


Champlain Center for Joint Replacement



A collaborative effort between Champlain Valley Orthopedics and Porter Medical Center



The Champlain Center for Joint Replacement (CCfJR) is a collaboration between the orthopedic surgery practice of Champlain Valley Orthopedics and Porter Medical Center of Middlebury, Vermont. Porter Medical Center is comprised of Porter Hospital and Helen Porter Healthcare and Rehabilitation Center. Our mission is the delivery of complete care for the joint replacement patient, from the decision to undergo surgery through recovery and return to full activity.

The focus of our mission is the patient and their family. A team of specially trained staff guides the patient through the entire process - from facilitating informed decision making prior to surgery through coordinating and delivering care following surgery. Our experienced surgeons provide skilled, state-of-the-art treatment in the new Porter Hospital "Surgical Care Center", and the nurses and therapists of Porter Medical Center & area Home Health / Visiting Nurse Association organizations offer highly competent and compassionate care to help our patients recover and return to normal activities.



THE CCfJR TEAM

The CCfJR team consists of many different health care providers, all of whom work together to care for the joint replacement patient.

The team includes:

ORTHOPEDIC SURGEONS - Board certified MDs help patients decide when they are ready for surgery and provide advanced, high quality surgical care at Porter Hospital. They are assisted during surgery and during the post-operative hospital stay by orthopedic Physician Assistants.

THE SURGERY TEAM AT PORTER HOSPITAL - Nurses and Surgical Technicians with extensive experience in joint replacement surgery ensure that the operating room procedure runs safely, efficiently and smoothly.

PERI-OPERATIVE NURSING TEAM - Nurses specially trained in pre- and post-operative care attend to the joint replacement patient immediately before and after surgery. These health care professionals staff the new state-of-the-art Post Anesthesia Care Unit (PACU.)

ANESTHESIA TEAM - Expert Nurse Anesthetists (CRNAs) work with board certified Anesthesiologists to manage patients' pain before, during and immediately after surgery. The team uses the most modern anesthetic techniques to make the experience as comfortable as possible, aiding in patients' early recovery from surgery.

MEDICAL-SURGICAL NURSING TEAM - Accomplished, caring Nurses attend patients once they arrive on the Medical-Surgical Unit after surgery. These Nurses will have the most contact with the joint replacement patient during his or her hospital stay, assisting the Physical and Occupational Therapists in helping the patient transition back to independence after surgery.



THE CCfJR TEAM

PHYSICAL & OCCUPATIONAL THERAPISTS – PT and OTs have the primary responsibility for helping patients regain their mobility after surgery. Accelerated rehabilitation protocols mean that patients start post-operative exercises before surgery, and resume them immediately after surgery. This ensures quick recovery of function and an early, safe return to the home after joint replacement surgery.

PATIENT AND FAMILY SERVICE TEAM – Discharge Planning Nurses and Social Workers assist patients and their families in the transition between the hospital and home, or to a short-term rehabilitation facility if necessary.

HELEN PORTER HEALTHCARE AND REHABILITATION CENTER – Nurses, Physical & Occupational Therapists and Nurses Aides work together as part of the Post Acute Rehab team in assisting those patients who would benefit from a transition stop between the hospital and returning home.

HOME HEALTH / VISITING NURSE ASSOCIATION TEAM – Nurses and Physical Therapists from area Home Health / VNA providers work together with the CCfJR team in providing seamless transition from hospital or rehabilitation care to home care. The team follows the joint replacement patient until he or she has resumed full recovery.

CHAMPLAIN CENTER FOR JOINT REPLACEMENT/ CHAMPLAIN VALLEY ORTHOPEDICS OFFICE STAFF – Nurses and scheduling staff follow the joint replacement patient from the start to the finish of their surgical experience and provide continuity of care at the physicians' office. They coordinate all of the patients' pre- and post-operative appointments, and serve as an important resource to the patient and his or her family throughout the process.



CCfJR SURGEONS



Benjamin N. Rosenberg, MD has been practicing in Middlebury, VT since 1993. He completed a fellowship in Orthopedic Sports Medicine, and has a special focus on knee and shoulder problems, total and partial knee replacement surgery, total shoulder replacement and treatment of aging athletes.



Eric B. Benz, MD joined Dr. Rosenberg in forming Champlain Valley Orthopedics in 2002. Dr. Benz has a special interest in tissue sparing total hip replacement surgery, as well as total knee replacement and partial knee replacement surgery.

Dr. Rosenberg and Dr. Benz are certified by the American Board of Orthopedic Surgeons and use the most modern techniques to plan and execute their joint replacement surgeries.

PHYSICIAN ASSISTANTS

George Connelly, PA-C and Patty Thornton, PA-C assist in surgery and provide pre- and post-operative care both in the office and hospital, under the direct supervision of the CCfJR surgeons.



THE SURGICAL CARE CENTER AT PORTER HOSPITAL

All surgery is done at Porter Hospital in Middlebury. Porter is a high-quality, small community hospital, where orthopedic surgery is a major focus. Surgery is done in a new, state-of-the-art surgical suite, which was opened in 2006. The skilled surgical team works closely with the surgeons and CCfJR nurse coordinators to ensure the highest level of pre- and post-operative care.

CCfJR PHYSICIAN OFFICE

Patients considering joint replacement surgery are evaluated at the Champlain Valley Orthopedics office on Exchange Street in Middlebury, VT. The office is conveniently located just off of Route 7, and is entirely on the ground floor, which facilitates access for patients with limited mobility. Experienced nurses and x-ray technicians provide the highest quality office care.

CCfJR REHABILITATION PROGRAM

Rehabilitation is a critical part of successful joint replacement surgery. The CCfJR Rehabilitation Program has four main components:



PRE-OP: Rehab actually starts before surgery with a home visit by a specially trained Home Health/ VNA Physical Therapist, at which time pre-operative exercises are reviewed, equipment recommendations are made and a safety assessment of the home environment is completed.

POST-OP: Immediately after surgery, therapy is begun by the Porter Hospital in-patient Physical and Occupational Therapy staff, with goals of early mobilization out of bed, therapeutic exercises to get the replaced joint working and training in use of adaptive equipment that may be helpful upon the patients return to home. The in-patient rehab staff is highly trained, energetic and motivating.

POST ACUTE REHABILITATION: Upon discharge from the hospital (usually 3 – 5 days after surgery) many patients are able to return directly home. For patients who live alone or who may need more post-operative assistance, a brief stay in a rehab facility may be indicated. Most CCfJR patients who need short term rehab utilize the Post Acute Rehabilitation Unit at Helen Porter Healthcare and Rehabilitation Center on the Porter Medical Center campus in Middlebury. The Post Acute Rehabilitation Unit specializes in short-term rehab of orthopedic patients in their transition between hospital and home.

HOME REHABILITATION: Once you are home, out-patient therapy is initiated by Home Health/ Visiting Nurse Association therapy staff, with a continuation of exercises begun in the hospital, and increased emphasis on resuming activities of daily living. Some patients continue their rehab in an outpatient setting once they have regained mobility and no longer need home care. Porter Rehabilitation and Orthopedic Services (“PROS”), with offices at Porter Hospital, Catamount Park in Middlebury, Little City Family Practice in Vergennes, and at Neshobe Family Medicine in Brandon, as well as other area private physical therapy offices, provide progressive physical therapy to CCfJR patients until they are fully independent.

CCfJR HIGHLIGHTS

- Surgeons are experienced, proficient, board-certified orthopedic surgeons who live and work in the community.
- Surgery is performed in the new, state-of-the-art Surgical Care Center at Porter Hospital.
- Surgical scheduling is handled by a dedicated CCfJR staff member who arranges all pre-operative appointments and who serves as an important resource for patients and their family members.
- Primary Care Physicians are considered part of the CCfJR team and are involved in patients' care.
- A coordinated care program for each patient is ensured by the supervision of the CCfJR staff in concert with Porter Medical Center and local Home Health / Visiting Nurse Association organizations.
- Each patient is treated as an individual, with his or her own specific needs identified and addressed to make their joint replacement surgery a positive experience.



FREQUENTLY ASKED QUESTIONS

HOW DO I KNOW WHEN I'M READY TO HAVE MY JOINT REPLACED?

The decision to have a joint replaced is an individual one; however, generally if a person with an arthritic joint suffers pain severe enough to affect their activities of daily living, or feels like their pain interrupts work or recreational activities, they should consider joint replacement.

HOW PAINFUL IS JOINT REPLACEMENT SURGERY?

Some of the most significant advances in major joint replacement surgery over the past ten years have come in the area of anesthesia and pain management. Virtually all joint replacement surgeries are done with the assistance of regional blocks, in which the nerves supplying the upper or lower extremity being operated upon are blocked with long-acting local anesthetics. This greatly decreases immediate post-operative pain, and encourages quicker recovery after surgery.

HOW LONG WILL I HAVE TO STAY IN THE HOSPITAL?

Most patients are discharged three or four days after routine hip or knee replacement surgery, sooner after a shoulder replacement.

WHEN WILL I BE ABLE TO GO HOME AFTER SURGERY?

After discharge from the hospital, patients who have sufficient help and resources may go directly home. Other patients may benefit from a short-term (1 - 2 week) stay in a skilled rehabilitation facility while they regain strength and independence before going home. This decision is dependent on several factors, including age, pre-operative level of independence, availability of family members at home and patient desires. This decision is usually made before surgery; however, patients may change their minds at any time.

HOW LONG WILL MY JOINT REPLACEMENT LAST?

Depending on age, weight, and activity level, joint replacements should last at least ten years and often much longer.

HOW SUCCESSFUL IS THE SURGERY?

Joint replacement surgery is considered among the most successful surgical procedures as measured by patients' assessment of quality-of-life indicators.

*Any of these questions, as well as others you may have about possible joint replacement surgery should be addressed with the doctor or the CCfJR staff. Several other educational materials, including websites, audio-visual material, printed information and direct communication with the staff are available.

Testimonials

"I had total hip replacement surgery in March 2006 [performed by Dr. Benz]. My quality of life improved 100%. At 54 I wanted to do things like golf, gardening and keeping up with my wife, sons, their wives and grandchildren without pain, now I can. I had the best of care from Champlain Valley Orthopedics, Porter Hospital and the visiting nurses. I encourage folks to go for it and do your exercises during recovery."

*Stephen Coulman
Waltham, VT*

"I am very glad that I had my hip replacement done. It has given me no trouble since 2006. My new hip has improved my quality of life tremendously. I don't limp anymore. Before my surgery I was not able to walk for exercise because of pain. I am now walking for half an hour each day. I recommend Dr. Rosenberg to all of my friends. "

*Eleanor Ruprecht
Bridport, VT*



Dear Dr. Benz,

"I just want to take a minute of your time to say, "THANK YOU" for your skills in doing total hip replacements on both of my hips. I am a new man, so to speak; by that, I mean I can now do so much more than I used to. There is absolutely no pain in either hip. I have done more in the last month than I have done in the last five years. I have been able to cut brush, mow the lawn, paint my deck railing, weed the garden, etc. It has been a long time since I could do any of these projects with out great pain. Your bedside manner was greatly appreciated. This procedure will save many patients the pain I had to incur."

Respectfully Yours,

*Charles R. Smith
New Haven, VT*

Dear Dr. Rosenberg,

"You do such excellent work... All is going well and the physical therapist told me yesterday that I am two weeks ahead of schedule. This morning Dayton called me an orthopedic miracle. And it's all because of you.

Thank you Ben; I'll be forever grateful."

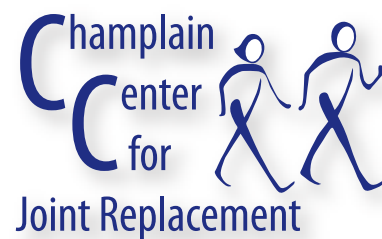
Best Wishes,

*Kay Smith
Middlebury, VT*





A Collaborative
effort between
Champlain Valley
Orthopedics and
Porter Medical Center



Champlain Center for Joint Replacement

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