

Welcome to the Orthopedic Unit

The nursing staff is available 24 hours a day. A charge nurse is available every shift for any questions, concerns or comments. Management staff also is available to address any questions, concerns, comments or special needs.

Mooreville Orthopedic Nurse Manager
(317) 834-9563

Carmel Inpatient Nurse Manager
(317) 705-4777

Mooreville and Carmel Physical Therapy Manager
(317) 834-3720

Visitation policy

Visiting hours:

- Orthopedic floor: 1 to 8 p.m. daily
 - Visitors may park in the main lot and enter through the main entrance of the hospital.
 - Children under the age of 15 are not recommended.
 - One adult visitor may spend the night with you in your private room. Each room has a chair or couch that converts into a bed.
- Intensive Care Unit (ICU) (Mooreville)
 - Hours are posted outside the ICU and can change depending on the patient's nursing care needs.
 - ICU visitors are **not** permitted to stay overnight.
 - Only two adult visitors are allowed at one time. There is a visitor waiting area just outside the ICU.

Room service dining (Mooreville)

- Once your admitting nurse has verified your diet order, you are welcome to request food at any time during regular operating hours.
- Room service dining is available daily from 7 a.m. to 7:30 p.m.
- If you are unable to use your phone or need assistance in making choices any time throughout your stay, our nursing staff will assist you with placing your order.

- If your physician prescribes a special diet for you, or if you are undergoing surgery or tests that require dietary limitations, some menu items might need to be modified, substituted or eliminated.
- Menus are located in each patient room.
- Using your room phone, dial extension 49600 to place your order.
- Your family can assist you in placing an order by calling from home or a cell phone. To place an order from a phone other than your room phone, call (317) 834-9600.
- Allow for 45 minutes for order delivery.
- You may order meals in advance. Just let the staff know when you place your order what time you would like it to be delivered.
- Guest trays are available for \$7.00. Guest tray tickets can be purchased through the hospital cafeteria. Call 49600 to place your order.

Room service dining (Carmel)

- Once your admitting nurse has verified your diet order, you are welcome to request food at any time during regular operating hours.
- Room service dining is available daily from 7 a.m. to 6:30 p.m.
- Our nursing staff will assist you with placing your order.
- If your physician prescribes a special diet for you, or if you are undergoing surgery or tests that require dietary limitations, some menu items might need to be modified, substituted or eliminated.
- Menus are located in each patient room.

Call button

- The call button is used to contact the nursing staff. Use the red button on the handheld remote that also controls the television and lights. Please do not use the call button on your hospital bed, as it will not properly inform the nursing staff that you need assistance.
- Pressing the call button will place a call to a phone carried by nursing staff.
- Our goal is to answer your call promptly.

Spiritual Care Services

- A chaplain is available 24 hours a day. Let your nurse know if you would like to speak with a chaplain.

Special needs

- If you have special needs for language interpretation, hearing or vision impairment, inform hospital staff prior to surgery.

Activity

- Your surgeon will determine your activity level.
- Depending on your surgeon, you could be expected to get out of bed the day of surgery. Physical Therapy or nursing staff will assist you.
- If you do not get out of bed the day of surgery, you will be expected to get up the first day after surgery. Physical Therapy or nursing staff will assist you.
- You are expected to do your exercises several times daily. Physical Therapy staff will assist you twice a day Monday through Saturday and one time on Sunday (one time on discharge day). If your family is here, we encourage them to help with exercises.
- You will spend time sitting up, in a chair or at the side of your bed, starting the day after surgery. Plan to sit up at least three times daily, preferably when eating your meals.
- Nursing staff is available to assist you in moving after surgery. Use your **call button** to ask for assistance in getting to the restroom or sitting up. We ask that your family does not assist you in doing these things unless given permission from Physical Therapy and nursing staff.

Medication

- The medications prescribed to you during your hospital stay might look different from what you use at home. The hospital uses a variety of companies to purchase these medications, and the same medication can look different from company to company.
- Ask the nursing staff if you have any questions about the medications you receive.
- We ask that you do not bring any medications from home; we are unable to use these.
- The doctors have a list of medications you take on a daily basis. They received this information from your pre-operative physical.

Laboratory

- After your surgery, your physicians will order certain laboratory tests to monitor your progress and make sure you are progressing as expected, without complications.
- Expect to see a nurse or phlebotomist (person who draws blood) between 4 and 5 most mornings during your hospital stay. The early morning time is necessary because it's important these lab draws are collected and results obtained prior to your physician's time with you in the morning. This process ensures that your doctors have all the appropriate information they need to make the best decisions for your care each day.

Objective: Quiet, Healing Environment

During your stay in the hospital, the staff will do their best to provide a quiet, healing environment. But some noises are unavoidable as we care for our patients. On occasion, you should expect to hear:

- Monitor alarms
- IV pump alarms
- Bed alarms
- Phones that staff carry with them so they are easily accessible to their patients

If you find these noises disruptive, please do not hesitate to ask that your door be closed or to receive complimentary ear plugs.

Our goal is to provide you excellent care in as quiet and healing environment as possible.

Anticoagulation

Prevention of blood clots is a primary concern for our team during and after your joint replacement surgery. Depending on your risk of this complication, there are many different types of interventions your physicians and nursing staff can use — alone or in conjunction with others — to minimize the likelihood that this will occur.

Anticoagulant medication therapy

Medicines known as blood thinners are commonly used to prevent blood clots and can be taken before and after surgery. These medicines include aspirin, Coumadin, Lovenox, Xeralto, Arixtra and others and can be given orally or by injection. Based on your risk factors, your surgeon will decide whether you will be given this type of medicine. If you do receive blood thinners, your surgeon will instruct you on how long you are to continue taking them after your surgery.

Intermittent compression devices (ICDs)

Blood clots sometimes, but rarely, form in the lower legs. This is due to post-operative bleeding and the period of relative immobility during recovery in which blood may pool in the lower legs. External pressure, or “squeezing,” the lower legs can help return blood to the heart and prevent clotting.

For this reason, you may have devices attached to your legs after surgery that will apply external pressure. As long as these devices are worn, you will feel recurrent, gentle squeezing of your legs. Depending on your risks and the type of device being used, these can be used for one to two days or up to several weeks after surgery.

Compression stockings

Your surgeon might recommend that you wear anti-embolism, or compression, stockings that apply steady external pressure to your legs and help to prevent pooling and clotting. Your nurse will instruct you on how to put these on and how long you are to wear them during your recovery.

Ready for Hospital Discharge

Once you meet your physical therapy goals and your physicians feel you are ready, it is time to leave the hospital. We strive to make your transition to the next phase of your recovery a smooth one.

At this point, all team members should be aware of your discharge plan. Any last-minute changes to your predetermined plan will be coordinated by our case management team.

Please refer to the Pre-Operative Preparation tab in this book for specific information about discharge planning and decision-making.



Your Post-Op Survey

At Franciscan St. Francis Health, we are committed to providing world-class care and excellent customer service. Our desire is to not only meet your expectations, but to exceed them as you undergo and recover from total joint replacement surgery.

You will likely receive a survey in the mail asking questions about the care you received, your readiness for discharge, the courtesy of our staff and your overall impression of our team and facilities. We sincerely hope that you will fill out and return this survey if you receive it.

If at any time before, during or after your joint replacement surgery you feel you have not received excellent care, or would like to congratulate the team on a job well-done, please let one of our managers know as soon as possible. Our Service Excellence Department also can address concerns. You can reach that department by calling (317) 528-8495.

Follow-Up Appointments

You will leave the hospital with an appointment card for your next visit to the surgeon's office. You will have written instructions detailing whom you will see, for what purpose you will see him or her and when your next visit is expected or scheduled.

You will not see your surgeon at every follow-up appointment. This is our normal protocol, especially if you are recovering well. You might see the physician's assistant, nurse practitioner and/or physical therapist. If you are having any problems, we can arrange for you to see the surgeon at your appointment or earlier.

Your surgeon will schedule follow-up visits at regular intervals to assess your progress, answer any questions and monitor your joint replacement for many years to come.

Our surgeons are advancing the technology behind your joint replacement, and all are involved in state-of-the-art orthopedic research. They are committed to your having an excellent, long-term outcome. It is vital that you attend all follow-up appointments so that we can provide you with the best care.

Your surgeon will talk with you about the follow-up schedule that is right for you.