

# Welcome to Doctors Hospital Pre-Op Teaching Class

**OSi** Orthopaedic  
& Spine Institute  
at Doctors Hospital



# Orthopaedic & Spine Institute

at Doctors Hospital of Sarasota

We treat acute and degenerative conditions which affect the spine and joints.

Our Orthopaedic & Spine Institute offers patients the most advanced techniques and treatments to manage and resolve spinal and orthopaedic conditions.



# Accolades:



Joint Replacement-Hip –  
The Joint Commission



Joint Replacement-Knee -  
The Joint Commission



Spinal Fusion - The Joint  
Commission



Top 100 Best Places to Work – Modern  
Healthcare Magazine, Four Years in a Row



Blue Distinction Center for  
Knee and Hip – Blue Cross  
and Blue Shield of Florida



Blue Distinction Center for  
Spine Surgery – Blue Cross  
and Blue Shield of Florida



40 Hospitals With Great Orthopedic and  
Spine Programs – Becker's Orthopedic &  
Spine Review

## Here at Doctors Hospital of Sarasota we use a **Team Approach:**

- Who participates in recovery?
  - Patient
  - Surgeon
  - Anesthesiologist
  - Medical Doctor
  - Office Staff
  - Nurses (pre-testing, outpatient, operating room, PACU, floor)
  - Physical Therapists/Occupational Therapist
  - Nursing Aides
  - Pharmacist
  - Dietician
  - Case Manager
  - Home Health/Rehab/ECF



# Additional Amenities

offered at our Orthopaedic and Spine Institute:

- Concierge services
- Private rooms
- Dining room
- Gourmet coffee and fresh baked sweets
- Healing touch program
- TLC Program (**T**ransportation, **L**odging & **C**onvenience Program)

Concierge: 342-3375

# Pre-Op Teaching:

- Why is the Pre-op Class important?
  - More knowledge = better outcomes
  - Reduces anxiety
  - Increases motivation
  - Learning is retained better when patients are at their best mentally





# Pre-testing Appointment:

(usually 1 week prior to surgery)

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- Check in at registration
- What to bring:
  - Drivers license
  - Insurance cards
  - Advance directives
  - List of questions for the anesthesiologist
  - Copay: any financial obligations established by financial counselor
  - Completed list of all home medications

Note: You do not need to bring your medications from home, they will be provided during your stay

# Pre-testing Appointment: Home Medications



- Include both prescription and over the counter medications (including vitamins).
- Clarify the dose in mg or units- not 1 pill or 2.
- The route is usually PO (by mouth) but some may be by injection, topical (such as a transdermal patch or ointment) or even inhaled.
- If you take your pill once a day specify whether it is “daily AM” or “daily PM”.



# Pre-testing Appointment:

- Nurse obtains history and physical assessment
- EKG, Chest X-Ray, Blood Work
  - If indicated
- MRSA screening, another extra step we take to prevent infection
- Consent is signed
- If you receive a green/yellow armband, DO NOT REMOVE.
- Nurse goes over your list of medications
  - Stop all blood thinners **a week before surgery or as directed by your physician:** e.g. Aspirin, Coumadin, Vitamin E, Gingko, St John's, NSAIDS
- A code is given that you can give to loved ones which allows them to obtain health information about you.

# What to bring to the hospital:

- Leave all valuables at home.
- Do bring comfortable clothes, you do not need to bring shoes.
  - NOTE: you will have some swelling on operative leg & your shoes might fit snug.
- If possible leave canes and walkers at home.
  - If brought please label cane or walker with your name.
  - Have family or friend bring walker the day before discharge.
- Glasses, hearing aides, and dentures should be brought in a labeled container.
- Hard Candy and chap stick, you may have a dry mouth from pain medication
- If you have sleep apnea, bring your mask.
- Spine patients bring your brace, if you already have one.

# Before Surgery

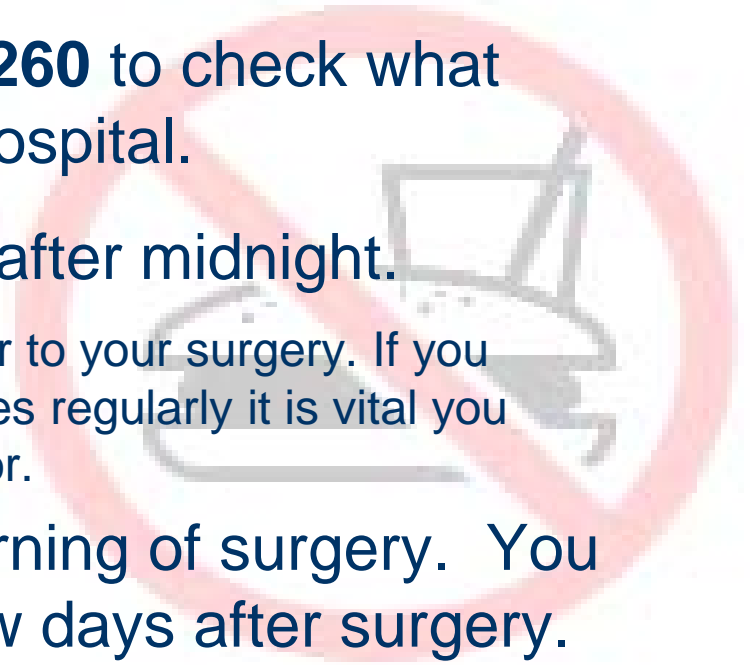


- Prepare your home for your return:
  - Clean linens on your bed
  - Prepare meals and freeze them
  - Pick up throw rugs
  - Tack down loose carpeting
  - Remove electrical cords & other obstructions from your path
  - Put night lights in bathrooms, kitchens, bedrooms and hallways
  - Arrange for pet care if needed

Your **SAFETY** is our concern.

# Night before surgery:

- Call between 5pm-6pm, **342-2260** to check what time you should report to the hospital.
- Do **NOT** eat or drink anything after midnight.
  - Do not drink alcohol for 24 hours prior to your surgery. If you normally consume alcoholic beverages regularly it is vital you share this information with your doctor.
- Shower the night before or morning of surgery. You are not able to shower for a few days after surgery.
- If you get a fever, cold, or rash call your surgeon regarding your health right away.





## Morning of surgery:

You may take your morning medications with a sip of water and brush your teeth the day of surgery.

The nurse you met with at pre-testing will give you a list of medications you should take the morning of surgery.

- **Do not take** your diabetic medication or any diuretics the morning of surgery.
  - If you take insulin, follow your medical doctor's instructions.
- **Do take** your pain medicine prior to surgery!

# Day of surgery:

- Check in at admitting with your family.
- Armband applied with a barcode
  - Barcode is used for administering medications. Doctors Hospital is the only hospital in Sarasota with the EMAR/scanning system for patient safety.
- Then you are escorted to the outpatient department on the 2<sup>nd</sup> floor.



# Outpatient Department:

- Change into a hospital gown.
  - You will be given a plastic bag for your clothes.
- IV will be started
  - Should feel like a minor annoyance.
  - Report any swelling, redness, or pain to nurse.
- 2 medication may be given to you pre-operatively:
  - Reglan- helps empty the stomach, prevent aspiration pneumonia
  - Pepcid- helps reduce acid
- Surgery site confirmed with the consent for your safety.

# Pre-Op Holding

- Family will be escorted to waiting room
- Patient Tracker in waiting room allows your loved ones to follow your progress
- Surgeon will mark surgery site, if no tattoo
- Anesthesiologist may give you IV medication to relax you
  - Anesthesiologist will monitor your progress throughout your surgery



# Surgery



- TIME OUT is another safety precaution involving the entire surgical team ensuring we have the correct patient and the correct operative site.
- You will be in surgery for about:
  - For Hips: 45-90 minutes
  - For Knees: 45-90 minutes
  - For Spine: Depends of the type of procedure and number of levels of vertebrae the surgeon is working on.

# After surgery:

- Surgeon will look for family members in the surgery waiting room or call phone number provided.
- PACU/Recovery Room:
  - Monitor vital signs and pain level frequently
  - 1:1 Nurse to patient ratio, until criteria met
- Brought to your room once you are awake and stable:
  - Higher patient to nurse ratio
  - Could still be sleepy from anesthesia
  - Family can see you now

# Pain Management

- Next to safety, our primary goal is to keep you as comfortable as possible following your surgery
- Pain is very different & unique for every individual



0  
No Hurt



2  
Hurts  
Little Bit



4  
Hurts  
Little More



6  
Hurts  
Even More



8  
Hurts  
Whole Lot



10  
Hurts  
Worst



# Pain Management

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- It is important that you do **not** let the pain get out of control before asking for pain medication.
- It is important that you take pain medication prior to physical therapy.
- Pain Medications are usually prescribed on a prn (as needed) basis.
- **COMMUNICATION** with your nurse & physician is the key to achieving effective pain control.



# Pain Management

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- Your prescribed pain medications will vary depending on your history and severity of the pain you are having.
- There are side effects associated with all narcotics:
  - Constipation (most common)
  - Nausea or vomiting
  - Respiratory depression and sleepiness
  - Itching

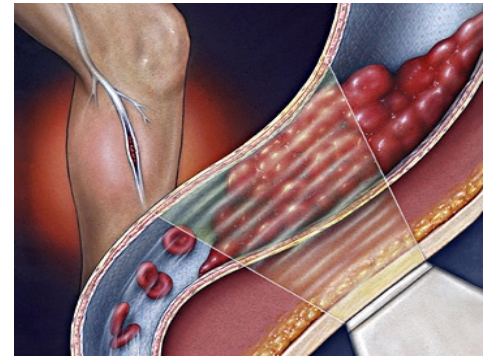
# Let's work on:

- Preventing Complications

- DVT: blood clot (thrombus) forms in one or more of the deep veins in your body, usually your legs
- Pneumonia: lung inflammation caused by infection
- Surgical Site Infection: reporting signs and symptoms early is important

There are simple activities that you can do to help prevent these most common complications.

# DVT (Deep Vein Thrombosis) Prevention



- SCDs (sequential compression device) or foot pumps
- TED hose (antiembolism stockings)
- Anticoagulants- ex. Coumadin, Lovenox, Aspirin, Xarelto
- Ankle pumps, ankle circles, gluteal squeezes and quad sets (10 times every hour)
- Early ambulation (walking)

# Preventing Pneumonia

- Incentive Spirometer
  - At least 10 times per hour when awake
  - Nurse will set your individual goal based on your gender, age, and height
- Ambulation





# Infection



- Hand Hygiene
- Taking prophylactic antibiotics before dental work, colonoscopy and other procedures with physician recommendations
- Be aware of signs & symptoms of infection:
  - Redness & increased swelling at incision
  - Change in incision site: color, odor, drainage amount
  - Increased pain at site
  - Fever 100.5 degrees & above

# Physical Therapy



- Start today and strengthen your triceps for using the walker
- Therapy usually starts the day after surgery  
Some may start the day of surgery
- Exercises: ankle pumps, ankle circles, gluteal squeezes, and quadriceps presses
  - Performed in bed or chair
    - start the day of surgery

# A Critical Conversation for Preventing Falls with Injury.



Call...  
Don't  
FALL!

- Our Goal is to keep you safe from harm...

**Age:** 1 out of 3 people over the age of 65 will fall each year.

**Anticoagulants** (blood thinners), such as Coumadin, Lovenox , or Xarelto, make you more likely to be injured from a fall. If you bump your head during a fall, it could cause bleeding in your brain. This can be a very dangerous situation for you. A serious head injury could cause your death.

**Bones:** Previous fractures, weak bones, bone cancer, fatigue or weakness, or medicine that causes weak bones makes you more likely to be injured from a fall.

**Surgery:** These procedures weaken you and may affect your ability to stand or walk by yourself. Anesthesia and pain medications also increase your risk of falling.

**Please remember why it is so important for you to call for assistance.**

# What to expect during your hospital stay:

- The white board in your room will be updated routinely to keep you informed of your plan of care and your health care team.
- At change of shift, the nurses give patient centered report in your room to ensure you are aware and involved in your own care.

**Doctors Hospital**  
OF SARASOTA

Preferred Name:  Mon Tues Wed Thurs Fri Sat Sun

Room Number:  Today's Date:

**CARE TEAM:**

Nurse:  Physician(s):

Nurse Assistant:  Therapist(s):

Housekeeping:

**PHONE NUMBERS:**

Room #:

Nurses station #:

Nutritional Services #: X1090

Housekeeping #: 232-3067

**TODAY'S PLAN:**

Activity:

Diet:

Discharge Planning:  CASE MANAGEMENT 342-3359

Special Requests:

**Are you in pain? How much?**

0 very happy 1-2 hurts a little 3-4 hurts more 5-6 hurts even more 7-8 hurts a lot 9-10 hurts real bad

Goal

# What to expect during your hospital stay:

- Routine blood draws
- Vital signs are checked frequently during the day & night
- Physical therapy twice a day
- Dressing changes as indicated by doctor orders
- Medication administration at various times of the day & night
- Removal of catheter or drains as appropriate

# Discharge Planning



- Starts today!
- What are my options:
  - Home Health Care vs. Skilled Nursing Facility/Rehab (pending insurance authorization)
- If you currently do not have your own walker or 3 in 1 commode or other DME's, we will arrange for you to have all necessary equipment prior to discharge



**Case Manager # 342-3359.**

# Discharge process:

- Your surgeon will meet with you and determine that you are ready to be discharged.
- The nurses will need to obtain approval from other physicians and consults prior to your discharge if necessary.
- Please keep in mind that you may need additional treatments such as physical therapy and medications or case management may need to complete your home health care arrangements.
- You will receive typed discharge instructions from your nurse, please take time to review all instructions and ask your nurse to clarify any concerns you have prior to discharge.
- Stop at our discharge office prior to leaving the hospital or use your “speedy pass” at this time

# Discharge Checklist:



- Discharge instruction papers
- Prescriptions for new medications
- Personal items (dentures, glasses, cell phone chargers...)
- Walker, canes, and other durable medical equipment
- Your own medications (if brought in)



# Frequently asked questions:

- When can I eat?
- Can I use cell phones while in the hospital?
- What are normal visiting hours?
- Why is my throat sore?
- When can I shower?
- When can I start driving?
- How long will I be in the Hospital?
- When do I start the new exercises in my pre-op Guidebook?



# *Patient* portal

**Doctors Hospital now has a way for you to access your personal health information that is convenient and secure- The Patient Portal! Gain instant access to your personal health information and experience convenient, safer care through Doctors Hospital's Patient Portal.**




## What can I see in the Patient Portal?

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The Patient Portal will show select portions of your health information including:

- Allergies
- Conditions
- Discharge Summaries
- Hospital Visit Histories
- Lab Results
- Medications and Instructions
- Radiology Reports
- Upcoming Appointments



**Thank you for your participation today!  
For any further questions or suggestions,  
please don't hesitate to contact us  
at 342-3300.**

**We will see you soon!**