

Understanding Your Care at the Orthopaedic & Spine Institute

We understand that an orthopaedic and/or spine condition can be a frightening event for you and your family. We are here to provide the specialized care you need for your road to recovery.

Meet Your Team of Experts

NorthShore clinicians wear name badges and will introduce themselves. Additionally, the color of their uniforms help identify their role.

-  **Orthopaedic/Spine Surgeon** • Specialty doctors who treat conditions of the bone and spine.
-  **Nurse Leader, Advanced Practice Provider (PA/APN), Pharmacist, Resident** • Experts who partner with doctors to provide care.
-  **Hospitalist Doctor** • Physicians who oversee the care of hospitalized patients.
-  **Registered Nurse (RN)** • Experts who provide and coordinate healthcare.
-  **Orthopaedic Nurse Navigator** • Practitioners who provide care coordination during your hospital stay and 90 days after you leave.
-  **Patient Care Technician (PCT)** • Individuals who support nurses and doctors to help you during your stay.
-  **Physical/Occupational Therapist** • Experts who help improve movement and daily activities.

Understanding Your Care

Road to Recovery

1 Diagnosis & Stabilize

The care team will work together with you and your support person so you know what to expect:

- Health history & exam
- Bloodwork
- Imaging studies
- IV to administer fluids
- Pain management
- Eating & drinking restrictions
- Assistance going to the bathroom

2 Treatment & Care

If surgery is not recommended, you may see:

- a hospitalist doctor
- an orthopaedic doctor or their team
- a doctor who specializes in pain control
- a physical or occupational therapist

If emergency surgery is recommended, you may:

- be moved to another unit in the hospital or transferred to another hospital
- meet with a surgeon to discuss treatment
- have surgery within 24-48 hours of your arrival

3 Recovery & Discharge

Our team of experts will help arrange the safest plan for you.

You may recover:

- at home with support of family, friends, or personal caregiver resources
- at home with home health services
- in a skilled nursing facility
- in a hospital based rehab unit (may require transfer)

4 Follow-Up Care

Please make appointments with both providers when you leave the hospital:

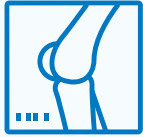
- Your primary care provider in approximately 1 week to discuss bone health & other medical issues
- An orthopaedic doctor/surgeon within 2 weeks to discuss your recovery. My orthopaedic doctor/surgeon's name is:

Understanding Your Care

Additional Resources

Please use your smartphone or tablet's camera to scan the QR codes below to learn more about your condition.

Fractures/Bone Health



Hip Fracture Surgery



Ankle Fracture



Wrist Fracture



Bone Health



Pain



Back Pain



Neck Pain



Managing Pain While You're in the Hospital



Pain After Surgery



Care



Anesthesia for Adults



Anesthesia for Children



Moving to Another Care Facility



Preventing Problems After Surgery

