Health Care Center 239 Legris Avenue 401-828-9000	W. Warwick	X	X	X		
Westerly Health Center 280 High Street 401-348-0020	Westerly	X	X	X		
Westerly Nursing Home 79 Beach Street 401-596-4925	Westerly	X	X			
Woodpecker Hill Health Center 2052 Plainfield Pike 401-397-7504	Greene	X	X			
Woonsocket Health and Rehabilitation Center 262 Poplar Street 401-765-2100	Woonsocket	X	X	X		

Home Care Company List

NAME AND INFORMATION	MEDICARE/ MEDICAID	UNITED- HEALTHCARE	BLUE CROSS	OTHER	NOTES
Amedisys 401-273-2280	X		X	X	
Assisted Daily Living 401-738-5470	X	X	X	X	
Bayada 401-273-1112	X	X	X	X	
Cathleen Naughton 401-751-9660	X		X		
Capitol Home Care 401-941-0002	X		X	X	
Centrus (no RI Patients) 1-800-698-8200		X	X		MA
Home Care Advantage 401-781-3400	X	X	X		
Interim Healthcare 401-272-3520	X	X	X	X	
Intrepid USA Healthcare 401-946-1881	X	X	X	X	
Life Care at Home 1-888-667-6878	X		X		
Lifespan Home Medical 401-335-9000	X		X	X	
Maxim Healthcare Services 401-751-6333	X		X		
Memorial Hospital 401-312-2500	X	X	X	X	
Morning Star 401-739-1515	X	X		X	
Northwest Home Care 401-949-3801					
Roger Williams 401-456-2273	X	X	X		

NAME AND INFORMATION	MEDICARE/ MEDICAID	UNITED- HEALTHCARE	BLUE CROSS	OTHER	NOTES
Seranna Home Care 401-728-6510	X				
Southcoast Visiting Nurse Association 800-698-6877	X	X	X	X	
Vital Care of RI 401-726-7744	X	X	X		
VNA of Care New England 401-737-6050	X	X	X		
VNS Newport 401-682-2100	X	X	X	X	
VNA of Rhode Island 401-574-4900	X			X	
Visiting Nurse Home Care 1-800-698-7991	X	X	X		
VNS Home Health Services 401-788-2000	X	X	X		

