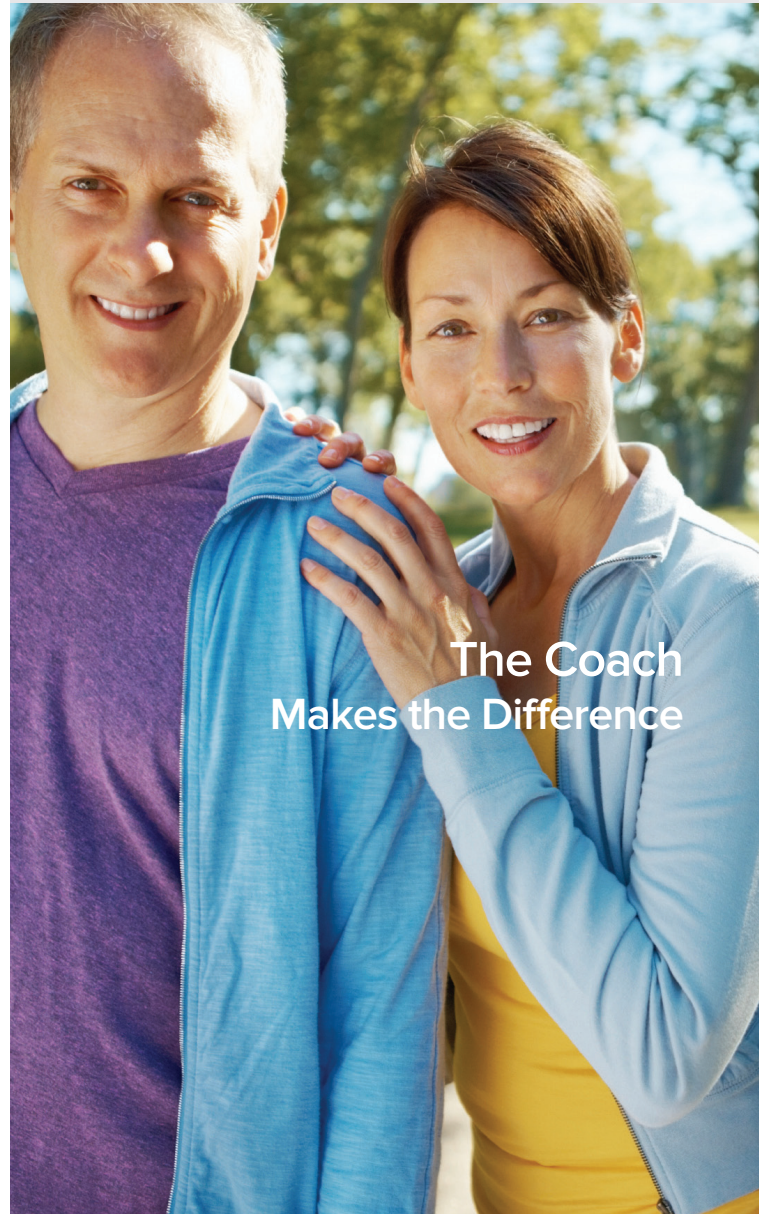


The Coach Guide for Joint Replacement

A Winning Strategy: Be Active!

- Encourage patients to practice pre-operative and post-operative exercises at home
- Help prepare the patient's home so they return to a safe environment
- Advocate for the patient as needed
- During the hospital stay, learn about the patient's medications and how to help with dressing changes
- Prior to leaving, participate in the discharge planning process with Nursing and Physical Therapy to review:
 - home care
 - medications
 - dressing changes
 - signs of complications
 - mobility and exercises
- Assist with transportation, shopping, household duties and meals
- Encourage proper use of equipment and monitor for safety issues

Inova Joint Replacement Center



The Coach
Makes the Difference

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Inova Mount Vernon Hospital



A Coach Makes A Difference!

What is a coach:

- Any family member or friend who commits to providing support to a patient as they go through the surgical process. We highly recommend that a coach be present at the following “checkpoints.” If the same coach cannot be present at all, you may elect an alternate coach to stand in.
 - *Pre-operative clinic:*
Accompany patient to the pre-op clinic visit to learn about care before, during and after surgery
 - *Online video and quiz:*
View online orientation to learn about care before, during and after surgery. Please take the short quiz after viewing the video.
 - *Day of surgery:*
Accompany patient to the pre-operative area as he/she is prepared for surgery to meet the surgical team
 - *Physical therapy session(s) observation:*
Learn how to assist the patient with exercises and mobility

An Effective Coach:

- Helps reduce stress and increases confidence to go home
- Improves the ability to regain independence and quality of life
- Helps reduce complications after surgery
- Reduces the need for pain medication
- Contributes to shorter hospital stays and increases the likelihood of being discharged home

Attributes of a Great Coach:

- Caring and compassionate
- Committed and open to learning
- Confident and motivating
- Helpful and encouraging