Neuro-Spine Unit

Pre-Op Class
Quick Reference

- Preadmission Testing: 402-1387
- Pre-Op Class Enrollment: 402-CARE
- Patient Representative: 402-1194
- Patient Case Manager: 402-1916
- Neuro-Spine Center Clinical Manager: 402-1503
Welcome

All patients are encouraged to attend the Class

– Mondays from 10am – 12pm
– Wednesdays from 10 am-12pm and 5pm – 7pm
– All classes held in 5th floor Conference Room at St. Francis Hospital
– Register for class at 402-CARE
– Any questions about the class, call 843-402-1503
– Any questions about your surgery, call 843-723-8823
Welcome

• In order to give you excellent care, we give shift to shift report at the bedside. This keeps you involved in your care and promotes communication between nurses, patients and family.
  – You can expect your current nurse and oncoming nurse to be at your bedside giving report around 7AM and 7PM.
  – We will be discussing your medical history, activities of the day and information pertaining to your current stay and health. We welcome any information you would also like to provide to us during this time.
Hand Washing

• Another way we promote excellent care is by washing our hands and/or using waterless antibacterial hand foam before and after entering your room. Hand washing is the single most important means of preventing the spread of infection. Please encourage all visitors to wash their hands or use the waterless antibacterial hand foam before and after entering your room.
Your Neuro-Spine Center
Team Members

• **Surgeon:** The Doctor that will perform your operation and follow your progress related to your surgery.

• **Physician Assistant (PA):** A physician assistant is a graduate of an accredited educational program who is nationally certified and state-licensed to practice medicine with the supervision of a physician.

• **Nurse Practitioner (NP):** A nurse practitioner is an advanced practice nurse licensed to perform medical acts within written protocols with a supervising licensed physician for consultation.

• **Registered Nurse (RN):** A RN provides much of your care and will be responsible for your daily medical needs. The RN will carry out all orders given by your surgeon, & NP/PA, including administration of your medications, tracking your vital signs and keeping your medical chart accurate.
Your Neuro-Spine Center
Team Members

• **Patient Care Tech (PCT):** A PCT assists you with many daily activities such as bathing, getting to the bathroom, changing clothes, and help with ambulating. They also track vital signs and report to the RN.

• **Physical Therapist (PT):** A Physical Therapist is responsible for working with you after surgery to ensure you are walking and exercising correctly. They will work with you to regain upper and lower body strength as well as instruct you on "spine precautions" to follow after you leave the hospital.

• **Occupational Therapist (OT):** An Occupational Therapist is responsible for teaching you how to perform daily tasks such as bathing or dressing without hurting your back after surgery. They will also teach you how to use adaptive equipment such as reachers, shower benches, and raised toilet seats.
Your Neuro-Spine Center
Team Members

- **Respiratory Therapist (RT):** If needed, a Respiratory Therapist is responsible for giving you medications after surgery that will help keep your lungs clear. They may need to work with you on coughing and deep breathing exercises to prevent complications after your operation.

- **Discharge Planner:** will assist you in determining any discharge needs, setting up after care (rehab, skilled nursing facility, or home health), as well as any equipment ordered by your doctor

- **Orthotist:** An orthotist is responsible for fitting you with your brace. They will provide your physician’s instructions including how to put your brace on and when to wear it
Class Objectives

Upon completion of this class, you and your at home caregiver will be able to:

- Discuss your role in preparing for surgery
- Discuss the pre-operative phase
- Discuss your inpatient stay expectations
- Create an individual discharge plan
- Complete required lab work
- Tour the Neuro-Spine Center inpatient unit; a Virtual Tour is also provided on the Website @ rsfh.com.
Preparing for Life After Surgery

• Your at-home caregiver will be assisting you upon discharge from the hospital.

• Things you may need someone (Coach) to help you with:
  – dressing changes
  – running errands
  – provide transportation for appointments
  – preparing meals
  – walking
  – household chores

• Please make sure your house is clutter free; no area rugs or anything in the way that may cause you to trip or fall.
Complete and Bring the Day of Surgery

• Home Medication Form
  – Our Pharmacist requests this to compare your medications with the medications normally given during the inpatient stay:
    1. to look for possible drug interactions.
    2. to see if the hospital may not carry one of your medications.

  – **Our top concern is your safety.** With that in mind, please let us know if you are not taking your medications as written or are using alcohol or non-prescription medications to help manage your pain. This will help us determine how to best manage your pain while in the hospital and keep you as safe and comfortable as possible.
# HOME MEDICATION FORM

## Personal Information

<table>
<thead>
<tr>
<th>Name:</th>
<th>Address:</th>
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<tbody>
<tr>
<td>Phone Number:</td>
<td></td>
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<tr>
<td>Birth Date:</td>
<td></td>
</tr>
<tr>
<td>Emergency Contact:</td>
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## Healthcare Information

<table>
<thead>
<tr>
<th>Primary Care Doctor:</th>
<th>Pharmacy:</th>
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<tbody>
<tr>
<td>Phone Number:</td>
<td>Phone Number:</td>
</tr>
<tr>
<td>Other Doctors:</td>
<td>Pharmacy:</td>
</tr>
<tr>
<td></td>
<td>Phone Number:</td>
</tr>
</tbody>
</table>

## Adult Immunizations *(include date of last dose taken if known)*

| ☐ Pneumonia Vaccine | ☐ Tetanus |
| ☐ Flu Vaccine | ☐ Other: |

## Allergies *(include reaction if known – what happened)*

<table>
<thead>
<tr>
<th>Allergies:</th>
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LIST ALL MEDICINES YOU ARE CURRENTLY TAKING:

1. Prescription medications
2. Over-the-counter medications (examples: aspirin, antacids), vitamins,
herbals (examples: ginseng, gingko), inhalers, eye drops, ear drops,
patches, insulins, injectables,
3. Creams and ointments.
4. Medications taken as needed (example: nitroglycerin).

<table>
<thead>
<tr>
<th>Drug Name</th>
<th>Dose</th>
<th>DIRECTIONS: (How many times a day? What times? As needed? Before or after meals)</th>
<th>Date Started</th>
<th>Date Stopped</th>
<th>Notes: Reason for taking / Doctor’s name</th>
</tr>
</thead>
<tbody>
<tr>
<td>Example: Norvasc</td>
<td>10 mg</td>
<td>Once a day at bedtime</td>
<td></td>
<td></td>
<td>Blood pressure</td>
</tr>
</tbody>
</table>


Medication Safety

• Taking an active role in your own care can help prevent medicine errors. Your doctor, nurse and pharmacist are there to answer your questions.

• What You Need To Know About Each Medicine That You Take:
  – What is the name of each medicine?
  – What is it for?
  – What time should I take it?
  – How much of it should I take each time?
  – How should I take it?
  – Should I take it with food?
  – How long should I take it?
  – What should I do if I miss a dose?
  – Are there any side effects? What should I do if I have any?
  – Is it safe to take it with other medicine that I am taking, including over-the-counter medicine, vitamins, or herbals?
  – What food, drink, or activities should I avoid while taking it?
Tips For Medication Safety

• Each time you take your medicine, read the label to make sure you are taking it correctly. If you have questions, call your doctor or pharmacist.

• Do not stop taking the medicine just because you feel better unless your doctor tells you to stop taking it.

• Do not take your medicine out of one bottle and put it in another one.

• Put all of your medicine in a place where children and pets cannot reach it.

• Do not keep medicine in the car, by the stove, or in the bathroom, since heat and dampness can affect how it works.

• Check the date on all medicine. Throw away all medicine if the date written on it has passed.
Tips For Medication Safety

• Take only the medicine given to you by your doctor or pharmacist. Do not share other people’s medicine.
• If you feel that any medicine is making you sick or causing pain, call your doctor right away.
• When you are admitted to the hospital, bring a list of all medicines you take or bring all of your medicines in the original bottles. Include over-the-counter medicines, vitamins and herbals.
• Tell your doctor, nurse or pharmacist about any allergies or reactions that you have had to medicine in the past.
• If you have ANY questions about your medicine, ask your doctor or pharmacist.
Preparation for Surgery

- Select items to bring to the hospital
- Discuss discharge plan and caregiver arrangements
- Completed home medication form
- Lab work completed at least 1 week before surgery
- EKG and/or Chest x-ray if ordered
- At home surgical preparation if ordered

BRING YOUR NECK OR BACK BRACE TO THE HOSPITAL ON THE DAY OF SURGERY
Quit Smoking!

- If you smoke, it will be harder for you to heal after your surgery. Smoking harms your heart, lungs and blood. You are more likely to have a heart attack, lung disease, and cancer if you smoke. Ask your caregiver for more information about how to stop smoking.
Pre-Op

• The Pre-Admission Nurse will call you before you have surgery to review medication and health history.

• *You Will Need* to have lab work completed at least 1 week prior to the surgery date

• *You May Need* an EKG or Chest X-Ray

• *You May Need* to meet with Anesthesia before surgery.

• *Tell your surgeon* if you are taking blood thinners (ex-Coumadin, Plavix, Pradaxa, Aspirin or NSAIDS). In most cases, you will *stop* your blood thinner a week prior to surgery but this is based on your surgeon’s preference.
Pre-admission Testing is Located on the First Floor Under the Green Awning
What to Bring to the Hospital

- *Completed* Home Medication Form
- Essential Toiletries
- Assistive Devices (i.e. walkers, canes)
- Denture case
- Contact Solution and Lens Case
- Button down or zippered robe
- Back or Neck Brace
- Hearing Aides
- Tennis Shoes with Sturdy Heel and Laces/Velcro
- Glasses
- Chapstick
The Day Before Surgery

• Call your surgeon *IF*
  – *you have been put on antibiotics*
  – *you are taking new medications*
  – *you develop any fever or don’t feel well*
  – *you need to cancel your surgery*
  – *you may be pregnant- notify your surgeon*

• Do not eat ANYTHING after midnight before your surgery. You may drink CLEAR liquids until 4 hours before your surgery. The pre-admission nurse will review medications that you may take the day of your surgery.

• Avoid alcoholic beverages 18 hours before your surgery and do not smoke after midnight the night before your surgery.
Helpful Tips

• Wear comfortable clothing
• DO NOT wear makeup, nail polish or contact lenses
• LEAVE ALL VALUABLES INCLUDING JEWELRY AT HOME
Anatomy

- The following pages offer some simple information on the spine anatomy and different spine surgeries
- For more information refer to our website at rsfh.com, the links found in this notebook and your neurosurgeon
Spinal stenosis
Spondylolisthesis
Surgeries

- **Discectomy**: Removal of all or part of the displaced disc material between the vertebrae.
- **Laminectomy**: A portion of your vertebrae is removed. The surgeon then retracts the spinal nerve out of the way and the disc or bone material that is pressing on the nerve is removed.
- **Fusion**: The fixation of appropriate segments of the spine with bone graft and/or metal plates.
Spine Health Videos

- http://www.spine-health.com/
Day of Surgery: What to Expect

- Volunteers are located at all of the entrances to the hospital to either direct or take you where you need to go the day of your surgery
Day of Surgery

• Register with Admitting

• Pre-Op Holding Unit
  – Reviews your medical history *again*
  – Reviews the pain scale with you
  – Places an IV
  – The Anesthesiologist and CRNA will see you
  – The OR Nurse will see you
Pain Management

Pain level will be assessed frequently using a pain scale.
Pain Management

- Your physician will order your pain medications based on your individual medical history.

- Our goal is to keep you as comfortable as possible.

- We want to keep your pain less than 5/10

ASK!
Day of Surgery

• **Operating Room**
  – Your surgery will vary depending on the type of surgery you are having
  – Your family can wait in the waiting room and will receive updates from the OR and the recovery room.

• **Recovery Room**
  – You will wake up from your surgery in the recovery room and remain there until you are ready to transfer
  – They will be continuously monitoring your vital signs and assessing your pain level
Medications

_In the Operating Room_
-IV fluids will be started
-IV antibiotics will be started
-Catheter may be placed in your bladder

_While you are in the Hospital these are ordered:_
-Pain medication
-Muscle relaxants
-Antibiotics
-Stool softeners
-Laxatives
Post -OP

To your room after surgery

• Met by your Neuro Spine Nurse
• Bedside report will be given with Recovery Room Nurse
• Vital signs (BP, pulse, temperature) and pain score
• Oriented to patient fall prevention protocol
• Questions that compare symptoms before and after surgery will be asked frequently
Incision Care

• Nurses will assess your incision every shift and as needed

• Dressing changes as ordered by your Surgeon

• Watch for signs of infection
Getting Out Of Bed…..

1. Out of bed the same day of surgery or the next morning
3. Physical Therapist will be there to help you
4. Occupational Therapist may see you if needed
5. Bring your back brace from home if ordered

Call before you attempt to get out bed

Do not let visitors or family members get you out of bed
Braces
Sometimes they are ordered

Back Brace
(Lumbar Spinal Fusions)

Miami J Collar

Boston Overlap Brace/TSLO
Helpful Hints

Constipation Prevention
- Drink water
- Eat fresh fruit and vegetables
- Eat whole grains and fiber
- Walk frequently
- Use stool softeners and/or laxatives

Aids in Urination
- Drink plenty of fluids
- Empty your bladder
Incentive Spirometer

How to Use
1. Make a tight seal on the mouth piece with your lips
2. Blow as much air as possible out of lungs
3. Now suck the air back in through the incentive spirometer at a slow, steady rate
4. Do this about 10 times an hour Why? Good for the Lungs and prevents pneumonia
Hemovac Drain

Collects excess blood that may be in the incision.

It is usually taken out the next morning.
Sequential Compression Devices (SCDs)

SCDs
All patients receive
1. They are attached to a machine at the foot of your bed
2. Air is alternately pumped in to the device on each leg

Why
Used to prevent blood clots.
IV Pumps

1. used to give IV fluids
2. It is also used to give IV antibiotics
Foley Catheter

If one is used, the catheter is usually out by 6 a.m. the following morning.
Mobility

Bend both knees (one at a time) placing feet flat on bed

1. Hold abdominal muscles tight
2. Roll to side while keeping shoulders, hips, and knees together
3. Avoid any twisting of the trunk.
1. Push bottom arm (elbow) into mattress
2. Use other arm to push up from the bed
3. Bring legs over the edge of the bed.

1. While sitting on edge of bed
2. Sit as upright as possible
3. Avoiding any forward bending of trunk.
From the sit to stand position:
1. Keeping trunk straight
2. Keep abdominal muscles tight
3. Use arms on bed and legs to help push up
4. Now you’re standing

While standing:
1. Bring shoulders and hips forward over feet
2. You are in full upright standing position.
1. The following are general guidelines.
2. Your doctor will give individual specific instructions.
3. Physical Therapy will evaluate your need for possible assistive equipment such as rolling walker or bedside commode.
Nutrition

Follow a well-balanced diet to help your body heal
Medications

1. Rest after taking pain medication
2. Remember to take it exactly as prescribed.
5. Remember to:
   AVOID driving while taking pain medication
   Avoid ALCOHOLIC while taking your prescribed pain medication.
Activity

Walking
1. Daily walking will help your recovery.
2. Walk twice a day.
3. Gradually increase the length of time.
4. Plan rest periods.
5. Please do not walk alone.

Brace
1. If you have been fitted with a brace, wear it when out of bed.
3. Follow instructions given.
4. Don't have to wear it for quick trips to bathroom
5. Do not wear in shower
6. Generally required to wear 3-4 months after surgery

In General
1. Avoid pushing, pulling, bending, or twisting motions.
2. You should also avoid sweeping, mopping or vacuuming for a few weeks.
3. Do not lift greater than 10 pounds; a gallon of milk is about 8 pounds.
Activity (continued):

1. Sitting or standing for longer than 30 minutes can cause back pain. Changing position frequently usually improves this.
2. Avoid driving until allowed by doctor.
3. Short rides in a car are ok if you take frequent stops. Recline seat if available.
4. Avoid climbing stairs. No more than 5 in a row.
5. If your bedroom is upstairs you may go up and down once daily.
6. No strenuous activity, avoid bending until your body heals.
7. Sexual activity can be resumed as you feel able.
8. Remember to log roll when getting out of bed and scoot to the edge of the bed before standing.
Activity (continued):

1. Exercises may include flexing and straightening your arms and legs.
2. If you may feel a lump in your throat or some soreness for 1-2 weeks. Eat soft foods and drink plenty of fluids. Lozenges are often helpful.
5. For your shoulders is normal. Your pain medication should help with this
Incision Care

1. Keep it Clean and Dry
2. You may shower
3. Tub baths without getting your incision wet
4. No hot tubs and no pools
5. If Skin Glue (derma bond) was used, then no lotions, no creams and no ointments on the incision
6. No tight fitting clothing is rubbed the incision until healed
7. Finally, check that incision daily for possible infection
Call the Doctor

1. Redness, swelling, or drainage around the incision
2. Fever above 101.5 orally or chills
3. New weakness in arms or legs
4. Pain not relieved by prescribed pain medication

Call 911

1. Difficulty breathing
2. Visible swelling in the neck
Surgery Description

• Anterior Cervical Discectomy/Fusion-Also called ACDF- the surgeon enters the neck from the front (the anterior region) and removes a spinal disc (discectomy). The vertebrae above and below the disc are then held in place with bone graft and sometimes metal hardware. The goal is to help the bones to grow together into one solid bone. This is known as fusion.
• Posterior Cervical Discectomy /Fusion – Same as above except the surgeon enters the neck from the back (the posterior region).
• Lumbar Discectomy-surgical procedure to remove part of a problem disc in the low back
• Lumbar fusion-Two or more bones in the lower back are fused together.
• Pituitary Tumor removal
• Craniotomy-An operation to open the skull (cranium) in order to access the brain
Floyd Brace

West Ashley
1064 Gardner Road, Suite 102
Charleston, SC 29407
Phone: 843-573-9430
Fax: 843-573-9431

Downtown
243 Calhoun Street
Charleston, SC 29401
Phone: 843-722-8827
Fax: 843-723-7099

North Charleston
9231-F Medical Plaza Drive
North Charleston, SC 29406
Phone: 843-824-0625
Fax: 843-824-0127

Walterboro
138 Bells Highway
Walterboro, SC 29488
Phone: 843-782-3638
Fax: 843-782-3637

Georgetown
407 Church Street
Unit D
Georgetown, SC 29440
Phone: 843-546-8555
Fax: 843-545-0142

http://www.floydbrace.com
Carolina Orthotics & Prosthetics

<table>
<thead>
<tr>
<th>Location</th>
<th>Address</th>
<th>Phone</th>
<th>Fax</th>
</tr>
</thead>
<tbody>
<tr>
<td>N. Charleston</td>
<td>Carolina Orthotics &amp; Prosthetics 3465 West Montague Ave North Charleston, SC 29418</td>
<td>(843) 577-9577</td>
<td>(843) 577-9574</td>
</tr>
<tr>
<td>Murrell’s Inlet</td>
<td>Carolina Orthotics &amp; Prosthetics 11945 Grand Haven Dr. Ste E Murrells Inlet, SC 29576</td>
<td>(843) 651-5347</td>
<td>(843) 651-3451</td>
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<tr>
<td>Myrtle Beach</td>
<td>Carolina Orthotics &amp; Prosthetics 9714 N. King’s Hwy Ste 142 Myrtle Beach, SC 29572</td>
<td>(843) 497-9558</td>
<td>(843) 497-9130</td>
</tr>
<tr>
<td>Spartanburg</td>
<td>Active Mobility Upstate, LLC 138 Crockett Street Spartanburg, SC 29303</td>
<td>(864) 541-0028</td>
<td>(864) 541-0027</td>
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<tr>
<td>Beaufort</td>
<td>Carolina Walk 2210 Mossy Oaks Rd. Port Royal, SC 29935</td>
<td>(843) 379-9047</td>
<td>(843) 379-9048</td>
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<tr>
<td>Bluffton</td>
<td>Carolina Walk 300 New River Parkway Building 6 Ste 12 Hardeeville, SC 29927</td>
<td>(843) 208-2320</td>
<td>(843) 208-2321</td>
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<tr>
<td>Columbia</td>
<td>Capital Prosthetics &amp; Orthotics 1455 Harden Street Ext. Columbia, SC 29201</td>
<td>(803) 799-5063</td>
<td>(803) 252-0872</td>
</tr>
</tbody>
</table>

http://carolinaopmb.com/
Hospital Services

Visiting hours 9 am to 9 pm
ATM machines and Vending Machines
located on 1st Floor
Gift Shop
Monday-Friday 9:00-6:00
Saturday 12:00-5:00
Sunday 12:00-5:00

Cafeteria Hours
Breakfast 6:30-10:00
Lunch 11:00-2:30
Salad Bar, Condiments, Drinks
2:30-3:30
Dinner 4:30-7:00
Dinner (Weekends and Holidays)
4:30-6:30