

get MOVING

JOINT SOLUTIONS CENTER GETS PATIENTS PAIN-FREE AND HOME QUICKLY

A patient- and family-centered focus on recovery is the secret to success for DeKalb Medical's Joint Solutions Center (JSC). Not only do more than 83 percent of patients go directly home from the hospital to continue recovery with home health and outpatient therapy, but 100 percent of JSC patients say they will definitely recommend DeKalb Medical as the place to go for joint replacement surgery.

The JSC rapid-cycle rehabilitation strategy enables patients to recover more quickly so they can return to normal activities sooner, explains Sheryl Durr, RN, CRRN, DNPc, joint care coordinator for the center. "Everyone involved in the patient's care works as a team to start rehabilitation the day of surgery," she explains. The integrated healthcare team includes physical therapists, occupational therapists, nurses, the orthopedic surgeon and other physicians who are needed to provide care for other conditions patients may have, such as diabetes or cardiovascular issues. "Most importantly, the team includes the patient and family members who will help the patient during rehabilitation," she adds. "Therapy goals are discussed with the patient and family member so everyone understands how the rehab process will work."

Patient Education

Education is a key component of the JSC strategy to

prepare patients for surgery and rehabilitation. A patient education session prior to surgery includes a guide book that patients keep with them throughout the entire process. "The book includes pre-operative instructions, information about the surgical procedure, information about physical therapy following surgery and reference information about home health or skilled nursing facilities," says Durr. "Because the book is a loose-leaf binder, we can easily add pages that describe treatment and medications specific to the patient as well as signs and symptoms of complications that require a call to the center or the physician." The book serves as an easy reference for patients and family members once they are discharged and go home.

The reference book and Durr's telephone support following discharge are critical because JSC patients go home within three days after surgery. "We get the patients up and walking the afternoon of their

surgeries and start teaching them exercises that will relieve pain, improve mobility and speed their recoveries," says Durr. Pain management is important for a quicker recovery, so the JSC staff makes sure patients understand how to take medications correctly to minimize pain. The combination of thorough education, minimally invasive joint replacement procedures, anesthetic injected into the joint during surgery, correct use of pain medications and physical therapy to promote speedier healing result in a quicker return to daily activities.

A Fast Recovery

Returning home after a three-day stay in the hospital surprises some patients, admits Durr. "Some people assume they need to stay in the hospital for a week or more, or go to a skilled nursing facility for rehabilitation. They are pleasantly surprised to learn they can go home with help from a home health therapist



Physical therapy plays a key role in a quicker return to normal activities.



DeKalb Medical
Joint Solutions Center

Patient care is overseen through a team of healthcare professionals focused on the best outcomes for each patient.



LET'S TALK. If it hurts to walk, talk to our Joint Solutions Center specialists for advice. Call **404.596.4794** or email letstalk@dekalbmedical.org.

LISTEN TO STORIES. Go to www.dekalbmedical.org and select DeKalb Medical's YouTube channel to view videos of patients who have undergone knee and hip replacement surgery.

LEARN MORE. Attend one of the free Joint Solutions Center doctor talks in May to learn more about knee and hip pain treatments. See page 13 for details about the talks, and plan time to take a tour of the Joint Solutions Center prior to the talk.



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—Sheryl Durr, RN, CRRN, DNPc

and outpatient therapy,” she says. “Patients who attend our educational seminar before the surgery are better prepared for the quick rehab approach because they are not surprised when we ask them to get out of bed on the day of the surgery. However, all patients quickly see the benefits of moving soon after surgery and all patients appreciate the opportunity to go home quickly.”



Therapists teach exercises that can be performed at home and provide instruction sheets for patients to follow.