

What to Expect From Your Nurse Navigator

Before, During and After Hip or Knee Surgery

Your Health Care Team

Allina Health takes a team approach to help you recover after surgery. Your health care team begins with you. It also includes your:

- care circle
(family, friends and others close to you)
- surgeon and physician's assistant (PA)
- nurse navigator
- social worker and care manager as needed in the hospital
- physical therapists, occupational therapists or both.

This education will focus on the role of your nurse navigator.

Nurse Navigator

To help make sure you receive the best care possible, you will be assigned a nurse navigator. This person, a registered nurse (RN), will coordinate your care from the time you decide to have surgery to 90 days after your surgery. Together, you will create a plan of care that is best for you.

Benefits

Benefits of having a nurse navigator include:

- better quality care
- better recovery and fewer problems (complications)
- lower costs
- easier transitions between the hospital to home or other care facility.

Your Nurse Navigator

Name: _____

Phone number: _____

What to Expect

You will be assigned a nurse navigator. He or she will:

- help coordinate your care before surgery, support your health care team in the hospital and provide support when you go home
- do a health and home assessment
- work with you and your care circle to create a plan of care that is best for you
- talk with you and your care circle about your options for care after leaving the hospital
- contact health care providers from whom you may need care after your surgery
- update your plan for leaving the hospital (discharge) as needed
- call you to check in regularly
- provide education materials as needed.

(over)

Remember, you play an important role in your care! You will:

- go to an educational class before surgery
- help make decisions about your care plan
- ask any questions you have.

Whom to Call With Questions

Call your nurse navigator at the phone number written in the box if you have questions.