

Patient Surgical Pathway

You and your healthcare team have decided it is time for you to have joint replacement surgery. This guide will help you through the process. **A support person is required for all appointments.**

BEFORE SURGERY: In the community

Steps along the way	You – the patient	Support Person
<p>Your Surgical Consultation Appointment at the Edmonton Bone and Joint Centre</p> <p>Date: _____ Time: _____</p>	<p>Name: _____</p> <ul style="list-style-type: none"> <input type="checkbox"/> Choose your support person who will help you along your surgical journey <input type="checkbox"/> Meet your healthcare team <input type="checkbox"/> Receive and review your teaching book along with paper inserts <p>Review and/or complete the following:</p> <ul style="list-style-type: none"> <input type="checkbox"/> “Now that the Decision for Surgery has Been Made” <input type="checkbox"/> “Planning for Surgery” – (Bathroom Measurements) <input type="checkbox"/> “Pain Management” information package <input type="checkbox"/> “My Checklist before surgery” p.12 teaching book <input type="checkbox"/> What to bring to the hospital p.18 (knee book) p. 19 (hip book) <input type="checkbox"/> Start doing your exercises and do them regularly before and after surgery (teaching book p.13 – 17) <input type="checkbox"/> Complete your bloodwork (chest xray if needed) 7-10 days BEFORE your teaching appointment <input type="checkbox"/> Discuss discharge plan with family/friends 	<p>Name: _____</p> <ul style="list-style-type: none"> <input type="checkbox"/> Meet the healthcare team <input type="checkbox"/> Review the teaching book, encourage and help the patient to plan for before and after surgery <input type="checkbox"/> Help the patient complete their documents and bring them to the teaching appointment <input type="checkbox"/> Encourage the patient to start and continue with exercises (p. 13 – 17) <input type="checkbox"/> Make sure the patient has completed their bloodwork (chest x-ray if needed) 7-10 days BEFORE the teaching appointment
<p>Your Teaching Appointment at the Edmonton Bone and Joint Centre</p> <p>Date: _____ Time: _____</p>	<p>Please bring the following with you:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Support Person (this is mandatory) <input type="checkbox"/> Alberta Health Care Card and photo ID <input type="checkbox"/> Teaching book and the following completed documents: <input type="checkbox"/> “Planning for Surgery” <input type="checkbox"/> “Goals of Care” – (Green Sleeve – signed by family doctor) <input type="checkbox"/> Medications in the original containers along with vitamins and supplements <input type="checkbox"/> Lunch/snack if needed <p>ASSESSMENT/TEACHING DAY SCHEDULE:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Group Teaching (Video) <input type="checkbox"/> Nurse (Case Manager) <input type="checkbox"/> Physical Therapist or Occupational Therapist <input type="checkbox"/> Internal Medicine Doctor <input type="checkbox"/> Anaesthesia Doctor (if necessary) <input type="checkbox"/> Additional bloodwork (if necessary) <input type="checkbox"/> Pre-op x-ray (if necessary) 	<ul style="list-style-type: none"> <input type="checkbox"/> Attend this appointment with the patient (this is mandatory) <input type="checkbox"/> Bring your lunch/snack if needed <input type="checkbox"/> Ensure the patient completes and brings all the items listed to the left <ul style="list-style-type: none"> <input type="checkbox"/> Follow the schedule for the day with the patient

APPROXIMATELY ONE WEEK BEFORE SURGERY: You will receive two phone calls

- One from the Edmonton Bone and Joint Centre
- One from the RAH/OSC Hospital (if having your surgery at the RAH/OSC)

Why:

- to help answer any of your questions;
- to ask about **any changes** in your medical condition, medications, skin condition and/or any recent hospitalizations;
- to ensure that you have **picked up and installed needed equipment before your surgery day (see page 11)**;
- Medication Instructions (see page 3 of Surgical Patient Agreement (yellow sheet)); and
Notes: _____
- **Encourage you to book an appointment with your family physician to help manage pain medications after your surgery (book for 1-2 weeks after surgery day).**

THE DAY BEFORE SURGERY:

If you are having your surgery at the Orthopaedic Surgery Centre or Royal Alexandra Hospital: The hospital will call you between 4:00 pm and 6:00 pm (if you do not get a phone call by 6:00 pm – please call 780-735-4120 or 780-735-5244)

If you are having your surgery at the Misericordia Community Hospital (MCH): You must call the hospital the day before surgery between 2:30 pm and 8:00 pm at 780-735-2552

My Instructions for the Day of Surgery

My Surgery will be at the: RAH/Orthopaedic Surgery Centre (OSC) / Misericordia Community Hospital (MCH)

My surgery is scheduled on _____ Date: _____

My surgery time is at _____ Time: _____

I need to arrive at the hospital at _____ Time: _____

FOOD

- Eat my final snack 8 hours before surgery
 - 1 small piece of fruit and 1 cup cereal with ½ cup milk

OR

- 1 small piece of fruit and 1 slice of toast with jam and ½ cup yogurt

DO NOT EAT ANYTHING 8 HOURS PRIOR TO YOUR SURGERY TIME

STOP eating food at:

DRINK

- Drink clear fluids **up until** 3 hours before surgery
(Clear fluids are water, apple juice, cranberry juice, black coffee or plain tea)
Do NOT add milk or cream to your coffee or tea
Do NOT have any alcohol for 24 hours prior to surgery

If you are NOT diabetic:

- Drink 500 mL (2 cups) of clear apple juice or cranberry juice 3 hours before your surgery (one hour before arrival time at hospital)

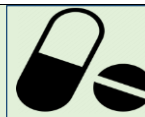
If you are diabetic:

- Drink 500 mL (2 cups) of water 3 hours before surgery (one hour before arrival at hospital)



DO NOT DRINK DIET, SUGAR FREE, LOW CALORIE OR ENERGY DRINKS

Take LAST DRINK
of clear fluids at:





- Follow **My Medication instructions**. See Page 3 of the Surgical Patient Agreement (yellow sheet)



DAY OF SURGERY

Steps along the way	You – the patient	Support Person
The Day of Surgery	<input type="checkbox"/> Shower and wash with the provided sponge <input type="checkbox"/> Arrive at the hospital 2 hours before your surgery time	<input type="checkbox"/> Accompany the patient to the hospital <input type="checkbox"/> Help the patient bring their equipment and personal belongings (small bag)
In the Hospital before Surgery	<input type="checkbox"/> Meet your Pre-surgical team who will get you ready for your surgery	<input type="checkbox"/> Stay with patient until they go to the Operating Room for their surgery
In the Operating Room and Recovery Room Area	You will meet your Operating Room Team who will care for you during your surgery You will meet your Recovery Room Team who will care for you immediately after your surgery	The patient will be in the Operating Room and Recovery Room area for a few hours before being sent to the inpatient unit where you will be able to see them
On the Inpatient Unit Begin your first steps towards recovery and going home	Meet and work closely with your Post-Surgical Healthcare Team: - Surgeon - Hospitalist / Clinical Associate - Nursing Team - Pharmacist - Physical Therapist - Occupational Therapist - Others	You will be able to see the patient once they come out of surgery and arrive at the assigned inpatient unit
	Every day you are in the hospital: <input type="checkbox"/> Work with your healthcare team to manage your pain after surgery – read pain management booklet <input type="checkbox"/> Deep breathing and coughing regularly <input type="checkbox"/> Get up, get dressed and get moving right after surgery – this includes walking to the bathroom (using your walker) and sitting in the chair for all meals and dressing in your own clothes <input type="checkbox"/> Do your exercises often and attend your physio sessions with your support person <input type="checkbox"/> Rest, Ice and Elevate in between your walking and exercising <input type="checkbox"/> Work closely with your team so that you can move and manage safely at home <input type="checkbox"/> Review your surgery teaching book – “After Surgery” section (page 21-28) <input type="checkbox"/> If you have any outstanding equipment needs , get your Support Person to pick up and install before you are discharged	<input type="checkbox"/> Encourage the patient to work closely with the healthcare team to: -manage pain -get up out of bed often / up for meals -get dressed everyday -get moving – walking is important - do their exercises including foot and ankle exercises -take time to rest after exercises - ice and elevate affected leg when resting <input type="checkbox"/> Attend physio sessions with patient in the Gym
		 <input type="checkbox"/> Pick up and install any outstanding needed equipment before discharge

GOING HOME: Recovering after surgery

Steps along the way	You – the patient	Support Person
<p>Discharge Planning from Hospital</p> 	<ul style="list-style-type: none"> <input type="checkbox"/> Anticipate your discharge home and work towards your goals - “Going Home “ section of teaching book – Know Your Discharge Plan <input type="checkbox"/> Anticipated Discharge Day is: _____ Discharge time can be any time of the day <input type="checkbox"/> Attend discharge teaching session to review: <ul style="list-style-type: none"> - incision / dressing - pain medication management - blood thinner’s at home - mobility and exercises <input type="checkbox"/> Get Prescriptions: <ul style="list-style-type: none"> - pain medication - blood thinners - other (i.e. stool softeners) 	<ul style="list-style-type: none"> <input type="checkbox"/> Get to know the patient discharge plan (1 – 2 days after surgery) <input type="checkbox"/> Anticipated Discharge Day is: _____ Discharge time can be any time of the day <input type="checkbox"/> Attend discharge teaching session with the patient <input type="checkbox"/> Pick up the patient from hospital <input type="checkbox"/> Help get prescriptions filled
<p>You are Home</p> 	<ul style="list-style-type: none"> <input type="checkbox"/> You will get a follow-up phone call from the hospital nursing staff to check in with you and answer any questions you might have <input type="checkbox"/> Continue to review your teaching booklet <input type="checkbox"/> Do your home exercises regularly <input type="checkbox"/> Take your pain medication as planned (follow your pain management booklet) <input type="checkbox"/> Take your blood thinners as prescribed <input type="checkbox"/> Use your walking aids to get around safely <input type="checkbox"/> Attend all your follow-up appointments 	<ul style="list-style-type: none"> <input type="checkbox"/> Check in with the patient often and provide support as needed 
<p>Book and Attend Follow-up Appointments</p>  <p>(Please note: all surveys are confidential and assist us with improving the services we provide)</p>	<p>When you get home:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Confirm appt with family doctor (if needed for pain management) <input type="checkbox"/> Call your MOA at the Edmonton Bone and Joint Centre and book the following appointments: <ul style="list-style-type: none"> <input type="checkbox"/> 10 – 14 days after surgery for incision check with nurse Date: _____ Time: _____ <input type="checkbox"/> 4 – 10 weeks after surgery follow-up with surgeon Date: _____ Time: _____ <input type="checkbox"/> Book Community Physio appointments if necessary (knee surgery patients), hip surgery start at 6 weeks <input type="checkbox"/> Complete the online survey via link below www.albertaboneandjoint.com/survey for 6 week, 3 month and 1 year follow up visits <p>Follow up visits will be determined by your surgeon. (e.g. 3 month and 1 year follow up appointments).</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Check in with the patient and provide support as needed <input type="checkbox"/> Assist the patient to follow-up appointments as needed <input type="checkbox"/> Remind patient to complete their online survey for 6 week, 3 month and 1 year follow up visits <p style="text-align: center;">Notes</p>