Continuum of Care for the Orthopedic Patient

First Annual Orthopedic Nursing Care Conference

Minnesota Valley Country Club • October 22, 2012
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CONFERENCE OVERVIEW

Twin Cities Orthopedics is proud to present:

First Annual Orthopedic Nursing Care Conference
Continuum of Care for the Orthopedic Patient

About Twin Cities Orthopedics
Twin Cities Orthopedics is a group of 81 physicians caring for patients at over 28 clinical locations and at 15 area hospitals. In addition to 81 physicians, Twin Cities Orthopedics has over 700 employees.

Twin Cities Orthopedics’ mission is to provide world-class, compassionate care to individuals of all ages with musculoskeletal injuries and conditions. Through conservative, top quality care, research and the use of state-of-the-art technology & procedures, we help return each individual to an active, pain-free lifestyle.

Purpose
The purpose of the Orthopedic Nursing Care Conference is to present an overview of basic inpatient and outpatient post-operative care of the orthopedic patient including spine related surgeries. In addition to core lectures a hands-on break-out session will be incorporated into the program, providing participants an opportunity to perform exams and experiment with various orthopedic/spine related apparatuses.

Audience
This conference is designed for registered nurses, nurse practitioners, physical therapists, occupational therapists and licensed practical nurses working in acute, transitional and/or home health care settings.

Learning Objectives
Following this conference, participants should be able to:

• Perform post-operative orthopedic/neurologic exams.
• Develop techniques for communicating with physicians regarding their patients in either inpatient or outpatient settings.
• Discuss with patients/family on what to expect after an outpatient orthopedic surgery.
• Describe effective usage of post-operative braces, orthotics, canes, crutches and walkers.
• Transfer patients from bed to chair or chair to bed.
• Recognize, troubleshoot and/or prevent complications that could occur following orthopedic joint or spine surgeries.
• Identify the relationship between BMI, exercise, calcium and Vitamin D intake and good bone health.
• Create and implement a self-care plan, using current tips and techniques.
• Explain the relationship between smoking and bone loss and other orthopedic injuries.

ACCREDITATION

AMA/PRA Credit
This activity has been planned and implemented in accordance with the Essential Areas and policies of the Accreditation Council for Continuing Medical Education through the joint sponsorship of Fairview Health Services and Twin Cities Orthopedics Foundation.

Fairview Health Services is accredited by the Minnesota Medical Association (ACCME) to provide continuing medical education for physicians. Fairview Health Services designates this live activity for a maximum of 5.75 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Nursing The Approver Unit of the National Association of Orthopaedic Nurses has approved 5.90 contact hours for this program.

Physical Therapists This course qualifies for 5.75 Category 1 credits under Minnesota rule MN Rule 5601.2400, Subpart 1, A.

Occupational Therapists This course qualifies for 5.75 contact hours under Minnesota Statute 148.6443 Continuing Education requirements.

Other Health Care Professionals
Other health care professionals may submit their Statements of Attendance to their appropriate accrediting organizations or state boards for consideration of credit. The participant is responsible for determining whether this activity meets the requirements for acceptable continuing education.

Thank You
Special thanks to our exhibitors/sponsors.
AGENDA

Orthopedic Nursing Care Conference
Monday, October 22, 2012

7:15 a.m.  Registration and Continental Breakfast

7:50 a.m.  Welcome & Introduction

8:00 a.m.  Post-operative Hip, Knee, Shoulder Patient Care
Edward Szalapski, M.D.

9:00 a.m.  Post-operative Spine Patient Care
Michael D. Smith, M.D.

10:00 a.m. Refreshment Break

10:15 a.m. Maintaining Good Bone Health - Why is it important
Jeffrey Dick, M.D.
1. Osteoporosis: your “401k plan” for prevention
2. Calcium and Vitamin D: why milk is good for you
3. Smoking cessation: how it effects bone health
4. Diet and Exercise: how it effects bone health

11:20 a.m. Breakout Session 1
Post-operative Neurology/Orthopedic exam: What to look for, when not to panic, and when should you call the surgeon
Edward Szalapski, M.D. & Michael D. Smith, M.D.

Breakout Session 2
A) Use and importance of post-operative orthopedic devices
   i.e. CPM, crutches, canes, pneumo-boots, Malibu cervical
   collars, soft collars, etc 20 minutes
B) Stump care after amputation: Review of how to transfer a
   patient from bed to chair with and without assistive devices

12:00 p.m. Lunch Provided

1:00 p.m.  Acute Post-operative Pain Management
Peter Taylor, M.D.

1:30 p.m.  Preparing for Discharge - Pain Management and Anti-coagulation therapy
Justina Lehman, FNP, DNP

2:00 p.m.  Preparing For Your Surgery: Weight Does Matter
Becky Henry, CPCC

2:30 p.m.  Refreshment and Dessert Break

3:00 p.m.  Health Care Transformation: The Affordable Care Act and how it affects nursing
Dave Renner

4:00 p.m.  Final Announcements and Conclusion
Course Directors
Jeffrey Dick, M.D.
President, TCO Foundation

Tracey Baehler, RN, BSN
Twin Cities Orthopedics

Planning Committee
Sara Bryan, PT
Gentiva Home Health

Michael Lambert
Fairview Health Systems

Justina Lehman, FNP, DNP
Twin Cities Orthopedics Excel

Teresa Medina
Director, TCO Foundation

Liz Momyer, LPN
Twin Cities Orthopedics

Faculty
Jeffrey Dick, M.D.
Orthopedic Spine Surgeon, Twin Cities Orthopedics

Becky Henry
CPCC Hope Network, Inc.

Justina Lehman, CNP, DNP
Twin Cities Orthopedics Excel

Dave Renner
Minnesota Medical Association

Michael D. Smith, M.D.
Orthopedic Spine Surgeon, Twin Cities Orthopedics

Edward Szalapski, M.D.
General Orthopedist, Twin Cities Orthopedics

Peter Taylor, M.D.
Southdale Anesthesiologists, LLC

Fairview Health Services is committed to providing balance, objectivity and scientific rigor in its sponsored educational activities. All faculty and planning committee members participating in sponsored and joint-sponsored activities are required to disclose any real or apparent conflict(s) of interest related to the content of this program. Disclosure information is reviewed in advance to manage and resolve possible conflicts of interest. Specific disclosure information for each faculty member will be available prior to the conference.

PRESENTER CONFLICT OF INTEREST
We hereby certify that, to the best of our knowledge, no aspect of our presenters current personal or professional situation might reasonably be expected to affect significantly their views on the subject on which they are presenting, unless noted within the presentation.

First Annual Orthopedic Nursing Care Conference Continuum of Care for the Orthopedic Patient
Minnesota Valley Country Club
6300 Auto Club Road
Bloomington, Minnesota
www.mvccgolf.com
Dr. Ed Szalapski is a Board Certified general orthopedist who specializes in joint replacement, trauma, and arthroscopy. He is an honors graduate of the University of Minnesota Medical School and completed his orthopedic residency at Harvard Medical School.

He is currently affiliated with the following Hospitals and Memberships:
- Crosstown Surgery Center
- Fairview Southdale Hospital
- Methodist Hospital
- American Academy of Orthopedic Surgeons
- Queen of Peace Hospital

Sports Affiliations:
Team coverage: sports medicine training with Drs. Bertram Zarins and Arthur Boland, team physicians for New England Patriots, Boston Bruins, and Harvard University Sports

Special Achievements and Awards
- Top Doctor: Voted a top orthopedic surgeon by his peers in Mpls/St. Paul magazine (2006)
- Alpha Omega Alpha Medical Student Honor Society (1983)

Educational Appointments
- Chief of Staff, Fairview Southdale Hospital, 2004 - 2005
- Chief of Orthopedics, Fairview Southdale Hospital, 2001 - 2003
- Chief of Orthopedics, Methodist Hospital, 1999 - 2001
- Chair, Fairview Southdale Hospital Credentials Committee, 2005 - present
- Chair, Fairview Southdale Hospital Quality Committee, 2003 - 2004
- Chief of Staff, Fairview Southdale Hospital, 2004 - 2005
- Chief of Orthopedics, Fairview Southdale Hospital, 2001 - 2003
- Chief of Orthopedics, Methodist Hospital, 1999 - 2001
- Chair, Fairview Southdale Hospital Credentials Committee, 2005 - present
- Chair, Fairview Southdale Hospital Quality Committee, 2003 - 2004
- Chief of Staff-Elect, Fairview Southdale Hospital, 2003 - 2004
- Chief-Elect, Methodist Hospital Orthopedics, 1997 - 1999
- Board Member, Fairview Southwest Care Systems, 2002 - present
MICHAEL D. SMITH, M.D.

Dr. Michael D. Smith is a Board Certified Cervical Spine Specialist. He is the only surgeon in the Twin Cities who focuses solely on cervical spine diseases and injuries. Having completed an intensive fellowship in cervical spine surgery, he brings twenty years of expertise to his patients' care. He has performed more than 2000 cervical spine surgeries during that time. Dr. Smith is well known for his gentle and compassionate approach with his patients. He attended the University of Oklahoma College of Medicine and completed an internship and residency in orthopedic surgery at the University of Michigan. Following his residency, Dr. Smith completed an orthopedic spine surgery fellowship at Case Western University.

Dr. Smith is affiliated with the following Hospitals and Memberships:

- University of Minnesota Medical Center - Fairview
- Fairview Southdale Hospital
- Abbott Northwestern Hospital
- Ridgeview Medical Center
- American Academy of Orthopaedic Surgeons
- North American Spine Society
- Cervical Spine Research Society
- Scoliosis Research Society

POSTOPERATIVE MANAGEMENT OF ORTHOPEDIC PATIENTS

When caring for patients post-operation we need to think more about “just the bones”. My presentation will take a look about thinking of the general physiology of surgery. I will talk and give examples on the following subjects:

- PHYSIOLOGIC RESPONSE TO TRAUMA
- PRIMARY HIP REPLACEMENT
- PRIMARY KNEE REPLACEMENT
- PATELLA FRACTURE
- TIB FIB FRACTURE
- COMPARTMENT SYNDROME
- INTERTROCHANTERIC HIP FRACTURE
- PERIPROSTHETIC FRACTURE
- SEPTIC TOTAL KNEE
- KNEE REIMPLANTATION
- SEPTIC TOTAL HIP
- HIP REIMPLANTATION
JEFFREY DICK, M.D.

Jeffrey C. Dick is a Board Certified surgeon who specializes in treating mechanical and neurological disorders of the spine. Special interests include complex neck surgery, adult and pediatric spinal deformity and low back surgery. Dr. Dick is a graduate of the University of Minnesota Medical School. He completed an internship in general surgery at Hennepin County Medical Center, orthopedic surgery residency at the University of Minnesota Medical School, and a fellowship in spine surgery at the University of Wisconsin.

Dr. Dick is affiliated with the following hospitals and memberships:

Centennial Lakes Same-day Surgery Center
Crosstown Surgery Center
Fairview Southdale Hospital
Methodist Hospital
Minnesota Valley Surgery Center
American Academy of Orthopaedic Surgeons
North American Spine Society
Hennepin County Medical Society
Minnesota Medical Association
Minnesota Orthopaedic Society

Maintaining Good Bone Health - Why is it important

1. Osteoporosis: your “401k plan” for prevention
2. Calcium and Vitamin D: why milk is good for you
3. Smoking cessation: how it effects bone health
4. Diet and Exercise: how it effects bone health

Presentation Summary Coming Soon!
Acute Post-Operative Pain Management

Postsurgical pain management has become extremely important for nurses, physiotherapists, surgeons, and anesthesiologists. Patients not only expect, but now demand comfort after their operations. This new emphasis has led to a change in priorities for anesthesiologists. Our main challenge has shifted from keeping patients alive while asleep in the OR to alleviating their pain while awake in the PACU and on the wards. Having made anesthesia remarkably safe, our next task is to make recovery from surgery as pain free as possible.

The Joint Commission on Accreditation of Healthcare Organizations (JCAHO) introduced new pain management standards in 2000. They explicitly state a patient’s right to pain assessment and treatment continuously from admission to discharge, effectively making pain the fifth vital sign. The Joint Commission was responding to a critical need to improve acute pain management, which had consisted mainly of opioids and NSAIDs/acetaminophen up to that point. Thus there was major incentive to develop new drugs and regional blocks as a means of postoperative analgesia.

Congress became involved by declaring the first decade of the millennium the “Decade of Pain Control and Research.” At about the same time in the UK, the Royal College of Surgery and Anesthesia announced that “… failure to relieve pain is morally and ethically unacceptable.” Analgesia is an international concern that is evolving rapidly.

This lecture is a summary of Southdale Anesthesiologists’ approach to acute perioperative pain control in Fairview Southdale Hospital (FSH) and the Crosstown Surgery Center (CSC). I describe the specifics of our care and also provide some general background about the recent advancement of postoperative analgesia.
Preparation for Discharge

- Pain Management and Anti-coagulation therapy

Pain Management
The major goal in the management of pain is minimizing the dose of medication to lessen the side effects while still providing adequate pain relief.

Effective Pain Management
• Early ambulation
• Decrease risk for complications
• Sleep
• Improved Mood

Alternative Pain Management Interventions
• Music Therapy
• Massage Therapy
• Guided Imagery and Relaxation Techniques
• Ice Therapy

Pain Management: What patients need to know
• Reviewing the prescribed medication
• Dosing their pain medication
• Uncontrolled pain
• Pain medication and constipation
• Pain medication and rehabilitation

Anti-coagulation Therapy
• Lovenox
• Coumadin
• Aspirin combined with mechanical devices

Anti-coagulation Patient Education
• Encourage moderation and consistency in eating foods high in Vitamin K.
• Limit intake of herbs that interfere with warfarin, such as Vitamin C
• Be moderate in consuming alcohol.
• Contact their medical provider prior to any invasive dental or surgical procedure.
• Exercise extreme caution to avoid bruising and injuries that may cause bleeding.
• Keep routine laboratory appointments related to Coumadin management.
• Avoid concurrent use with aspirin or NSAIDs as they increase the risk for bleeding.

Complications
Deep Vein Thrombosis (DVT)
Pulmonary Embolus (PE)
BECKY HENRY, CPCC
Hope Network

As an Author, Speaker and Coach, Becky Henry, CPCC brings hope, help and healing by providing coaching to families impacted by eating disorders. Becky became an "unwilling expert," as she and her family went down that challenging road that is an eating disorder.

As a parent who has lived with the impact of eating disorders for over 12 years now Becky Henry has made it her mission with Hope Network, LLC to empower caregivers and reduce their sense of isolation during a loved one's eating disorder.

Interviewing dozens of families, Henry filled her book, Just Tell Her to Stop: Family Stories of Eating Disorders with personal accounts from over 40 different families.

Through her book, speaking, coaching, tele-classes and other events, Becky educates both families and health care providers about eating disorders to help more people get the treatment they need to recover.

Since the release of her book Becky has launched her speaking career and has spoken across the United States. She looks forward to speaking internationally as this is a world-wide epidemic.

Becky’s philosophy is that joy and hope are both possible and necessary for families facing these devastating illnesses. She is on Facebook daily, encouraging families throughout the world to find joy, hope and resources including their own oxygen masks.

One parent said, “Thank you Becky for being the oxygen!”
DAVE RENNER
Director, State & Federal Legislation
Minnesota Medical Association

Dave Renner is currently the Director of State & Federal Legislation for the Minnesota Medical Association. He has worked at the MMA for 24 years representing the 10,000 members of the association on health care policy issues before the Minnesota Legislature and the United States Congress. In this role he helps identify key health care issues and develop successful strategies to advocate for Minnesota physicians and their patients.

Prior to his work with the MMA, Mr. Renner worked for the Minnesota Senate as a Legislative Researcher for the Senate Republican Caucus from 1984 to 1988, with his main focus on health and human services legislation.

He also served as a Field Representative for the successful 1984 re-election campaign of United States Senator Rudy Boschwitz of Minnesota.

Mr. Renner has a Bachelor of Arts degree in Government from St. John’s University in Collegeville, Minnesota and a Fellowship in Public Policy from the Humphrey Institute at the University of Minnesota.

Questions/Discussion
612-362-3750
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Health Care Transformation:
The Affordable Care Act and how it affects nursing

MN 2008 Health Reform Act
• Bipartisan agreement
• Public health investment
• Quality reporting and improvement
• Payment and delivery reform
• Focus on cost containment
• Minimal focus on coverage/insurance reform

MN Insurance Reform
• 9% uninsured
• History of solid regulatory structure
• “Decent” environment for health care stakeholders
• Strong non-profit tradition (state-based companies)

US 2010 Affordable Care Act (ACA)
• Bipartisan disagreement
• Public health investment
• Quality reporting and improvement
• Payment and delivery reform (Medicare/Medicaid)
• Strong focus on coverage/insurance reform
• Minimal on cost

US Insurance Reform
• 17% uninsured
• Variable regulations across states
• Variable, but some very contentious environments
• Variable, many for-profit, national plans

1. Individual Mandate
2. Insurance Exchange & Subsidies
3. Medicaid Expansion
4. Insurance Reforms

• Quality Reporting & Improvement
• Minnesota’s Efforts / Quality Measures
• MN Provider Peer Grouping
• ACA Quality
• Delivery & Payment Reform
• Politics of Reform
• In What Direction is HCR Headed?
Thank you to our exhibitors/sponsors

The Twin Cities Orthopedics Foundation is a non-profit organization that exists to advance orthopedic health through orthopedic research, education, training, advocacy and community service.

The Foundation also collaborates to help health care professionals remain current on new and emerging treatment methods and supports research efforts to this same end.

CONTACT
For more information, call (952) 512-5615 or visit TCOFoundation.org