To have, or not to have surgery

Helbredsprofillen.dk
It prevented us from doing things we like (in Danish)
Welcome – we are:

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Orthopaedic Center for planned Surgery
Næstved Hospital
Region Zealand
Denmark
Denmark – Region of Zealand

- Map of Denmark
- The Region of Zealand

The Public Health System covers most of Zealand
The citizens are

- **812,000** citizens
- **232,000** citizens with chronic conditions among the most common: COPD, heart failure, diabetes and arthrosis
- **80% of the budget**
- A large part have **lifestyle challenges**
- A large part has lack of literacy
Arthroplasty Næstved Hospital:

The largest clinic in our region

- Knees: 1000 a year
- Hips: 500 a year

Aim for average hospitalized days is 2.8 or less
Some are ‘same-day-hips’
Number of citizens with arthrosis is expected to increase
Helbredsprofillen - a website with videos

• About everyday life / coping
• Good advice
• Personal experiences
• Told by other patients
• By relatives
• By clinical staff
Helbredsprofilen.dk is for:

- Citizens
- Patients 55+ with chronic conditions
- Relatives
- Clinical staff
Purpose of Helbredsprofillen.dk (from patient perspective):

• Qualifies my decisions e.g. surgery
• Empowers/supports my coping in everyday life
• Ensures my understanding of my condition
• Encourages me to have an active approach to rehabilitation
Areas/diagnoses
Can you die of coughing?

... when you have COPD
Is it dangerous to have sex?

... when you suffer from heart failure
To have, or not to have a surgery?

... when you suffer from arthrosis

Arthrosis HIP/KNEE
Arthrosis knee/hip

- Arthrosis and symptoms
- Before the surgery
- Complications after the hip surgery
- Lifestyle as treatment
- Home aids

- Examinations
- Around the actual surgery
- Complications after the knee surgery
- Exercises
- Life with arthrosis
To have, or not to have surgery?
Examples

When I saw the x-ray, I understood that it was comparable with brakes on a car without brake lining.

Videos of the examinations

Exercising the joint will renew the tissue in the joint and energize the cartilage. It works a bit like a sponge...

Doctors, nurses and physiotherapists tell about the effect it can have alone changing your lifestyle.

One of my biggest worries before the surgery, was that it could go wrong...

People tell their worries and reasons for their final choice.
Why do you get arthrosis? (in English)
Doctor examines the hip? (in Danish)
Before surgery
Examples

Have food ready in the freezer.

After surgery you will be tired. Protein and good food is important.

Be in good shape before the surgery, then recovery is easier...

I couldn’t do anything anymore. And I finally decided to go to the doctor...

People tell what has lead them to surgery

Videos on how to prepare for surgery (alcohol, exercise, food, fasting before surgery)
The pain made it impossible to do the things I like (in English)
Stay in shape
(In english)
After surgery
Examples

This is how you change the bandage at home...

Practical explanations on ‘how to...’

There is always a risk, that the artificial joint loosens...

You have to exercise hard, even if it hurts a bit ...

Not just smalltalk as soon as the physiotherapist is away 😊

People telling how they experience exercise and rehabilitation

Videos on which potential complications you can encounter after surgery
Treatment after the surgery

Hanne Bredsdorff Sygeplejerske
I exercised hard and managed it in 6 weeks (In English)
Why video (from patient perspective)?

• I can **select** to watch, what I need too watch
• I can **repeat** and watch as many times as I need to
• I can **relate** to others in similar situations
• My relatives and I can watch **together**, when and where we want to
• It is easier to **watch how it is done**, than to read about it
• A video of 2-3 minutes contains an 8 page folder
Supportive tools

Bandages
– to change

- or not to change:
Questions / thank you for your time

Meet us by our poster

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