

Pre-Surgery Class For Joint Replacement Speeds Recovery

Your quick return to regular activities after hip or knee replacement depends in large part on what you do to prepare ahead of time.

In an effort to help patients properly prepare for joint replacement surgeries, NCH offers free pre-operative classes.

The two-hour Preoperative Patient Education Seminar for Total Joint Replacement Surgery is intended to help both patients and caregivers learn about preparing for surgery, what happens the day of surgery and during the initial recovery period, pain management techniques, what to expect during physical therapy, and how to create a discharge plan.

"When patients understand what to expect from total joint replacement, they have clearer expectations," says Jennifer Miller, BSN, RN, CMSRN, ONC, NCH Total Joint Replacement Coordinator. "Patients take a more active role in their recovery and have better outcomes."

Miller says that some patients aren't even aware of the questions they should be asking. "I'm guaranteed



to make them laugh while they learn," she says, "and they leave feeling less anxious about the surgery."

Patients and their caregivers will benefit from helpful tips such as preparing meals in advance and ensuring that their homes are cleared of obstacles if they will be using a walker.

Everyone receives an educational folder that can also be mailed if patients are unable to attend a session.

"Our goal is to empower the patient so they're ready for surgery and ready for recovery," explains Miller.

Classes are held Tuesdays from 4 to 6 p.m. and Thursdays from 11 a.m. to 1 p.m. and 5:30 to 7:30 p.m. at the NCH Baker Hospital Downtown, Telford Building, 350 7th St. N. in Naples. Light refreshments are served.

As soon as your surgery date is scheduled, call **239-624-3965** or email **orthoclass@nchmd.org**. Include your name and phone number, date of surgery, name of surgeon, type of surgery (hip or knee), number of people attending, and class date and time.

PRE-SURGERY CLASS HIGHLIGHTS



- ✓ Free two-hour class for knee and hip replacement patients
- ✓ Helps patients and caregivers prepare for surgery, hospital stay and rehabilitation
- ✓ Dedicated coordinator is point of contact for additional questions and concerns



For more information, contact Jennifer Miller at 239-624-3998 or Jennifer.Miller3@nchmd.org