

SPINE SURGERY PROGRAM

CREATING THE NEXT
GENERATION
OF CARE



424 SAVANNAH ROAD • LEWES, DELAWARE 19958

LIVING OUR VALUES EVERYDAY

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OUR VISION

*Our vision is for Sussex County
to be one of the healthiest
counties in the nation.*

OUR MISSION

*Our mission is to encourage
healthy living, prevent illness
and restore optimal health to
the people residing, working,
or visiting the communities
we serve.*

Our **VALUES** are
Reflected in our Decisions

✱ WE PLEDGE TO

Do what it takes to
keep **EVERYONE SAFE**

*Do it right the first time
EVERY TIME*

Treat **EACH** individual
with *respect and dignity*

Build **TRUSTING RELATIONSHIPS**
with *compassion
and kindness*

*Achieve **AMAZING ACCOMPLISHMENTS**
through exceptional teamwork*

Act with *passion and love* for others
TO MAKE A DIFFERENCE

*Listen carefully
Have the courage to communicate
honestly and effectively*

Dedicate yourself to being an
expert in your field
always learning, always growing

Welcome to Beebe Healthcare

Thank you for choosing our facility for your back or neck surgery.

Our goal is to provide you with the best postoperative outcomes by preparing you physically, mentally, and emotionally for your surgery.

Our comprehensive, multidisciplinary team is highly skilled and has received national recognition.

You are the most important member of the health care team.

We know the better prepared you are for your surgery the easier and faster you will recover.

Please review this information and ask us any questions you may have (302-645-3104).

Helpful Phone Numbers

| | | | |
|-----------------------------------|--------------|--------------------------|--------------|
| Beebe Healthcare | 302-645-3300 | Orthopaedic Nursing Unit | 302-645-3720 |
| Same Day Surgery | 302-645-3502 | Pre-op Nurse/Anesthesia | 302-645-3366 |
| Pre-op Class (Ortho Service Line) | 302-645-3104 | Chaplain | 302-645-3759 |
| Patient Advocate | 302-645-3547 | Case Management | 302-645-3313 |
| | | Rehabilitation Services | 302-645-3235 |

We want to keep you safe during the COVID-19 Pandemic!

During the COVID-19 pandemic, we have worked to continue providing safe care for our patients, while also focusing on the safety of our team members, vendors, and visitors.

Patients are already used to a high standard of safety and quality at all Beebe care sites. The pandemic has created a need for an innovative expansion on those efforts. For this reason, patients will experience many safety measures in place at all of Beebe's care sites, conveniently located throughout Sussex County.

Everyone entering the hospital, including staff and patients, will have their temperature taken and will be asked COVID screening questions.

Your care team will be wearing a surgical mask and face shield to help keep you safe.

You may also notice:

- Physical barriers like Plexiglas at registration areas
- Visual cues on floors and other places to remind everyone about physical distancing
- Reminders about the requirements of face coverings
- Pre-surgery COVID-19 testing for all surgery patients
- Scheduled appointments for all lab and imaging visits
- Waiting room modifications
- Car-side registration/waiting in some locations
- Extra cleaning and disinfecting protocols.

Patients having surgery will:

- Quarantine for 10 days, or as instructed by surgeon
- Be tested for COVID
- Be allowed one visitor to come to the hospital with them on the day of surgery. This visitor must wear a facial covering and will complete COVID screening questions upon arrival. After you are prepared for surgery, the visitor can stay with you in the Same Day Surgery area until you are taken back to surgery. At this point, the visitor may wait in the designated waiting area until your surgery is complete or they may leave the hospital. The surgeon will call your loved one at completion of surgery. For your safety, loved ones will not be able to visit you in the hospital after surgery.

Preparing For Surgery

Complete this preoperative checklist:

- ☐ Attend preoperative class: Phone - Orthopaedic Service Line Nurse @ 302-645-3104 or Orthopaedic Nurse Manager @ 645-3679
- ☐ Pre-op nurse will call prior to your surgery: 302-645-3366
- ☐ Stop taking medications such as aspirin, ibuprofen, or blood thinners as directed by your physician.
- ☐ Obtain medical clearance/blood work/EKG as ordered
- ☐ The hospital will call you the day before your surgery for your arrival time
- ☐ Do not eat any solid food after midnight before your surgery. You may drink clear liquids up to 2 hours prior to your scheduled arrival time. This may include: water, clear juice, coffee and tea without creamer/milk, popsicles, kool-aid, and plain jello. No alcoholic beverages after midnight.
- ☐ Bring a complete list of medications to the hospital and photo I.D.
- ☐ Leave all valuables such as jewelry or money at home
- ☐ Bring comfortable, loose fitting clothing. You will be getting dressed, when appropriate, after any applicable drains are removed. You may also bring shoes or slippers that have a closed back.
- ☐ Bring lower back or neck brace the day of surgery if given to you by your surgeon's office.
- ☐ Follow pre-op bathing instructions on the following page
- ☐ Prepare your home and support system for going home
- ☐ If you smoke, now is the time to stop
- ☐ Notify your surgeon of any infection, fever or if any change in your medical conditions occurs

Preoperative Bathing Instructions

You play a key role in your own health. Before surgery, it is important to reduce the number of germs on your skin. In addition to the information included in the “Surgery Guide: What to Expect” pamphlet, the instructions below are provided to help you carefully wash your skin before your surgery.

Use soap and a special soap called chlorhexidine gluconate (CHG). A common name for this soap is *Hibiclens*®, but any brand of 4% CHG is ok to use. Do the preoperative bath/shower, one time a day, for **4 days** before surgery and then take your last bath/shower the day of your surgery, before coming to the hospital. If you have any questions, please call your doctor.

Before you bathe or shower:

1. Read the directions and warnings on the CHG product label.
2. Do not use the product if you are allergic to CHG or other ingredients listed. Please tell your doctor.

When you bathe or shower:

1. Wash your hair as usual with your regular shampoo. Rinse hair and body thoroughly to remove any shampoo residue.
2. Wash your entire body with soap. Apply the soap directly to your skin and wash gently using a clean wash cloth. Allow the soap to remain on your skin for 1 minute before rinsing your body. *Use a clean wash cloth each time you bathe/shower.
3. Wash your entire body from the neck down with CHG soap. Apply just enough CHG to cover the skin and wash gently using the clean wash cloth. Allow the CHG to remain on your skin for 1 minute before rinsing your body. ***Warning: Do not apply CHG to the face, mouth, ears, genitals, or open wounds.***
4. Rinse your body thoroughly with warm water.
5. Pat yourself dry with a clean, soft towel. *(Do not apply lotions, powders, or perfumes)*
6. Put on clean clothes.

Other information:

1. CHG soap may be provided by your doctor. You can purchase 4% CHG soap at local pharmacies.

Spine Anatomy

- Cervical Spine: The neck area of the spine. Includes 7 vertebrae C1-C7
- Thoracic Spine: The chest area of the spine. Includes 12 vertebrae T1- T12
- Lumbar Spine: The lower back. Includes 5 vertebrae L1- L5
- Sacral Spine: One vertebrae S1

Helpful Terms

1. Vertebrae: Bones that make up the spine.
2. Disks: Cushions between the vertebrae, the body's shock absorbers.
3. Lamina: Part of the vertebrae that form the back of the spinal canal.
4. Laminectomy: Removal of part or all of the lamina to relieve pressure on a nerve
5. Discectomy: Removal of the portion of the disk that puts pressure on a nerve.
6. Spinal Fusion: Locks two or more vertebrae together to decrease pain. Bone graft used may be your own bone stock or bone from a bone bank. Your surgeon will choose what is best for you.
7. Instrumentation: Extra support used if necessary during a spinal fusion. May include: plates, screws, rods, or cages. Your surgeon will discuss this with you.

Day of Surgery

Enter the parking garage using the West entrance

Park on the 1st level of the garage

Enter the hospital from the 1st floor- Main entrance

To ensure your safety in our hospital, you must wear a mask to enter the hospital. In the lobby of the main entrance, you will be greeted by members of our Beebe team. They will take your temperature upon arrival and ask you COVID screening questions.

There is an elevator across from the information desk to take you to the registration area on the second floor.

There is no valet parking at this time.

Please have you photo ID, Insurance Cards, and Lab Envelope ready to present.

Same Day Surgery

After registration you will be taken to the Same Day Surgery Area to be prepared for surgery. An armband with your name and date of birth is placed on your wrist. This will be used to verify your identity prior to any treatment or medication being given to you. After your IV is started, your family can wait in the holding area with you until you are taken back to the Operating Room. After all of your questions have been answered, a sedative is given to help you relax. You may not remember much after the medication is given. Preparation, surgery, and recovery take between 3 and 4 hours.

Anesthesia

You will meet with your anesthesiologist the morning of your surgery to discuss what type of anesthesia is best for you based on your medical history.

Tell the anesthesiologist any prior anesthesia history, any anesthesia related problems, or any preferences you have regarding your anesthesia.

Operating Room

You may notice the temperature in the Operating Room is cooler than other areas, but you will be kept warm with a special hot air blanket.

Post Anesthesia Care Unit (PACU) or Recovery Room

You will be monitored closely in the PACU for at least an hour. The length of time in PACU varies for both medical reasons and the availability of the appropriate room for the patient. The doctor may give you an estimate, but don't be alarmed if the patient remains in the PACU for a longer time. Visiting patients in this area is restricted. The surgeon will talk with family after surgery is completed.

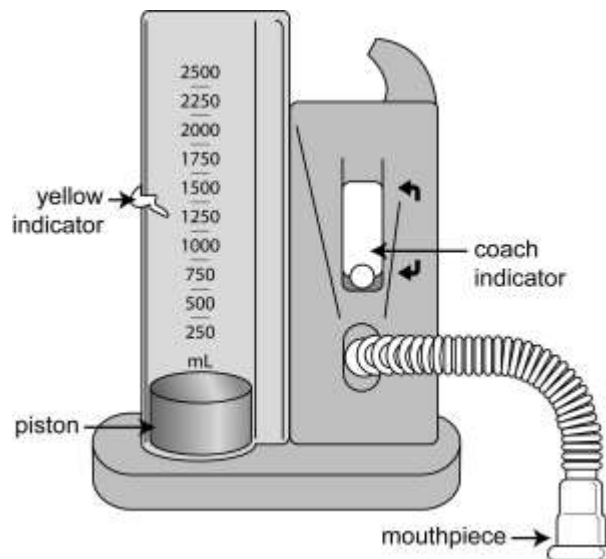
Postoperative Nursing Care

- Vital signs assessed frequently on arrival to the nursing unit
- If a Foley catheter is in place, it will be removed the same day as surgery or the following day
- Nasal oxygen on and pulse oximeter to determine adequate oxygenation
- Compression device on feet or legs to promote blood flow
- Do frequent ankle pump exercises
- Incentive Spirometer to keep lungs clear
- On arrival to nursing unit, a liquid diet is started and will progress to solid food as tolerated
- See pain management section for pain control explanation
- Dressing changes per surgeon's orders
- Stool softeners ordered to prevent constipation
- Laxative, suppository, enema as needed
- Nurses report to the next shift at the bedside to include you in your plan of care.
- You may call extension 8000 from you hospital phone for any concerns or complaints related to meals, housekeeping, noise, etc.

Using Your Incentive Spirometer

The Incentive Spirometer helps you get back to breathing your best, and avoid complications such as pneumonia or a collapsed lung. The Incentive Spirometer (IS) will show you how well you are breathing.

1. Sit upright, or as far upright as you can.
2. Breathe normally a few times.
3. After you exhale normally, close your lips around the mouthpiece.
4. Breathe in slowly & steadily through your mouth until your lungs are full. The volume indicator will rise to show how much air you have breathed in.
5. Hold your breath until the volume indicator goes back down to the bottom.
6. Breathe out slowly.
7. Take a few normal breaths
8. Repeat steps 3 – 6 approximately ten times per hour & cough to help clear the mucus out of your lungs.

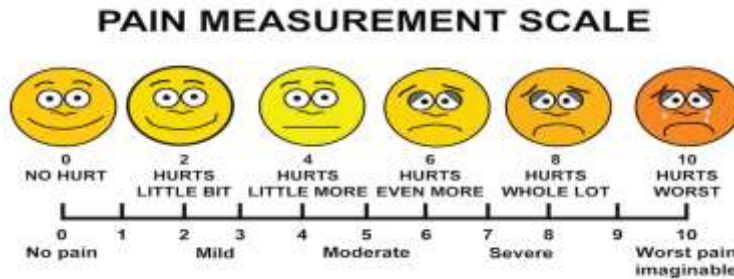


Postoperative Pain Management

We care about your comfort and are committed to managing your pain after

In order to be successful with managing your pain, it is important that you communicate with your health care team. You are the only person who knows what your pain is, and if the medication that your surgeon has ordered is doing the job!

The Pain Scale is used to gauge the intensity of your pain/discomfort before and after you receive pain medication. Please take a minute and become familiar with YOUR acceptable level of pain. Your pain will be assessed frequently throughout your hospitalization.



0= no pain

1-3=Mild pain- you can feel it. Able to focus on reading, TV.

4-6 =Moderate pain-Losing focus. Thinking about pain

7-9 =Severe- Unable to focus on anything other than pain

10=worst possible pain

Your surgeon will order pain medicine to be given intravenously (IV) after your surgery. You will progress to oral medications the following day after surgery.

Please tell your nurse if:

- **The pain medicine doesn't decrease your pain.** Although we can't guarantee that you will be 'pain-free', we want your pain to be under control so you can participate in your therapy.
- **If the pain medicine makes you feel nauseated.** We can give you medication to control those symptoms, or we can call the surgeon to obtain a different medicine.

If you feel constipated. You will be encouraged to eat a fiber rich diet and drink plenty of fluids, but sometimes you need a little help. Your surgeon has ordered certain medications to help.

Infection Prevention

Before your surgery:

- Tell your doctor about all medical problems you may have. Health problems such as allergies, diabetes, and obesity could affect your surgery and your treatment.
- Quit smoking. According to CDC, patients who smoke are at greater risk for infections.
- Do not shave near area you will have surgery. Shaving with a razor can make small openings in your skin and make it easier to develop an infection.
- Follow the preoperative bathing instructions on page 6. If your surgery is in an area that you cannot reach, such as your back, have someone assist you. (You may use a clean back brush.) Use a clean washcloth each day.

When you are discharged:

- Make sure you have clean sheets on your bed for when you return home.
- Make sure you understand how to care for your wound, including dressing changes before you leave the hospital.
- Before you go home, make sure you know who to contact if you have questions or problems after you get home.
- Always clean your hands with soap and water before and after caring for your wound.
- DO NOT let your pet near your incision. DO NOT allow your pet to sleep with you until your doctor determines it is safe to do so.
- If you have any symptoms of an infection, such as redness and pain at the surgical site, or fever, call your doctor immediately.

Physical Therapy

Helps you regain your mobility, range of motion, and strength after surgery.

Physical therapy will work with you to help you walk further, increase your strength, and teach you how to climb stairs.

Reinforces safety awareness

Begin preoperative exercises @ home

Quad sets

Gluteal sets

Ankle pumps

After surgery:

You will have a bedside evaluation the day of surgery or the 1st day after surgery

Testing of circulation, sensation & motor function

Instruction in exercise program

Progress from sitting @ bedside to standing & ambulating with a walker

After low back surgery:

1. Wear brace if ordered by your surgeon
2. Use care when twisting at the waist
3. Avoid bending at the waist to pick up items
4. Do not lift anything heavier than 5 pounds

After neck surgery:

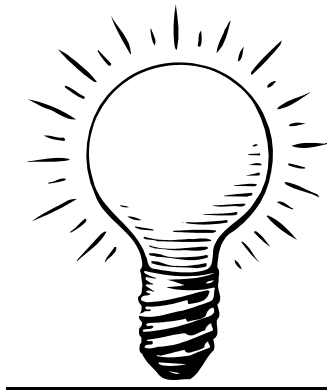
1. You may wake up with a cervical collar around your neck
2. Wear the collar as ordered by your surgeon

Sleeping positions:

1. You may sleep on your back with a pillow under your knees and one pillow under your head
2. You may sleep on your side with a pillow between your knees and one pillow under your head
3. Avoid laying on your stomach unless your surgeon says its ok

Preparing your home for when you are discharged:

1. Pick up throw rugs
2. Buy a cordless phone
3. Move frequently used items to waist level
4. Remove clutter
5. Keep walkways well lighted
6. Prepare food ahead of time and freeze
7. Set up your support system for when you are discharged to home



Case Management

What does a Case Manager do?

Assist with discharge planning

Obtain necessary equipment

1. Walker
2. 3 in 1 commode

Insurance liaison while in the hospital

Approval for needed services at time of discharge

1. Verifies benefits
2. Informs of co-pay for services

Goals to Meet For Safe Discharge to Home

1. Able to get out of bed with minimal or no assistance
2. Able to get on & off a toilet
3. Able to walk about 120 ft. with assistive device
4. Able to negotiate steps
5. Able to demonstrate hip precautions if hip replacement patient

Discharge Information

Keep your dressing dry and intact.

Follow your surgeon's instructions for showering when you get home

If you have been given a brace from your surgeon's office, wear as ordered by your surgeon.

Keep pets away from your incision.

Activities after discharge from the hospital

1. Short walks to enhance circulation, keep your lungs clear, and promote healing.
2. You may drive a car when cleared by your surgeon

Continue your exercise program and use the assistive device recommended by your physical therapist. Follow up physical therapy instructions will be given to you at the time of discharge.

Refer to your discharge list of medications to know what medications you are to take. Be sure you are aware of side effects of your medications prior to discharge from the hospital.

Call your doctor if:

Fever greater than 101°/chills

Uncontrolled pain

Persistent vomiting or nausea

Excessive bright red bleeding, swelling around the incision,

Redness, streaking or pus-like drainage

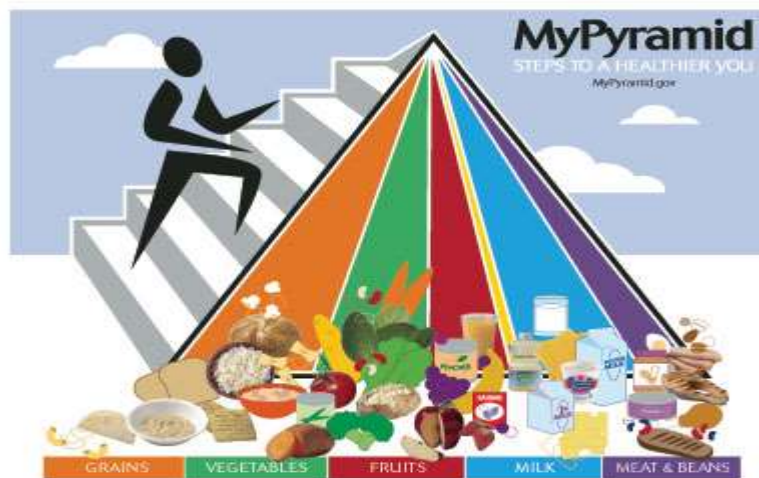
Difficult urination or severe constipation/ persistent diarrhea

Weakness, numbness or tingling of legs or arms

Pain in either calf

Shortness of breath

Any other problems or questions



Good Nutrition Is Essential While Your Body Is Healing From Surgery!

| Grains | Vegetables | Fruits | Milk | Meat & Beans |
|--|---|---|--|--|
| Eat 6 oz every day | Eat 2 ½ cups every day | Eat 2 cups every day | Get 3 cups every day | Eat 5 ½ oz every day |
| Eat at least 3 oz of whole-grain cereals, breads, crackers, rice or pasta every day. 1 oz. is about 1 slice of bread, 1 cup of breakfast cereal, or ½ cup of cooked rice, cereal or pasta | Dark green veggies like broccoli, spinach & other dark leafy greens.** Eat more orange vegetables like carrots and sweet potatoes. Eat more dry beans and peas like pinto beans, kidney beans and lentils | Eat a variety of fruits Choose fresh, frozen, canned or dried fruit Go easy on fruit juices | Go low-fat or fat free when you choose milk, yogurt and other milk products. If you don't like milk or can't consume milk, choose lactose free products or other calcium sources such as fortified foods and beverages. | Choose low-fat or lean meats and poultry. Bake it, broil it or grill it. Vary your protein routine-choose more fish, beans, peas, nuts, and seeds. |

(Based on a 2,000 calorie diet)

(Reprinted from www.mypyramid.gov)

Beebe Healthcare's Falls Prevention Program

Everyone having a surgery is at risk to fall due to the surgery, the medications, and an unfamiliar environment. You will have a yellow armband on to signify that you are at risk for fall until you are no longer at risk for falling.

Safety Guidelines for Preventing Falls

- Always follow your physician's orders and the nurse's instructions regarding whether you must stay in bed or require assistance to go to the bathroom.
- When you need assistance, use your call light by your bed or in the bathroom and wait for the nurse/assistant to arrive to help you. It is our policy to take you to the bathroom and stay with you and monitor you while you are in the bathroom. Studies show that over half of all falls happen when patients are trying to, or using the bathroom. Falling in the bathroom can result in serious injuries, even death, due to the hard surfaces.
- Remain lying or seated while waiting for assistance. Please, be patient, someone will answer your call as promptly as possible.
- Ask the nurse for help if you feel dizzy or weak getting out of bed. Remember you are more likely to faint or feel dizzy after sitting or lying for a long time. If you must get up without waiting for help, sit in bed for a period of time before standing. Then rise carefully and slowly begin to walk.
- It is recommended you wear rubber-soled or crepe-soled slippers or shoes whenever you walk in the hospital. Non-skid socks will be provided if needed.
- Walk slowly & carefully when out of bed. Do not lean or support yourself on rolling objects such as I.V. poles or your bedside table.
- Never attempt to get off of a stretcher or out of a wheelchair unaided. Unless brakes are engaged they are very unstable, and will roll freely away from you.
- Do not tamper with side rails or restraints that may be in use. If restraints need adjustment, ask your nurse. Side rails & restraints are reminders to stay in bed & are designed to ensure your safety.
- Keep your nurse & doctor informed on how you are feeling. If you feel weak, dizzy, or unsteady, let them know.

Caring For The Spirit
PASTORAL CARE SERVICES

OUR SERVICES

COUNSEL AND PRAYER

We can meet with you privately, or with your family and friends to share in prayer and to talk about spiritual and religious concerns. You can ask us to provide emotional and spiritual support in times of crisis or during important meetings with family and/or hospital staff. Appointments can be made for pastoral care prior to and following medical procedures. Our team practices under the standards and guidelines of the Association of Professional Chaplains.

PASTORAL REFERRALS

The Chaplaincy Team maintains a network of connections with area clergy and religious organizations. At your request, we can contact persons or groups who can best meet your spiritual and sacramental needs.

CHAPEL

The inter-faith chapel is open to patients and visitors as a sanctuary for quiet reflection and personal devotional practices. It is open during regular visitation hours, and located on the first floor between Integrative Health and the X-ray Department.

CHAPLAINS' PRAYER BOOK

Each morning and evening, we pray for the people listed in our Chaplains' Prayer Book. If you wish to be remembered in our daily prayers, please contact the chaplains' office. In keeping with the hospital's guidelines for safety and privacy, confidentiality is assured.

CATHOLIC COMMUNION

The Extraordinary Ministers of Communion from St. Jude the Apostle Catholic Church seek to visit all Catholic patients daily. For details, please contact the chaplains' office

WHEN SHOULD I ASK FOR A CHAPLAIN?

Life's path takes us across many ups and downs. It takes us to places of certainty and doubt, and on the way we often feel sorrow and joy. Wherever we might be on this path, we do not have to go it alone. Chaplains are available to support your spiritual and emotional needs during your time in the hospital. Call on us when you...

- want to share in prayer
- feel stressed, angry, lonely or sad
- need to talk about your faith life
- are preparing for medical procedures
- have concerns about family, work or friends
- desire the blessing of a sacrament or desire the inspiration of scripture
- are ready to voice your feelings of joy, praise or thanksgiving
- need help reaching people from your faith community.
- are facing a crisis

To request the services of a member of the Chaplaincy Team, please speak with your nurse or another member of the hospital staff. They can arrange for a page to the Chaplain on duty. **If you would prefer to leave a personal and confidential phone message for the chaplain, please call extension 3759. From outside the hospital, call 302-645-3759.**

[illegible]