

Joint Replacement Care at Home

Helping You Prepare, Recover and Maximize Function



You have made the decision to undergo joint replacement surgery. In consultation with your surgeon, you have made this decision to help maximize your hip or knee function and again enjoy physical activity without pain.

Advocate at Home, the home care division of Advocate Health Care, is pleased to provide our patients with a specialized program that helps ensure a successful outcome.

The program starts providing you care...

- **Before surgery**, as we help you understand what to expect in the hospital and at home
- **In the hospital**, as we meet with you to discuss your treatment plan and any concerns you might have before going home
- **At home**, where you will receive nursing care and therapies aimed at helping you recover from surgery and achieve your mobility goals

We will be with you throughout your journey to better function—from your first appointment right on through to your follow-up appointments with your surgeon in the weeks after surgery.

Orthopedic Specialists

As a patient in our Joint Replacement Care at Home program, you will receive care from a team that includes experienced nurses, physical therapists, occupational therapists, and aides who are experts in orthopedic care.

A Personalized Plan of Care

Advocate at Home's innovative approach, called Solutions for Health, puts our patients at the center of the health care team. Your objectives, hopes and needs, along with the orders we receive from your physician, help us create a personalized care plan. We believe this is the best way to assure a good recovery. Our experience with joint replacement patients has shown that this approach, with patients who actively participate in their health care goals, helps them develop self-management skills, minimize symptoms, avoid going back to the hospital due to complications, and return to their previous lifestyle.

Care Begins Prior to Surgery...

At the time you schedule your surgery, you can ask your surgeon to contact us to pre-register you for the Advocate at Home Joint Replacement Care at Home program. Or you can call us directly. Pre-registering eliminates the need to complete paperwork and provide information while you are in the hospital recovering

from surgery. Advocate at Home will contact you prior to surgery so we can take care of getting authorizations for services approved by your insurance company before surgery, order home medical equipment and arrange delivery to your home, help you understand what to expect during the recovery process and discuss any questions or concerns. We will also schedule your physical therapy and nursing appointments to begin within 24 hours of your discharge from the hospital.

...Continues in the Hospital Soon After

Whether you pre-register or not, an Advocate at Home liaison will meet with you while you are recovering in the hospital to discuss any concerns you may have about going home. The discussion will include the home treatment plan, any goals or barriers you may have and the role home care will play in your recovery. Our liaison will continue to follow you if you go to a skilled nursing facility before going home.

...And Leads to the Start of Your Home-Based Program

Once you return home, your nurse and physical therapist will take the information obtained from your surgeon and the home care liaison at the hospital and will assess and interview you to develop a personal care plan.

Our visits include:

Coordination of Services

Joint replacement patients usually receive care from a team that may include a nurse, physical therapist, occupational therapist and aide. (Services vary based on patient need.)

Our team will:

- Explain how often the home care team members will visit. Our services are available 7 days a week. Your physical therapist will customize a therapy program for you based on your needs and the surgeon's protocols and standards of care. These visits last from 45 to 60 minutes. Duration of home care services are dependent upon your own recovery



process and ability to meet your specific home care goals. Our goal is to “graduate” you to outpatient physical therapy as soon as possible.

- Teach you about your medication, help you with pain management issues, address any complications and check your incision(s) for changes or signs of infection.
- Provide treatment to improve strength, balance, range of motion and mobility.
- Teach you techniques on how to safely navigate your home, including stairs, toilet/shower and use of walker/cane.
- Work together on pain management, positioning, icing and elevation, as well as ways to ultimately relieve pain without medication.
- Monitor the use of any home medical equipment and assess fall risks and home safety.

A Focus on Education

You will receive our Patient Education Guide, and your physical therapist and nurse will guide you thru the exercises and teach you safety precautions using a Red Flag Action Plan. This is a problem-solving sheet that helps you manage symptoms and side effects, as well as understand when to call the nurse or immediately call 911—all in an effort to prevent complications or a hospital readmission. We are available to you 7 days a week, including holidays.

Ongoing Discussions of Your Care Plan

Our team of clinicians continually communicates with each other and your physician to ensure that your care is coordinated and progressing, and that any necessary adjustments to your treatment plan are made.

To Learn More or Pre-register for the Advocate at Home’s Joint Replacement at Home Program

You or your surgeon can contact us as soon as your surgery is scheduled. To pre-register or learn more, call **1.800.564.2025**.

Advocate at Home provides a full spectrum of outstanding services, including nursing care, hospice care, medical equipment, home infusion, and respiratory and rehabilitation therapies, along with innovative programs that help patients make successful transitions from the hospital. By providing innovative home care solutions and the best possible health experiences, Advocate at Home helps patients remain in their homes.

