



The Joint Replacement Program

Coach's Guide



Don't Forget, Take Care of Yourself

Assisting a friend or family member through the experience of joint replacement is a big commitment.

It is important for you to get enough rest and ask others for help when you need a break.

The Joint Replacement Team would like to thank you for all of your support and effort.

If you have questions about your role as a coach, please call The Joint Replacement Program Coordinator, 601-815-2589.



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Your family member or friend is undergoing elective joint replacement surgery and has selected you as their Joint Replacement Coach. **As a Joint Replacement Coach, you will be helping a special person before, during and after joint replacement surgery to regain quality of life and move toward a healthier lifestyle.** Your family member or friend will require emotional support, patience and encouragement.

You are a very important part of the patient care team. The Joint Replacement team members include: you (the coach), the surgeon, physical and occupational therapists, nurses, patient care technicians, case managers, social workers, a program coordinator and many others. The Joint Replacement Team's goal is to restore your family member or friend to a functional status, and to make the patient's hospital stay as beneficial, informative and comfortable as possible.

Coach's To Do List

Before Surgery

- Review the information in *The Joint Replacement Program Education Booklet* thoroughly with the patient.
- Attend all pre-operative and pre-hab appointments and ask questions.
- Assist the patient to learn the exercises they will be asked to do before and after surgery.
- Make plans for care at home or alternative arrangements. The program coordinator will contact the patient before surgery to discuss discharge plans. If the discharge plan is to spend a week or two in an extended care facility, set aside time to visit the facilities in your area. A list of skilled nursing facilities and quality of care ratings can be found at www.medicare.gov. We will request three facility choices.
- Help the patient complete the pre-operative home check list on page 13 of *The Joint Replacement Program Education Booklet*.

At the Hospital

- Help keep the patient's morale high by simply being present.
- Encourage the patient to give best efforts during therapy sessions.
- Celebrate the successes. Recovery is hard work and can be frustrating.
- Attend therapy sessions if possible. Your participation is important.

- Refer to the daily *Joint Replacement Newsletter* to review the plan for each day.
- Ask the staff and patient for updates on progress and any changes in the plan.
- Encourage the patient to ask for pain medication when uncomfortable or before therapy sessions.
- Learn to care for the incision and change any dressings.
- Address any questions or any concerns to members of the team. Together we can create a great experience.
- Discuss discharge needs with the social worker or case manager.
- Arrange for transportation.

Discharge Day

- Plan ahead. Remember the number of days in the hospital are the same whether the plan is to go home or to an extended care facility.
- Review all discharge instructions with nurse and patient.

Recovery at Home

- Assist the patient in following all discharge instructions and precautions.
- Make sure the patient performs the exercises. No exceptions!
- Encourage the patient to increase activity and independence each day.
- Prepare healthy meals.
- Drive the patient to and from appointments.
- Praise and recognize all progress.