

Library: Orthopedics

Relevant Standard: PC.02.03.01

The hospital provides patient education and training based on each patient's needs and abilities.

Element of Performance: 10

Based on the patient's condition and assessed needs, the education and training provided to the patient by the hospital include any of the following:

- An explanation of the plan for care, treatment, and services
- Basic health practices and safety
- Information on the safe and effective use of medications (See also MM.06.01.01, EP 9; MM.06.01.03, EPs 3–6)
- Nutrition interventions (for example, supplements) and modified diets
- Discussion of pain, the risk for pain, the importance of effective pain management, the pain assessment process, and methods for pain management
- Information on oral health
- Information on the safe and effective use of medical equipment or supplies provided by the hospital
- Habilitation or rehabilitation techniques to help the patient reach maximum independence
- Fall reduction strategies

Program Titles

Osteoporosis: Strength for Life (Part 1)	Orthopedics
Osteoporosis: Strength for Life (Part 2)	Orthopedics
Osteoporosis: Strength for Life (Part 3)	Orthopedics
Osteoporosis: Strength for Life (Part 4)	Orthopedics
Men and Osteoporosis	Orthopedics
Getting the Most Out of Joint Replacement Surgery	Orthopedics
Hip Replacement Recovery: After Exercises	Orthopedics
Hip Surgery: Before Exercises	Orthopedics
Hip Surgery: Hip Precautions	Orthopedics
Joint Replacement Recovery: Activities of Daily Living	Orthopedics
Joint Replacement Recovery: Activity Guidelines	Orthopedics
Joint Replacement Recovery: Incision Care	Orthopedics
Joint Replacement Recovery: Sample Hip Exercise Routine: Standing Heel Raises	Orthopedics
Joint Replacement Recovery: Sample Knee Exercise: Ankle Pumps	Orthopedics
Joint Replacement: Pain Management	Orthopedics
Joint Replacement: Physical and Occupational Therapies	Orthopedics
Joint Replacement: Preventing Blood Clots	Orthopedics
Joint Replacement: The Role of Your Coach	Orthopedics
Joint Replacement: Understanding Your Discharge Instructions	Orthopedics
Joint Replacement: Your Hospital Stay	Orthopedics
Knee Replacement Recovery: After Exercises	Orthopedics
Knee Surgery: Before Exercises	Orthopedics
Preparing for Your Joint Replacement Surgery	Orthopedics
Preparing Your Home for Joint Replacement Recovery	Orthopedics
What Is Hip Replacement?	Orthopedics
What Is Knee Replacement?	Orthopedics
When to Call the Doctor: After Joint Replacement Surgery	Orthopedics
Treating Arthritis	Orthopedics
Quad Sets	Orthopedics

Heel Slides	Orthopedics
Gluteal Sets	Orthopedics
Short Arc Quads	Orthopedics
Straight Leg Raises	Orthopedics
Long Arc Quads	Orthopedics
Seated Knee Flexion - Knee	Orthopedics
Arm-chair Push-ups - Knee	Orthopedics
Answers to Common Concerns About Shoulder Joint Replacement	Orthopedics
Answers to Common Concerns About Rotator Cuff Repair	Orthopedics
What is Rheumatoid Arthritis?	Orthopedics
Treating Rheumatoid Arthritis	Orthopedics
Self-Care for Rheumatoid Arthritis	Orthopedics
When to Call the Doctor: Rheumatoid Arthritis	Orthopedics

Relevant Standard: PC.04.01.05

Before the hospital discharges or transfers a patient, it informs and educates the patient about his or her follow-up care, treatment, and services.

Element of Performance: 7

The hospital educates the patient, and also the patient's family when it is involved in decision making or ongoing care, about how to obtain any continuing care, treatment, and services that the patient will need.

Program Titles

When to Call the Doctor: Rheumatoid Arthritis	Orthopedics
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