

NORTHERN CONNECTION

October
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CONNECTING YOU TO THE COMMUNITY FOR 22 YEARS



It Takes a Team of Nurses to Come Back from Orthopaedic Surgery

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NORTHERN CONNECTION

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Welcome to the October issue of Northern Connection Magazine! We are now in our 22nd year of connecting you to the community. We would like to thank all our advertisers and readers for your support. Together we continue to make our community an outstanding place to live and work.

Enjoy reading our October issue!

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It Takes a Team of Nurses to Come Back from Orthopaedic Surgery

Whether it's your hip, knee, or shoulder, it's important to find the right orthopaedic surgeon to perform your joint replacement. In addition to a highly trained surgeon, a coordinated and skilled nursing team is key to your recovery after joint replacement surgery.

Orthopaedic nurses are at the frontline of your post-operative care and pain management. They follow your surgeon's specific care instructions and collaborate with rehabilitation therapists to get you up and moving. Their ultimate focus: to prepare you for a safe discharge home, as soon as possible.

The Proof Is in the Numbers

UPMC Passavant is among the thousands of hospitals that take part in Press Ganey surveys. This questionnaire measures the patient satisfaction of millions of patients nationwide after discharge. **Each year, nearly 2,000 patients consistently give high marks to the care they receive from the 65-member orthopaedic nursing team on 5 North at UPMC Passavant.**

According to **Lisa Bryan-Morris, MSN**, chief nursing officer and vice president of patient care services at UPMC Passavant, in the last three years, the unit has consistently exceeded the 90th percentile nationally for patient satisfaction. "That puts the unit among the highest scores nationally," says Bryan-Morris. "These nurses are dedicated to providing excellent care and a consistently positive patient experience through the application of best practices."



Shannon Seitz, MSN, RN, PCCN, unit director and nurse leader, 5 North Pavilion, UPMC Passavant-McCandless

A Culture of Teamwork and Improvement

"It takes tremendous coordination to offer our patients a seamless transition home after surgery," says **Shannon Seitz, MSN, RN, PCCN**, unit director and nurse leader on 5 North Pavilion. "That's why we've built our unit around a culture of teamwork. We collaborate with one another and with our physical therapists, registered orthopaedic technician, pre- and post-op nurses, and our doctors."

The unit's orthopaedic technician works with each patient to review what is needed for successful outcomes after surgery. "With his help, we've been able to reduce the average length of stay to under two days. Our patients also have fewer complications after surgery," says Seitz.

The unit is an integral part of UPMC Passavant's Hip and Knee Joint Replacement Center of Excellence. In 2019, UPMC Health Plan recognized the hospital's surgical facilities and orthopaedic surgeons for demonstrating high-quality outcomes, low complication rates, and the best patient experience.

"Our nurses regularly meet with surgeons, anesthesiologists, physical therapists, and the pre- and post-op nursing team," says Seitz. "By working across disciplines, we're able to make sure that everything we do results in consistent care for each patient we see." They also work with peers at other UPMC hospitals to share knowledge and incorporate best practices.

A Healing Environment

Three years ago, 5 North Pavilion was renovated to support patient comfort and recovery. Every room is private, brightened by floor to ceiling windows, with individual bathrooms and showers.

"Our gym is also right on the floor, so there's no downtime taking patients to a different floor," says Seitz. "Once they're up and dressed, patients can head right to the gym for physical therapy. They can also walk our floor as part of their recovery, which has milestones marked."

In May, Ross Township resident Terry Mohr fractured his right hip. He underwent hip repair surgery at UPMC Passavant and recovered on 5 North. "The doctors, physician assistants, nurses, as well as the dining service and housekeeping staff provided me with top-level treatment. They enabled me to heal and improve faster than many thought possible," he says.

Preparing the Patient — Before and After Surgery

"Experience shows us that the more a patient knows coming into surgery, the better," says Seitz. "Our pre-operative education and testing center helps a patient and their designated support person understand everything they need to do before surgery. Patients also receive information on how to manage after surgery."



"I look forward to helping advance the great work of the UPMC Passavant hip and knee surgery team. It's exciting to be part of a group committed to advanced procedures, new technologies, excellent nursing care, and patient satisfaction."

Eric Chen, MD, director of Anterior Hip Surgery, UPMC Passavant-McCandless

A special focus of patient education includes effective pain management. "We have a host of resources to help patients control pain without using opioids," says Seitz. "They range from mindfulness applications and aromatherapy to stress balls and journaling."

A Commitment to Continual Improvement

UPMC Passavant holds prestigious Magnet® designation — the "gold standard" of nursing excellence nationwide. Magnet designation is granted by the American Nurses Credentialing Center to fewer than 7% of all hospitals. It recognizes quality patient care, nursing excellence, and innovations in professional nursing practice.

"Having the Magnet status is a real badge of honor for our nurses," says Seitz. "It's one of the reasons we set the bar high for ourselves and our patients."

Magnet designation is based on a number of quality nurse indicators, including the number of certified nurses. "The certification for orthopaedic nurses is a particularly challenging exam. But as usual, the 5 North Pavilion team exceeded expectations," says Bryan-Morris.

The unit set a two-year goal to reach 30% professional certification among its eligible professional nurses. Instead, a remarkable 43.3% achieved certification.

"When patients come to UPMC Passavant for a joint replacement, they can be confident that they're receiving world-class, compassionate care by highly trained experts," says Michael Pagnotto, MD, medical director of joint replacement surgery at UPMC Passavant. "Our program is a hospital-wide commitment to quality performance and patient satisfaction that starts at the top with Susan Hoolahan, president of UPMC Passavant."

According to Dr. Pagnotto, studies show that when a hospital specializes in certain surgeries and performs many of them, the quality and consistency of that procedure improves. "That's what our program is all about," says Dr. Pagnotto, an expert in robotic orthopaedic surgery. "We interact and communicate with one another. Everybody understands the program from beginning to end. The result is a consistent, high-quality experience for each patient." ■

The information in this article was provided by UPMC.



"I'm most proud of how UPMC Passavant's reputation in orthopaedics has evolved in recent years. We're becoming a destination hospital for patients in PA and the surrounding states for the best in hip and knee replacement and other orthopaedic care."

Michael Pagnotto, MD, medical director of Joint Replacement Surgery, UPMC Passavant-McCandless

Advanced Orthopaedic Surgery Highlights

Innovation drives orthopaedic surgery at UPMC Passavant. The following advancements are making joint replacement surgeries more precise and leading to faster recovery for patients.

Anterior Hip Surgery

Eric Chen, MD, recently joined UPMC Passavant as its director of the new anterior hip surgery program. He is bringing a novel approach to hip surgery, which uses a small incision near the front (anterior) of the hip joint to access the femur. "This type of hip replacement offers a number of attractive advantages," notes Dr. Chen, who also performs partial and total knee replacements. "In particular, none of the muscles that power the hip are disturbed. Patients typically have smaller scars and improved recovery rates. Additionally, the use of fluoroscopy and robotics allow for accurate restoration of anatomy and leg length equality."

Technology allows the surgery to be very precise. Prior to surgery, a CT scan of the hip is taken to generate a 3D model. During surgery, Dr. Chen uses a combination of both fluoroscopy and robotics for optimal placement and positioning of the new hip. A specialized orthopaedic table is used to position patients for maximum surgical access without cutting any muscles.

Depending on a patient's overall health, anterior hip surgeries offer the option of being performed as a same-day procedure.

Same-Day Surgery

About one in four joint replacement patients at UPMC Passavant choose same-day surgery. That number is only expected to grow, according to Dr. Pagnotto. "Approved patients go from surgery to the recovery room, then back to the same-day surgery unit. There, they work with physical therapists on learning the basics and then return home," he says. "A physical therapist follows up with in-home visits and most of our patients are extremely pleased with both the convenience and results of outpatient surgery."

Robotic-Assisted Surgery

The first robotic arm-assisted knee replacement surgery at UPMC Passavant began in fall 2020. Today, the majority of knee replacements at the hospital are robotic-assisted procedures. "We begin with a pre-surgery CT scan. We use the scan to build a 3D model of the knee, followed by an online 'virtual surgery' before the actual procedure," explains Dr. Pagnotto. "The virtual surgery allows us to make subtle adjustments that wouldn't be possible with traditional techniques. The result is a knee that's very well balanced and customized to each patient." Many of the hip replacement surgeries are also robotic-assisted at UPMC Passavant.