

Orthopedic Center of Excellence



Joint Replacement Coach Checklist

Patient and Coach Information

It is important that you choose a personal coach to be with you throughout your joint replacement journey. This is a person who will be supporting you prior to surgery, during your hospital stay, and at home during your recovery. This can be a family member, friend or caregiver.

What does a coach do?

- ☐ Attends education session with you prior to surgery
- ☐ Supports you during your hospitalization
- ☐ Supports you during rehabilitation after discharge to home

Prior to hospitalization your coach can assist/ ensure the following:

- ☐ Laundry done
- ☐ House cleaned
- ☐ Yard work completed
- ☐ Throw rugs removed
- ☐ Bedside lamp in easy reach
- ☐ Clean linens put on bed
- ☐ Meals prepared
- ☐ Nightlight for areas that are normally dark

Coach Check List <i>(Review during hospital stay)</i>	Date	Yes	N/A
1. Equipment need and use			
2. Pain Management Plan			
3. Signs and symptoms of infection			
4. Diet restrictions			
5. Anticoagulation Plan			
6. Signs and symptoms of a blood clot and Pulmonary Embolism			
7. How to use the incentive spirometer and how often			
8. Movement restrictions			
9. How to assist the patient out of bed			
10. How to assist the patient up and down stairs			
11. How to get in/out of the shower			
12. The exercise program to follow at home			
13. Discharge Instructions			

Remember... Your coach is there to be a “guide on the side”- not to take over for you!

Coach Signature: _____

Discharge Date/Time: _____

Physician’s Phone: _____

Place sticker here