

Our goal is for you to have the best possible result from your surgery. You play a part in achieving a good result by being an active partner in your care. We will help you understand the surgery, the hospital process and your plan of care when you leave the hospital. For your part, we ask that you agree to these actions:

1. I will review all pre-operative education provided by my surgeon and the hospital prior to my scheduled surgery.
2. I will attend the joint class {if my procedure is a total hip, total knee, or total shoulder replacement} as scheduled.
3. I will follow the instructions of my care team. This may include instructions for medications, treatments and testing before and after surgery. I will keep appointments with specialists as needed both before and after my surgery.
4. I will go to physical therapy as ordered by my surgeon. I will do the exercises at home before and after surgery.
5. I will partner in improving my overall health for surgery by working with the RN Navigator and by following the Pre-surgery Optimization Program recommendations.
6. My goal is to go home when I leave the hospital. I understand that going home improves my chance of having the best possible result from my surgery. My care team will order outpatient rehabilitation services, home healthcare, or skilled nursing as necessary.
7. I will identify a caregiver to help me at home for the first five to seven days after I leave the hospital. The caregiver will help with housekeeping and meals.

My caregiver's name is _____.

Phone number is _____.

8. If I have a fever, drainage, leg swelling, falls or other issues, the first thing I will do is call my surgeon or the care navigator.
9. I will contact my surgeon if I am feeling too much pain, even though I am taking my medication as prescribed. Together, we will decide how to make a change so that I am comfortable.

We thank you for choosing Midwest Orthopedic Specialty Hospital for your orthopedic surgery. By working together, we'll achieve the best possible result for your surgery.

Signature

Date

The Midwest Orthopedic Specialty Hospital is pleased to offer our **Pre-Surgery Optimization Program**, an innovative, specially designed program to optimize the results of our patients' orthopedic surgery procedures.

Whether you are having outpatient surgery or a more extensive procedure, our program can help ensure you are as healthy as possible prior to your surgery – which can lead to a successful recovery and better surgical outcomes.

How the Program Works

Once your surgery is scheduled, you will be contacted by a specially trained nurse navigator who will review your health status, personal needs and any factors that might affect your surgery, recovery and/or wound healing. If we identify any issues, we will work to resolve them prior to your operation.

If necessary, we will schedule an appointment for you with our optimization specialist. The appointment will include:

- Your required preoperative labs and diagnostics
- A review of your medical history and medications
- A pre-surgery physical exam that you otherwise would need to have done by your primary care provider

We share your results with your personal physician(s) so that all your providers are kept up to date on your health and your surgery.

We customize our program for each person and situation, with an emphasis on successful outcomes and avoiding complications to promote a speedy recovery. Our goal is to ensure that every patient is as healthy and fully prepared as possible for their surgical procedure.

Benefits of the Pre-Surgery Optimization Program

- If you have a heart condition that could pose a risk during surgery, we will coordinate care with your cardiology expert to ensure your heart is as healthy as possible for your procedure.
- If you have a chronic condition, such as diabetes or asthma, we can help ensure that it is well controlled before you undergo your procedure and that the appropriate post-operative care is in place to ensure it does not impact your recovery.
- If you will need some help at home after your surgery, we will make sure you have resources available such as home healthcare.
- If you are anxious about your surgery or have questions, we can provide answers and reassurance.
- If you are a smoker, we can help connect you to resources to help you reduce your smoking prior to surgery.

Efficiency and Safety Are Key

By completing all testing at the hospital, we can avoid any delays in obtaining results and ensure that all team members have the necessary information readily available to coordinate the best care for you during your surgery.

In addition, seeing you before surgery can help us identify if you are a candidate for accelerated discharge, in which certain healthy patients can be discharged earlier to recover in the comfort of their own home.