Questions or Concerns?

If you or your care helper have any questions or concerns at any time, please call 905-522-1155 ext. 34036. We would be happy to help.

Notes, Appointments and Dates					

Steps to Hip or Knee Surgery

St. Joseph's Healthcare & Hamilton

PD 3402 (2021-03)

St. Joseph's Healthcare Hamilton, www.stjoes.ca

STEP 1

Surgeon's Visit

During this visit:

- you and the surgeon will discuss and plan your surgery day
- you will sign a consent form for surgery

Your surgeon may arrange other appointments for you such as seeing a heart specialist, most see a medical internist.

Please fill out the forms given to you so they will be ready when you come to your Pre-Admission Assessment appointment.

STEP 2

Preparing for Hip/ Knee Class

After your surgery date is booked, you will receive an appointment to attend a Hip or Knee Class.

Call 905-522-1155 ext. 34036 if you need to change the date.

Class is very important. Same day surgery patients must attend class.

STEP 3

Come to Hip or Knee Class

This class is held at Charlton Campus and takes about 3 hours. You and your care helper will learn about:

- your surgery and stay in hospital
- moving around after surgery
- using the toilet, bathing and dressing pain control
- equipment you will need at home
- discharge plan
- DARTS transportation forms

If you need any special equipment that you see in class, you will be given information about renting or buying and places to go.

It is important to get your equipment before you come into the hospital for your surgery. We want you to practice using your equipment at home, before your operation.

Bring all of your questions to class.

STEP 4

Come to the Pre-Admission

Assessment Unit

You will receive a call to inform you of your appointment date and time. The appointment will be within 1 week of your surgery date. At this appointment you will:

- · talk to a nurse who will tell you how to prepare for surgery
- talk to an anesthesiologist about the type of anaesthetic and medications vou need
- have an ECG heart test and blood tests

Bring a list of all of the medications you take to this visit. Your care helper can come to this appointment with you.

This visit can take up to 3 hours.

Pre-Admission Assessment Unit, Level 1 West 5th Campus (enter off Fennell)

STEP 5

Come to Hospital at Time Given Before Surgery

At home, follow all of the instructions you were given at the Pre-Admission Assessment Unit.

On the day of surgery, come to the Day Surgery Unit. Make sure you bring your Ontario Health Card and any other health insurance information.

Please leave valuable items at home.

Day Surgery Unit Surgical Building, **Charlton Campus**

STEP 6

After the Operation

On the unit, you will begin doing all of the things you learned in class:

- exercising and moving around
- bathing, dressing and using the toilet
- ways to control pain
- ways to look after yourself at home

Members of the health care team will help you while you are here.

- Physiotherapist
- Occupational Therapist
- Nurses
- Thrombosis Team
- Integrated Care Coordinator

STEP 7

Discharge Home

During your hospital stay, the Integrated Care Coordinator (ICC) will visit you. Your discharge plan will be explained to you based on the type of surgery you are having.

Hip and knee replacement patients will go to their family doctor to have sutures or staples taken out 12-14 days after surgery.

All hip and knee replacement patients return to the Fracture and Orthopaedic Clinic at the Charlton Campus 6 weeks after surgery. At this appointment your surgeon will check your hip or knee and assess how you are doing.

Your surgeon will arrange for follow-up appointments in the clinic.

X-rays may be taken at any visit

STEP 8

Outpatient Physiotherapy

You need to book your outpatient physiotherapy appointments before your surgery.

Hip Replacement

Your outpatient physiotherapy should start 5-7 days after your surgery. Book a physiotherapy clinic location close to your home.

Knee Replacement

Your outpatient physiotherapy needs to start 5-7 days after your surgery. Book a physiotherapy clinic location close to your home

Patient Education Videos

- Car Transfer
- Getting Dressed
- Hip + Knee Exercise
- In and Out of Tub **Using Stairs**
- Using a Walker

www.stjoes.ca

- Search "Patient Education"
 - Select "Patient Education F-J" scroll down to H for hip
 - Select "Patient Education K-O" scroll down to K for knee



Out-Patient Total Joint Rehabilitation External Services Referral

Reimbursement for Services

This patient (noted above) has received surgery at a Hip/Knee Bundle Holder site. Outpatient Rehabilitation services provided by Community Physiotherapy Clinics will be reimbursed by St. Joseph's Healthcare Hamilton (SJHH) as per the Provincial Bundled Care model. Please provide the patient with appropriate treatment plan to meet required goals. SJHH will provide a payment of \$318.00 for Physiotherapy sessions. Once the patient has met expected outcomes, please contact the ICC Coordinator at 905-522-1155 Ext 33539 to provide discharge summary. There is no opportunity for SJHH to fund sessions beyond the prescribed 8 sessions (\$318.00). All other clinics should bill private insurance/patient as appropriate.

Any invoices must contain/be accompanied by the following:

- Patient Name
- Health Card Number
- Date of Birth
- Pre & Post Treatment Lower Extremity Functional Scale (LEFS) scores
- Written Confirmation that the Community Physiotherapy Clinic has submitted all required Outpatient reporting through eFile/web entry tool (NACRS lite) to the Ministry of Health and Long Term Care.

To bill for services once the patient has completed ALL visits, please send one invoice and supporting documentation to:

St. Joseph's Healthcare Hamilton Integrated Comprehensive Care, Room G1107 50 Charlton Avenue East Hamilton, ON L8N 4A6

For billing inquiries or other questions, please contact 905-522-1155 Ext 33539.



Hip or Knee Replacement Physiotherapy Clinics

Please book your physiotherapy post-operative visit prior to your surgery!

Preferred Options for Physiotherapy Clinics

As a patient enrolled in the Hip and Knee Bundle Care program, the therapy provided at one of our partnered clinic locations (outlined below) is covered by St. Joseph's Healthcare Hamilton.

Partnered Clinics

	<u>Name</u>	Address	Telephone
Ancaster	Arthritis & Sports Medicine Centre	49 Wilson Street West	905-648-6500
Brantford	Mobility Orthopaedic Rehab Centre	270 King George Road	519-304-5767
Hamilton	Upper James Physio	1508 Upper James Street	905-383-3096
	West End Physio	10 Ewen Road	905-524-2365
	Performance Physiotherapy CBI Health	304 Victoria Ave N	905-527-5111
Stoney Creek	Performance Physiotherapy, Goderich	45 Goderich Road	905-662-8850
Dundas	Dundas Community Physiotherapy has	10 Ewen Road (New address)	905-627-2700
	Merged with West End Physio		
Burlington	Absolute Physio & Wellness	1960 Appleby Line Unit #22	905-631-1500

Note: Patients may choose to attend other clinics not listed here using their extended health care (private) benefits or on an out-of-pocket basis. Patients may alternatively choose to use the bundled care funding to attend a Community Physiotherapy Clinic that is publicly funded (OHIP Clinic)

Alternative Options for Physiotherapy Clinics

Here is a list of Community Physiotherapy Clinics (OHIP) in the Greater Hamilton you may wish to book with.

	Community Physiotherapy Clinics (OHIP Clinics)				
	Name	Address	Telephone		
Hamilton	Charlton Physiotherapy	230 James Street South	905-528-5271		
	Hamilton Physio & Rehab	200 James Street South	905-529-0521		
	Innova Physio & Sports Rehab	883 Upper Wentworth Street	905-389-8772		
	Lifemark Physiotherapy – Mohawk	210 Mohawk Road East	905-388-3902		
	Lifemark Physiotherapy – Main East	1440 Main Street East	905-544-0053		
	PT Health – Victoria Physiotherapy	414 Victoria Avenue North	905-525-5572		
	PT Health – Mountain Physiotherapy	520 Upper Sherman Avenue	905-389-0143		

	Compass Community Health	438 Hughson Street North	905-523-6611,
		(40)	Ext. 2000
	CBI Health Centre	954 Upper James Street	1-800-463-2225
	Prime Care Physiotherapy Clinic	385 Wilson Street East, Suite 202	905-648-5554
Stoney Creek	Lifemark Physiotherapy	42 King Street East, Unit 1	905-662-2011
Burlington	Total Joint Rehab Clinic	Joseph Brant Hospital	905-632-3737
	Joseph Brant Hospital		Ext. 6002
	Lifemark PT Health	1450 Headon Road Unit 1 & 2	905-315-7156
	PT Health- Brant 730 Physiotherapy	2015 Mount Forest Drive	905-681-6389
Brantford	CBI Health Centre	325 West Street	519-756-5450
	Kneaded Care	174 Stanley Street	519-757-1869
	Scott Physiotherapy Clinic	35 Morrell Street	519-759-2155
Caledonia	Haldimand Physiotherapy Centre	146 Forfar Street West, Unit 102	905-765-5449
Welland	Physiotherapy Rehabilitation Centre	17 Vaughn Road	905-788-1985
	Lifemark Physiotherapy	555 Prince Charles Drive North	1-866-589-7047
Dunnville	PT Health – Dunnville Physiotherapy	420 Lock Street West	289-768-3687
Simcoe	South Coast Physiotherapy	216 West Street	519-428-1234
Port Colborne	The Clinic on Elm	380 Elm Street	905-834-5551
	Progression Physiotherapy	260 Sugarloaf Street	905-378-4647,
	Niagara Health System Hospital	447	Ext. 32024
Thorold	Thorold Medical Clinic	60 Albert Street West	289-362-3340
St. Catherines	St. Catherines Physiotherapy Centre	145 Carlton Street	905-685-4733
	Hotel Dieu Shaver Health and Rehab Centre	541 Glenridge Avenue	905-685-1381
Niagara Falls	Niagara Orthopaedic Institute	6387 Morrison Street	905-371-1939
	Fortius Physiotherapy & Wellness	3930 Montrose Road	289-296-9887
Fort Erie	Douglas Memorial Hospital	230 Bertie Street	905-378-4647
			Ext. 50269
Paris	Cobblestone Medicine and Rehab	1084 Rest Acres Road	519-442-2237
Flamborough	PT Health Flamborough Physiotherapy	80 Hamilton Street North	289-431-1072
Vineland	Vineland Physiotherapy	4100 Victoria Avenue	905-562-3511

NOTE: Patients may choose to attend other OHIP clinics closer to home not listed here. Patients may also choose to use their extended health care (private) benefits or on an out-of-pocket basis to attend private clinics.



You have been scheduled to have a Total Joint Replacement Surgery (Hip or Knee) at St. Joseph's Healthcare in Hamilton. In an effort to eliminate unnecessary trips to the hospital in advance of your surgery, we have put together this package of information for you so that you might review it prior to your surgery date.

Please find enclosed the following documents:

- Steps to Hip or Knee Surgery (blue booklet)
 - Please note:
 - Step 2/3 Attendance at a Hip and Knee Class is not required and will not be booked.
 - Step 7 you will NOT be coming to the SJHH Fracture Clinic at 6 weeks post op. These visits will be arranged at another facility per your surgeon's instructions.
- PROMS information sheet
- Planning Checklist Hip or Knee Replacement Surgery
- Outpatient Total Joint Rehabilitation External Services Referral
- Hip or Knee Replacement Physiotherapy Clinics
- What Equipment Do I Need After My Total Joint Replacement?
- Department of Occupational Therapy Equipment Suppliers
- Your New Knee or Your New Hip Booklet (when applicable)

FOR THE DAY OF SURGERY

Parking information/map, you will receive this information at your pre-op visit at West 5th.

You will need to enter the Surgery Centre off of St Joseph's Drive. Check in at Day Surgery with a valid health card and private insurance card (if you have one).

You can certainly bring a support person with you. Once the nurse from day surgery has you ready, they will call in your support person to keep you company until the operating room is ready for you.

Review the online videos that demonstrate how you will move and complete day-to-day tasks after your surgery.

www.stjoes.ca Search "patient education", F-J scroll to H for Hip, K-O scroll to K for Knee

Charlton Avenue Campus 50 Charlton Avenue East Hamilton, ON L8N 4A6 King Street Campus 2757 King Street East Hamilton, ON L8G 5E4 WWW.Stjoes.ca West 5th Street Campus 100 West 5th Street Hamilton, ON L8N 3K7



Please refer to the 4-page handout titled, "What Equipment Do I Need After my Total Joint Replacement?" This should help to guide your decision-making when it comes to determining what equipment you will need upon your discharge. Please take note of what you will need to rent; you can write a list of your equipment needs on page 4 of this document. Please ensure your equipment is in place prior to your surgery. Do not bring your equipment to hospital; you can leave your mobility aids in your car so that they are readily available once you are discharged from hospital. St. Joe's does not sell or rent the mobility and bathroom equipment; refer to the Therapeutic Equipment Rental Form for a list of suppliers in the Hamilton area.

Please refer to the more exhaustive list of equipment suppliers if you live outside of Hamilton. If you cannot locate your city on this list, consider searching "Home Health Equipment Suppliers" on the internet or search for a larger vendor such as Wellwise by Shoppers Drug Mart or Rexall near you.

Please bring comfortable clothing to hospital. Loose-fitting, light-weight clothing with elastic waistbands will be easier for you to manage. Have shoes with a good sole and back on them; no flip-flops. Leave all jewelry and valuables at home. If you are having a total hip replacement, an Occupational Therapist will see you after your surgery to ensure you can manage your personal care. A Physiotherapist will meet with you after your surgery to ensure that you can get out of bed, walk and climb stairs (if applicable).

UPON YOUR RETURN HOME...

Your support person will be able to retrieve you from the Surgical Floor using one of the portering (Staxi) chairs in the lobby. Please refrain from taking the unit's walkers or wheelchairs for this purpose.

It is required that you have a support person stay with you for the following 48 hours. If you do not have a support person, consider a short stay at Respite (a Retirement home) near you.

Have your out-patient Physiotherapy follow-up booked for 5-7 days after your surgery. If you do not have transportation to your Physiotherapy consider using a taxi service or complete an application to DARTS. Please let your team know upon your admission to the Surgical Floor if you are completing an application to DARTS as one of the therapists can assist with this.

Should you have any questions or concerns regarding the documentation provided or your upcoming procedure, please inquire with your physician/surgeon directly.



Total Joint Surgery may be considered Day Surgery, be prepared to be discharged the day of your surgery.

Please be sure you have the following supports in place:

- 1. Someone available to pick you up and take you home at discharge.
- 2. You will be discharged using a walker, will you safely be able to access your home?
- 3. Someone to stay with you for the first 48 hours.
- **4.** Help at home for the first week for meals, pet care, laundry, self-care.
- **5.** Someone available to drive you to Outpatient Physio appointments starting 5-7 days after your surgery. (typically, 2X/week)

If you answer "No" to any of the above, please take this time to consider arrangements you can make. Once you are safely cleared for discharge staying in Hospital is not an option.

(Respite Care facilities are available at a cost and will need to be arranged yourself prior to your surgery)



Department of Occupational Therapy - Phone: 905-522-1155 ext 33700 Department of Physiotherapy - Phone: 905-522-1155 ext 33355

EQUIPMENT SUPPLIERS Revised Nov 2022

HAMILTON

STORE NAME	ADDRESS	PHONE NUMBER	PURCHASE(P)/ RENTAL(R)	ADP VENDOR
Charlton Orthopaedics	25 Charlton Ave. East 5th Floor (504)	905-522-2336	Р	No
Cancer Assistance Program	555 Concession St.	905 383-9797	Only for patients with cancer diagnosis	No
C & DC Orthopaedic Services	280 Barton Street East	905-529-0395	P&R	Yes
First Place Home Health	350 King Street East	905-527-9881	P&R S/W and 2WW (P&R) Rollator walkers and bathroom equipment (P only)	Yes
Hauser's	1010 Upper Wentworth Street	905-381-4420	P&R	Yes
Limeridge Medical Supplies	849 Upper Wentworth Street (Mobility aids only)	905-385-9494	P & R Rollators, bathroom equipment, W/C and 2WW P only. S/W and transport chairs	Yes
Essential Mobility (formerly Cowell's)	4-40 Centennial Parkway North	905-549-4800	P&R	Yes
Motion	211 Pritchard Road, Unit 3	905-529-4838	P&R	Yes
Mediserve Pharmacy	591 King Street East	905 577-6667	P&R	No

			ľ	
Pharmasave (Prisms)	155 James Street South	905-527-5771	P&R	Yes
			(Rental currently on hold due to	
Independent Abilities	670 Concession Street	289-396-7971	covid-19)	Yes
independent Abilities	070 Concession Street	203-330-7371	Bathroom equipment and S/W P	163
			only. Rollators and W/C P&R if	
			available.	
Rexall Home Health	1119 Fennel Avenue East	905-385-7072	P&R	Yes
Centre			If they don't have what you need,	
			you can contact their warehouse	
Sample Strawe 1/4 Co. and Co. of Co.			below	
Rexall Warehouse	Not open to the public, but public can	1-800-563-6482	P&R	Yes
	call, and they will deliver free of		Patient can rent for short or long-	If nurshasing
	charge.		term. Can purchase the rented piece of equipment after the first	purchasing new, will
	Next-day delivery		month of rental if desired.	refer to
	rtoxt day delivery		monar of fortal in doction.	Fennel
				location
The Back Shop +	2799 Barton St East #1	905-547-2225	P &R	
Home Health store			57	
Wellwise by Shopper's	1575 Upper Ottawa (at Rymal)	905-560-5661	P&R	Yes
Home Health			Bathroom equipment, rollators,	
			S/W and transport chairs for	
71 7 1 2 4 4 7 100	050 700 11		P&R. Wheelchairs rental only.	
Upright Mobility	253-762 Upper James Street	289-339-1303		
	info@uprightmobilityrentals.ca		I.	

BRA	NT	FΟ	RD
<u> </u>			110

Action Medical	50 Market Street South, Unit 115	519-756-8889	P&R	Yes
Cowell Home Health Care	750 Colborne St.	519-758-1000 1-800-567-1000	P&R	Yes
Dunsdon Legion Health Care	9 Tollgate	519-752-6668	Loan out donated equipment	No
Rexall	260 St. Paul Avenue	519-756-6363	P&R	Yes
Smith Drugs	794 Colborne Street	519-752-2892	P	No
National Colonia 770 Service and Colonia Colonia	Set utilizar - Set idalisis Provider and Cr. And the distribution	50,000 IA, 100 II, 100 E	Rollators, S/W, transport chairs and bathroom equipment only	

BURLINGTON

Brant Arts Surgical Supply/IDA	672 Brant Street	1-866-939-0002 905-637-3833	P & R 2WW, SW, W/C, bathroom equipment Rental and purchase. Rollators are purchase only.	Yes
Courtland Mobility Service Inc.	1355 Artisans Court, Unit B (vehicle modifications)	(800) 354-8138		No
Home Medical Equipment	5035 North Service Road, Building D, Unit 19-20	289-816-0591	P&R	Yes
Wellwise by Shoppers	3023 New Street	905-632-2312	P & R W/C – rental only. All other mobility and bathroom equipment including transport chairs is P & R.	Yes

King Street Fast - Unit 7	005-627-0338	DRD	No
rung oli eet Last - Onit 7	303-027-0000		110
17 01 1 141 1	005 000 0005		NI
King Street West	905-628-0635	-	No
		Shower bench, raised toilet seat, cane, S/W	
140 Broad St. E. Dunnville	905-774-7331	P&R	Yes
The Bread on E, Barritine	1-855-440-8500	1 4 4	100
66 Delhi St.	519-821-9519	P&R	Yes
(Limited rental in stock but could			
get more from Stratford			
warehouse)			
249 Edinburgh Road North	519-824-7789	P&R	Yes
	**************************************	95) SECULION	7. O. T.
	1	1	
2130 Dundas St. E.	905-804-0400	P&R	Yes
101-550 Matheson Blvd W	1-800-379-4780	P&R	
	. 500 575 4700	1 611	
1077 N Service Road Unit 21	905-281-0166	P&R	Yes
	(Limited rental in stock but could get more from Stratford warehouse) 249 Edinburgh Road North (Rental just for mobility devices not bathroom equipment) 2130 Dundas St. E. 101-550 Matheson Blvd W	140 Broad St. E, Dunnville	Only have S/W available for rental and purchase. Bathroom equipment available for purchase only. P Shower bench, raised toilet seat, cane, S/W 140 Broad St. E, Dunnville 905-774-7331 1-855-440-8500 P & R 66 Delhi St. (Limited rental in stock but could get more from Stratford warehouse) 249 Edinburgh Road North (Rental just for mobility devices not bathroom equipment) P & R 1-805-804-0400 P & R 1-800-379-4780 P & R

5743 Thorald Stone Road,	(289) 296-2822	P&R	Yes
Unit 2. Niagara Falls	-W 28		
6934 Kinsmen Court, Niagara	289-296-8079	R	No
Falls			
4421 Queen Street	905-354-5604		
Niagara Falls			
9 Secord Drive, St Catherine's	1-289-786-0088	P	Yes
(within Shaver Hospital)	57. 10.14.04.00000 20.00000000000000000000000000	200	
	.	-	
549 Bronte Rd.	905-825-5335	P&R	Yes
Section And Control of the Annual Association (Control Association)	1-800-580-9972	time Statistical American	
298 Speers Rd.	905-847-5504	P	Yes
448 Speers Rd.	905-844-1445	P&R	Yes
1026 South Coast Drive,	1-888-776-1102	Rental of Wheelchair accessible	
1026 South Coast Drive, contact@wheelchairinmotion.com	1-888-776-1102	Rental of Wheelchair accessible vehicles	
	1-888-776-1102		
	1-888-776-1102		
	1-888-776-1102		Yes
contact@wheelchairinmotion.com		vehicles	Yes
contact@wheelchairinmotion.com		vehicles	Yes Yes
contact@wheelchairinmotion.com 157 West Street	1-800-268-7698	vehicles P&R	T.OT.OTO
	Unit 2. Niagara Falls 6934 Kinsmen Court, Niagara Falls 4421 Queen Street Niagara Falls 9 Secord Drive, St Catherine's (within Shaver Hospital) 549 Bronte Rd. 298 Speers Rd.	Unit 2. Niagara Falls 6934 Kinsmen Court, Niagara Falls 4421 Queen Street Niagara Falls 9 Secord Drive. St Catherine's (within Shaver Hospital) 549 Bronte Rd. 905-825-5335 1-800-580-9972 298 Speers Rd.	Unit 2. Niagara Falls 6934 Kinsmen Court, Niagara Falls 4421 Queen Street Niagara Falls 9 Secord Drive, St Catherine's (within Shaver Hospital) 1-289-786-0088 P 905-825-5335 1-800-580-9972 298 Speers Rd. 905-847-5504 P

Align Home Health Care	7 Secord Drive; St. Catharines, Satellite Office - Hotel Dieu Shaver Hospital 541 Glenridge Av; St. Catharines	289-786-0088	P&R	Yes
Hauser's Home Healthcare		1-855-440-8500 905-685-3030	P & R	Yes
Motion	11 Fourth Avenue Unit 1	905-688-0420	P&R	Yes
Silver Cross	320 Vansickle Street	905-685-4125	P&R	Yes
Wellwise Shopper's Home Health	145 Carlton St	(905) 641-5200	P&R	Yes (for walkers)
TORONTO				
Home Medical Equipment Ltd.	77 St. Regis Cres. S	(416) 633-9333 1-866-571-933		Yes
WELLAND				
Rexall/ Lewis & Krall Home Health Care	325 Thorold Road (used equipment – rent & purchase	905-732-4456	P&R	Yes
<u>BRAMPTON</u>			,	8
BMP Mobility	180 Sandalwood Parkway	1-866-829-0818	P&R	Yes
Wellwise by Shoppers	1 Kennedy Road South	905-455-5939	P&R	Yes (for walkers only)
Synergy Home Health Care Products	19 Bridgend Crescent	416-452-3832	Р	No
AJ Health Service INC	211-164 Sandalwood Pkwy E Suite 1065	905-494-5917	P&R	No (In process of ADF approval)