

You.

New and improved.

Shoulder

Whether from a new sports injury or lingering arthritis, pain is often eliminated without surgery, and with advanced arthroplasty in more severe cases.

Elbow

Solutions for elbow pain range from non-invasive physical therapy to prolotherapy to the most advanced surgical treatments available.

Back

The best possible diagnosis from fellowship-trained spinal experts means a solution to your back pain that's right for you.

Ankle

Minimally-invasive ankle repair is the long-term solution for everything from tendonitis to bone-on-bone pain.

Hand

From stiff joints to nerve issues, minimally-invasive microsurgery restores function to your hand, with less pain and quicker recoveries.

Wrist

Minimally-invasive procedures make wrist pain a thing of the past.

Hip

Get back to what you love with the help of board-certified orthopedic surgeons who bring freedom from pain within reach.

Knee

Recover in less time, with less pain, thanks to minimally invasive partial and total knee replacements by board-certified orthopedic surgeons.



Learn more about these and other solutions offered by
The Orthopedic Institute at Jersey City Medical Center at rwjbh.org/ortho or call 1-844-63-ORTHO

RWJBarnabas Health is the official health care provider of



**Jersey City
Medical Center**

**RWJBarnabas
HEALTH**

Let's be healthy together.

Jersey City Medical Center

RWJBarnabas
HEALTH

Jersey City Medical Center
355 Grand Street, Jersey City, NJ 07302

1-844-63-ORTHO

rwjbh.org/ortho



The Orthopedic Institute at Jersey City Medical Center



**Jersey City
Medical Center**

RWJBarnabas
HEALTH



OUR MISSION

The Orthopedic Institute at Jersey City Medical Center strives to deliver high quality service to our patients through the use of evidence-based practices and state of the art technology. The Institute is comprised of an interdisciplinary team, across the entire continuum of care, that collaborates to achieve optimal outcomes for our patients. This mission aligns with Jersey City Medical Center's mission of "Enhancing Life."

INDUSTRY-RECOGNIZED EXCELLENCE

Jersey City Medical Center is accredited by DNV GL Healthcare, a global quality assurance and risk management organization that follows NIAHO® standards approved by the US Government's Centers for Medicare and Medicaid (CMS). The Orthopedic Institute at JCMC has received the DNV GL - Healthcare certification as a Hip & Knee Replacement Program, which validates the hospital's excellence in patient care and outcomes across the spectrum of hip and knee replacement care. The hospital is one of only 482 hospitals in the U.S. to earn a Magnet Designation for Nursing Excellence. Our facility has been recognized by The Leapfrog Group Hospital Safety with 13 "A's" for safety, from 2012-2018. These accomplishments, contribute to our decades-long mission to provide our patients, their loved ones, and our entire community with high-quality care, trusted wellness resources, and continued peace of mind.

EXCELLENCE IN JOINT REPLACEMENT

Joint pain can dramatically impact your life and cause significant hardships. If your hip or knee pain is reducing the quality of your life, your physician may recommend a joint replacement. At The Orthopedic Institute, our goal is to relieve the pain, and help you regain your mobility and independence. Our unique approach to joint replacement surgery is focused on helping you return to a fully functional lifestyle as quickly as possible, with minimal time away from friends and family.

DEDICATED PLACE, DEDICATED PEOPLE

The Orthopedic Institute is a dedicated place in the hospital for the care of orthopedic patients. This unique program brings together a multi-disciplinary team of physicians, nurses, therapists, technicians, and support staff, with the goal of providing seamless coordinated care to get you back to your favorite activities as soon as possible.

CONTINUUM OF CARE

When you have made the decision to have surgery, we believe the key to a better outcome is education. Knowing what to expect each step of the way helps in reducing stress. Anxiety and prepares you for a smooth recovery. We provide comprehensive care plan, from diagnosis to pre-hospitalization orientation, inpatient recovery through outpatient rehabilitation, our continuum of care has you will ensure that you are cared for though each phase of the surgical process.

PREPARING FOR SURGERY

Every patient in The Orthopedic Institute scheduled for a Total Hip or Knee Replacement is invited to attend an intensive pre-surgical education program. You will receive a detailed patient guide. In the class you will learn about joint mechanics and how they relate to your procedure. This handbook will explain what to do prior to surgery, what to expect during your hospital stay and how to care for yourself when you return home.

For joint replacement candidates, The Orthopedic Institute at Jersey City Medical Center offers extensive educational and orientation resources featuring:

- ▶ Joint Replacement Program manager navigator who specializes in Orthopedic care and will personally assist you with all of your needs including preoperative education, coordination of your care while in the hospital, and making arrangements for your safe and comfortable transition home.
- ▶ A Total Joint Replacement Class for the patients and caregivers explaining what to expect in the hip and knee replacement surgery.
 - ▶ Highlights of the Total Replacement Class include:
 - ▶ Familiarize you with our staff
 - ▶ Prepare you for your upcoming surgery
 - ▶ Discuss safety measures while you are in our care
 - ▶ Review discharge process and destinations
 - ▶ Explain rehabilitation modalities before, during and after the surgery
 - ▶ Classes are held on a weekly basis to facilitate your participation.
 - ▶ If you are unable to attend the preoperative education class, call the Total Joint Replacement Program Nurse Manager Navigator at **201-268-0159** to reschedule class attendance.

Speak with your surgeon about the bloodless options available for you!

DURING YOUR STAY, YOU WILL:

- ▶ Be treated by a specially trained healthcare team, including nurses certified in orthopedics and medical-surgical patient care, physical therapists, and patient care associates that will assist you during recovery, managing pain and swelling.
- ▶ Work with expert on-site physical and occupational therapists that will customize rehabilitation sessions to your needs, ensuring a safe and speedy recovery.
- ▶ Meet with social worker and case management that will identify any needs you may have when you return home
- ▶ Have the option to wear your own clothing rather than a hospital gown.

SUPPORT FROM YOUR COACH

In addition to the health care team, having a friend or family member serve as a patient “coach” is helpful to your recovery. Coaches will receive training to help support your recovery in every way possible.

GOING BACK HOME

Most of our orthopedic patients leave the hospital to go home the day after surgery. By this time, you will be equipped with all the information necessary for a full recovery and embark on your journey through rehabilitation and back to a better quality of life. Throughout the rehabilitation outside of the hospital, you can take comfort in knowing that you have The Orthopedic Institute to support you 24 hours a day. Your physician and The Orthopedic Institute staff are only a phone call away so please do not hesitate to utilize this valuable resource.

PATIENT TESTIMONY

A NEW HIP MAKES THE UPS AND DOWNS IN PAUL'S DAY EASY

It used to be painful for Paul Henriques to put on his shoes. Bending down to change a tire or twisting his way under the hood of a car was almost impossible. He knew it was time to find relief and he did with the advanced orthopedic care team at JCMC. His advice to anyone thinking about a joint replacement at JCMC, “You’ll be happy when you get it done. It made a 360-degree difference in my life. Amazing.”

HER NEW KNEE GAVE PATRICIA A NEW LEASE ON LIFE.

Giving up the things she loved because of knee pain wasn’t something Patricia Pungusjarit was willing to do. She has places to travel, walking to do, grandchildren to play with and a lot of life to live. Trusting her knee replacement to JCMC’s advanced orthopedic team came after a lot of research. “This was a big operation for me and I didn’t know what the outcome would be. It turned out so well. It makes me happy,” says Patricia.

