A new approach in joint replacement surgery

JOINT UNIVERSITY
WHAT IS JOINT UNIVERSITY

JOINT UNIVERSITY IS A PLACE, A PROGRAM AND A TEAM OF EXCEPTIONAL ORTHOPEDIC SURGEONS AND CLINICIANS WHO ARE EXPERTS IN DELIVERING CARE TO INDIVIDUALS CHOOSING TO HAVE JOINT REPLACEMENT SURGERY.
Why Joint University is a smart choice

Joint University, a new approach in joint replacement surgery, gives patients a head start prior to their surgeries, puts them on the road to successful healing and shorter recovery after their surgeries, and provides a support network extending far into their futures as they move into a vastly improved quality of life.

Joint University at Weiss Hospital on Chicago’s north side is unlike any other joint replacement program because:

- It provides an environment that emphasizes wellness and maximizes recovery efforts through education, a culture of early mobility, family involvement and group interaction.

- It offers the latest minimally invasive and rapid-recovery techniques in hip and knee replacement surgery, including advanced analgesic techniques to decrease post-operative pain and nausea, as well as cosmetic wound-closure techniques.

- It takes a long-term view of the patient experience, offering follow-up calls and class reunions to track patient satisfaction with the process.

The opening of Joint University takes Weiss Hospital’s commitment to orthopedic excellence to an exciting new level.
What puts Joint University at the head of the class

Already a leader in innovative minimally invasive joint replacement surgical techniques, Weiss performs more joint replacement surgeries than any other community hospital in the city. Many of our patients travel from throughout the tri-state area to receive the specialized joint replacement care available only at Weiss.

TEACHING PATIENTS WHAT THEY NEED TO KNOW
Once the need for joint replacement has been ascertained, patients are introduced to Joint University at their physician’s office and in pre-operative education classes. Here, physicians, the Joint University coordinator and care team members use videos, wall diagrams, brochures and patient guidebooks to teach patients what the surgery is all about, how it will impact them and what their role will be in their own recovery. Every attempt is made to set realistic expectations, put patients at ease and improve their level of confidence.

JOINT UNIVERSITY CARE COORDINATOR
The Joint University care coordinator plays a very special role in the process. He or she is the link between the patient, the physician and Weiss. In charge of Joint University’s daily operations, the care coordinator takes the lead in guiding the patient through the orchestrated process that begins in the surgeon’s office. Thanks to this process, patients and their families find they are active participants in the joint replacement and on a team with a common goal: recapturing the patient’s quality of life.

PATIENT GUIDEBOOK
A Patient Guidebook, which patients receive from their physician, is an important tool which provides key patient information and answers many patient questions. The Guidebook provides specific instructions issued by the surgeon and the Joint University care team. It covers what patients should do and should expect before surgery, while in the hospital, during the stay at Joint University and after discharge. Patients are instructed to bring the Guidebook to the hospital and to Joint University to keep vital information at their fingertips. It is also a tool clinicians use to document patient progress during rehabilitation.
UNLIKE MOST COMMUNITY HOSPITALS, WEISS PROVIDES A GLOBAL OUTLOOK AND AN AFFILIATION WITH ONE OF THE FINEST ACADEMIC MEDICAL CENTERS IN THE WORLD—THE UNIVERSITY OF CHICAGO MEDICAL CENTER.
Each member of Joint University’s multidisciplinary team has been selected for his or her exceptional abilities, positive attitude and outstanding motivational skills.
**JOINT UNIVERSITY COACH**
An integral component of the Joint University is having patients select a friend or family member to function as their coach. Coaches are trained throughout the entire process, side by side with patients. They provide moral support and encouragement every step of the way, contributing to rapid recovery.

**PRE-OPERATIVE CLASS**
The Joint University care team offers a two-hour, pre-operative class, where patients and their coaches are instructed on how to prepare for surgery and are introduced to the daily routine that will be expected of them on the unit. Discharge planning and preparing the home to be a safe environment after discharge are also covered here. The Joint University care team addresses many other pertinent issues, such as performing pre- and post-surgery strengthening exercises, dealing with post-operative complications and bringing in assistive devices for the home.

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**ON CAMPUS: POST-SURGERY**
The Joint University campus, where patients stay after surgery, is located on the 4th floor of Weiss Memorial Hospital in a fully remodeled space. All patient rooms are private and most overlook Lake Michigan, providing hip and knee replacement surgical patients an environment that is pleasant and conducive to healing. All group therapy, lunches and other activities take place on this special unit, led by a dedicated care team chosen for its expertise and motivational skills.

**STANDARDIZED PROCESSES**
Important for efficiency, standardized processes—orders, protocols and daily patient routines—assist the team in delivering all aspects of care in organized, anticipated incremental steps while creating a supportive environment based on teamwork.

**CAMPUS ACTIVITIES**
Activities include group physical therapy twice a day in the campus gym and a group lunch for patients, their families and staff. Patients and their families benefit from each other’s camaraderie and support, which promote faster healing and eliminate the “fear factor” associated with rehabilitation.

**DAILY CAMPUS NEWSLETTER**
Each day, an individualized newsletter is delivered to each patient’s room, outlining daily activities, expectations and tips on caring for new joints.
DAY ONE
To assure faster recovery and better future mobility, it is vitally important that patients begin rehabilitation as quickly as possible. Consequently, patients—already well prepared to begin the process—rise at 5 a.m. the day after surgery, dress in casual clothes and undergo their physical therapy evaluation as early as 7 a.m. They begin group physical therapy in the afternoon with a slow-paced exercise class they can do in their orthopedic chairs. Family members and caregivers are encouraged to participate so this shared experience builds confidence and a support system, which contribute to successful outcomes. Coaches, whether spouses, significant others or friends, help “cheerlead” patients to rapid recovery.

DAYS TWO AND THREE
Group physical therapy continues twice a day, and coaches become deeply involved in the treatment. The group activities lend to a friendly, competitive environment—and patients, in trying to win over one another, score big wins for themselves. The competition continues as patients try to walk further than their teammates each day. A “Walk Chicago” ambulation board prominently displayed in a group area gives patients the opportunity to record their progress.

When patients and coaches attend the discharge planning class, the nursing and rehab care teams discuss post-op care. Patients and coaches are given a home exercise program designed to augment the strengthening and healing process. Joint University’s discharge goal is to have patients go directly home on post-operative day three and receive outpatient physical therapy.

POST-GRADUATE WORK
Weiss’ relationship with Joint University patients continues long after discharge. Continuing patient callbacks give Joint University staff the opportunity to monitor each patient’s progress to assure the A+ patient experience continues long after the patient has left the campus.

CLASS REUNIONS
Monthly reunion luncheons, a unique feature, give Joint University alumni an opportunity to reconnect with each other and share their progress.
MEASURING SUCCESS

CONTINUOUS IMPROVEMENT IS A GOAL AT JOINT UNIVERSITY, AND THE MEASUREMENT OF PATIENT OUTCOMES IS INTEGRAL TO THEIR SUCCESS AS WELL AS OURS.
A+ IN PATIENT CARE, OUTCOMES AND EXPERIENCE

WITH THE LATEST MINIMALLY INVASIVE AND RAPID-RECOVERY TECHNIQUES IN HIP AND KNEE REPLACEMENT SURGERY, WE MAKE SURE EVERY JOINT UNIVERSITY PATIENT IS SUCCESSFUL—EVERY STEP OF THE WAY.
We’re ready when you are

Having joint replacement surgery is a highly personal decision. Once you have discussed it with your physician and family, only you can decide if you’re ready to make the commitment.

If you make the decision to move forward, Weiss Joint University in Chicago provides you with a number of advantages:

> Reduced length of stay
> An excellent chance of being discharged directly home
> Faster recovery
> Better mobility
> Improved quality of life

Joint University gives you the tools you need for the best possible outcome with your joint replacement surgery.
FOR MORE INFORMATION OR TO SCHEDULE AN APPOINTMENT WITH ONE OF OUR ORTHOPEDIC SURGEONS, PLEASE CALL 1.800.503.1234 OR VISIT OUR WEB SITE AT WWW.WEISSHOSPITAL.COM/Joint-University.