

BETTER OUTCOMES, MORE CONFIDENCE FOR JOINT REPLACEMENTS

WE'RE WITH YOU EVERY STEP OF THE WAY

“Let’s just start with the bottom line,” says Fredric Fossum, a Jordan Hospital patient. “Once you get arthritis in a major joint, it is going to get worse. So don’t wait to get it replaced. Do it *now!*”

Fossum had a knee replacement at Jordan Hospital this past June. Commenting on the preoperative planning and the surgery with Joseph Zabilski, MD, Fossum offers rave reviews.

“Let me put it this way,” he shares. “I’ve been through a lot of surgeries at a variety of hospitals. I’ve never experienced as thorough or professional a pre-surgery process for any other operation. At Jordan, I never had to prompt anyone to find out what was next. I always knew what I was doing, why it had to be done and what was next.”

Fossum had the benefit of a home visit by an orthopedic nurse liaison before surgery—a centerpiece of Jordan’s approach to total joint replacement. This service offers patients an opportunity to ask questions regarding the upcoming surgery while in the comfort of their own home. For Fossum and for all Jordan’s joint replacement patients, this is the first step in designing a custom plan of care. No other hospital in the region provides this level of patient support for joint replacements.

Robin Archer, BSN, RN-BC, one of the orthopedic nurse liaisons, visited Fossum in his home a couple of weeks before the surgery. “She walked me through the entire place, pointing out the challenges and safety issues, from the front walk, to the chairs I sit in, to the bathroom and bedroom areas,” says Fossum.

“This is an essential part of the program we offer,” Archer states. “We evaluate each patient’s home for safety, making note of the number of stairs to enter the home, whether handrails are present,

the height of the bed, tub and toilet, and whether there are loose throw rugs on the floor. We have a complete home preparation checklist and we educate our patients as we go, including what to expect in the hospital, at rehabilitation and when they are back home again.”

Archer followed Fossum throughout the process of his procedure, making sure his expectations were realistic and he had all the support and equipment he would need at each stage of recovery. “Pre-operative interviews, attention to any pain I was experiencing, gentle physical therapy—I’m telling you, they were on top of everything for me,” Fossum marvels. “When I left, I was walking quite well already. I amazed myself with what I could do.”

Jordan’s orthopedic program includes a visit from the nurse liaison while the patient is in the hospital, an additional visit if the patient is discharged to a short-term rehabilitation center and a final visit once the patient is home.

“Why do we do all this? To provide continuity and ensure a smooth transition home,” explains Archer. “It’s clear that our patients have better outcomes. They are better prepared prior to surgery, they feel more confident in their mobility after surgery and they are home sooner.” Statewide statistics confirm her assessment. Jordan Hospital’s patient statistics show some of the lowest complication rates in the state for joint replacement.

Every patient is different in terms of his or her needs, and Jordan customizes every treatment and recovery plan based on those needs. “My old knee was so swollen from arthritis that I had to take every stair one at a time,” Fossum reports. “I waited too long before I finally got it replaced. Based on my experience at Jordan, I’ve already scheduled with Dr. Zabilski to get the other one done next June.” ■



Fredric Fossum was assisted step-by-step through his knee replacement surgery by orthopedic nurse liaison Robin Archer, BSN, RN-BC.

Find out more about the Joint Replacement Program at Jordan Hospital and how a nurse liaison can build your confidence about taking the next step and assist you every step of the way. To learn more, go to www.jordanhospital.org.

20th Annual Festival of Trees

This family-friendly holiday event at Plimoth Plantation will feature a magic show, a visit from Santa, a cocktail reception, and more than 50 decorated trees. All proceeds benefit Cranberry Hospice. Friday through Sunday, December 4-6. Tickets are \$5 for adults, \$4 for seniors and \$2 for children younger than 12.

For tickets, call **781-934-7778** or visit www.cranberryhospice.org/festival.



Giving to Jordan

Many in our community have been moved by the care they received at Jordan, and are thankful for what our medical team has done for them, for a family member, or for a friend. Giving to Jordan is a wonderful way to thank the dedicated people who work here. Gifts can be directed to support a program or service, and to honor that special someone. To make a gift, please call Sara Matthews at our Philanthropy office: **508-830-2420**. For **online giving**, please visit our Web site at www.jordanhospital.org and click on **Make A Gift** at the top.

