

## Recovery continues at home

Assist and encourage your loved one to follow all discharge instructions.

Sometimes recovery is a slow process.

Encourage increased activity each day, including changing positions frequently and going for short walks. This will build confidence and independence. Remind your loved one or friend to take regular rest breaks.

Help your friend keep a record of when he or she takes pain medication, and call the surgeon's office with any questions or concerns. Thank you for being a valuable part of the health care team!

As the coach, your support and encouragement will be needed before surgery and throughout your loved one's or friend's entire recovery.



THE SALEM SPINE CENTER IS AN OFFICIAL SPINE CENTER OF EXCELLENCE (COE), CERTIFIED BY THE JOINT COMMISSION.

The certification means that we:

- Follow established national standards.
- Make decisions based on medical evidence.
- Constantly measure and improve our performance.

It's an honor for us to serve as an example to other programs of what's possible when doctors, surgeons, hospitals, patients and coaches all work together with a common goal.



### Salem Health Spine Center

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### HOURS

Monday through Friday: 8 a.m. to 4 p.m.

# Spine surgery guide for coaches

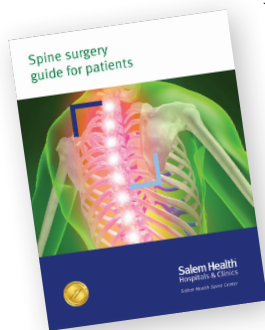


Congratulations! You have been chosen as a coach for a loved one or friend.

Being selected for this role is an honor and reflects your ability to patiently provide emotional support and guidance as your loved one or friend recovers. You are an important part of the health care team, and we want you to be well-informed about what to expect.

This guide provides a brief overview of your role as a coach before, during, and after the hospital stay.

## Before the hospital stay



We highly recommend that you review the information in the Spine Surgery Guide for Patients and attend one of our preoperative classes. We also have educational DVDs if you are unable to attend one of our classes.

You will want to make any necessary home preparations before the surgery date, keeping in mind that your friend or loved one may be unsteady on his or her feet at first. Common preparations might include installing grab bars, temporarily moving the bed to the main floor of the house and removing any loose or slippery rugs from the floor.

We encourage you to stay home with your loved one the first few nights after he or she is discharged from the hospital. People who have had surgery may require assistance with self-care activities like dressing, bathing and walking. Keep these needs in mind when developing a plan for continued care at home.

## During the hospital stay

Your loved one or friend may be discharged from the hospital on the same day as the surgery or may stay a couple of nights. This will be determined by the neurosurgeon and type of surgery.

Some of our patients also work with physical therapy during their hospital stay. We encourage the coach to be present for these sessions, please speak to your loved one or friend's nurse to find out when this will occur.

You should plan on being present when your loved one's or friend's nurse goes over discharge instructions and the care plan for recovering at home. Be sure to review the "Going Home" section of the Spine Surgery Guide for Patients.

