

Patient Journey Checklist

Hip / Knee Joint Surgery

Day of Surgery

Your surgery is at **Juravinski Hospital** on _____ (date). Arrive **3 hours** before your surgery time or if your surgery is at **0800**, arrive at **0600**. The morning of your surgery, go to Entrance A (**Main Entrance**). Go to **Patient Registration** on the first floor (behind the information desk) where you will be instructed of next steps.

Important reminders

- ✓ Bring your Health Card.
- ✓ Please have no more than 1 or 2 adults with you.
- ✓ At home take a shower with soap and shampoo your hair. Dress with freshly washed clothes. Sleep in freshly washed bedsheets. Do not shave the area of surgery unless instructed.
- ✓ Use the scrub sponge (soft part) you bought, on the side of your body you are being operated on. Refer to the “**Instructions for Showering with Chlorhexidine Sponge – New Hip and Knee Surgery**” sheet for details on how to use. Bring clean clothes to wear to the hospital.
- ✓ Remove all jewelry (including wedding bands) and body piercings and nail polish. **Jewelry and piercings that cannot be removed will need to be cut off by a jeweler before surgery.**

After Surgery

From the Operating Room, you will be moved to the **Post Anesthetic Care Unit (PACU)**, you may have:

- an oxygen mask put on your face
- an oxygen monitor on your finger to check the oxygen level in your blood
- your blood pressure, pulse and respirations checked every 5 to 15 minutes
- your incision checked often

From PACU, if you are a **Same Day Admit**, you will be sent to the **Arthroplasty Unit (AU)**. If you are a **Same Day Home** discharge you will stay in PACU or be sent to Same Day Surgery, the same place you were preoperatively, where a nurse and physiotherapist will see you to discharge you home.

Discharge to Home

The expectation is to have a support person with you at home. **Respite care and PSW/nursing support is arranged privately and paid by YOU the patient/family. These services are not covered under the Bundle Care and should be arranged PRIOR to your surgery date.**

If you wish to have support virtually when you are at home; you may wish to enroll in the Surgical Transitions **Remote Monitoring program (RPM)**. See reverse.

Once you meet discharge criteria:

- You must have an adult drive you home from the hospital who will bring your walker.
- You will be given a **Bundle Care letter (blue colored letter)** of instructions of payment to your Physiotherapy service provider. You **MUST** bring this **letter** along with the **physiotherapy prescription** to your **first** physiotherapy appointment.



Surgical Transitions Remote Monitoring Program

Patient Information Sheet

The **Surgical Transitions Remote Patient Monitoring (RPM)** is a collaborative initiative that provides patients with technology to use at home, which enables a healthcare provider to monitor vital signs and symptoms remotely.



This program is intended for adults who have recently undergone a surgery at one of the collaborative partner hospital sites.

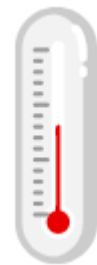


If you are a patient at Hamilton Health Sciences, a care team will determine whether remote monitoring is right for you. There is **no cost** to enroll in this program.



If you agree to enroll in Surgical Transitions RPM program:

- Prior to leaving the hospital, you will be provided with the devices to take home for the duration of the program
- You will be required to **complete daily questionnaires** and **assessments** using the tools provided
- You will be required to return the devices within three days of discharge from the program using the pre-paid shipping services that will be provided



**If you have any questions, please contact the HHS Virtual Nursing Station
(905) 577-1409**