**The Integrative Care Continuum: A Model for Patients Undergoing Orthopedic Surgery**

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**Introduction / Abstract**

Orthopedic surgery, particularly a total joint replacement can be a frightening experience for anyone regardless of diagnosis, educational level or age. What will happen? Will it work? What exactly will be done? The stress and anxiety a person feels can allow the imagination to run wild—conjuring up images that are far from healing and peaceful. While this may be a common phenomenon, it can be avoidable with the proper guidance.

In order to assist patients through their “surgical journey”, the Hospital for Special Surgery (HSS) and its affiliated Integrative Care Center (ICC) work collaboratively to offer an array of services, both traditional and complementary, for treating the whole person, mind, body and spirit. Patients are empowered to play an active role as a member of their health care team throughout the continuum of care. Patient care is viewed as a partnership—a philosophy that is embraced by all members of an interdisciplinary team including physicians, physical/hand therapists, licensed massage therapists, licensed acupuncturists, a chiropractor, holistic nutritionist and a holistic nurse practitioner.

**Preoperative Phase**

During the **preoperative phase**, education is a primary focus. Multidisciplinary pre-op classes are offered to all HSS surgical patients and includes a comprehensive teaching/reference manual.

Selected content of the pre-op classes includes:

- What to expect (for both surgery and during the hospital stay)
- Lecture, discussion and demonstration with active participation!
- Progress guidelines and discharge planning

Also during the pre-op phase, class participants are introduced to the Integrative Care Center (ICC) and it’s many offerings. For pain management or calming preoperative jitters, patients are given the opportunity to try the following:

- Acupuncture
- Massage
- Reflexology
- Individual consultations using Peggy Huddleston’s *Prepare for Surgery, Heal Faster* program.

An analysis of 191 studies with 8,600 patients documents that people who prepared for surgery had less pain (23-50%), fewer complications and recovered sooner.

…”I wish to thank you and your program for saving the sanity of the most nervous person on the face of the earth”…MA

“I’ve been wondering where all this pain is that everyone’s been telling me about—thanks so much for everything”…MR

**Perioperative Phase**

Peggy Huddleston’s *Five Steps to Prepare for Surgery*

- Relax to feel peaceful
- Visualize your recovery
- Surround yourself with the love of family and friends to feel calm
- Use healing statements
- Establish supportive MD-PT relationships

**Postoperative Phase**

Postoperatively, patients begin their course of rehabilitation at HSS while still hospitalized. A discharge plan is then set in motion for outpatient rehab at HSS or with one of its Network members.

As patients return to the ICC, plans of care may again include complementary modalities that facilitate the healing process within a wellness framework. Exercise and movement classes as well as educational workshops enhance and enable comprehensive holistic care as patients strive to regain and maintain their mobility.

As an individual’s course of rehab comes to an end, they may advance and continue with Personal Training or Pilates training as a bridge to independence, restoration of well-being and complete functional recovery.