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TRANSITIONING FROM HOSPITAL TO HOME

Support and Supplies Pave Way to Recovery

After 10 years of knee troubles, Loretta Swanger knew it was time for a joint replacement. With the trifecta of arthritis, spurs and a torn muscle, the 65-year-old Derry resident was apprehensive to be sure.

Thanks to Excelsa Health's home caring philosophy and its new Joint Works program for joint replacement patients, several weeks out from surgery, Mrs. Swanger is navigating easily about her home, and she's back to cooking, a joy for both her and her husband, Ted.

She's also excited to be home with her beloved toy poodle, Pasha. "I am so pleased with the care I got every step of the way, from the classes I took prior to surgery, to the surgery itself, to the many people who helped me when I got home," she says. "From the nurse to the physical and occupational therapists who worked with me, all were so very kind and knowledgeable. I'm doing great!"

Mrs. Swanger was put at ease even before surgery began, when she and her husband began the journey by attending a *1st Step* class.

"The class was very comprehensive," she explains. "We learned everything — what a joint replacement looked like, what to expect in the hospital from types of anesthesia to recovery, and all about the equipment and rehabilitation I might need when I got home. I felt really prepared for the surgery and to get on with my life."

According to hospital liaison Shelly Bastin, RN, Excelsa Health's goal is to move patients from hospital to home as soon as possible, so they can heal where

they're most comfortable. Bastin's job is to take care of all the details, from helping to schedule rehabilitation to securing medical equipment and supplies. Bastin likens her role to that of a hotel concierge, whose job it is to ensure guests have no worries. Mrs. Swanger needed assistance with ordering a cane, walker and elevated toilet seat as well as assistive devices for dressing. Bastin helped her get these quickly and easily through MedCare Equipment Company, a partner of Excelsa Health.

"Any patient leaving the hospital and going home can expect this type of seamless care and treatment. Patients have the freedom to choose where they would like to receive outpatient therapies or purchase medical equipment, but the beauty of the health system having all of these resources is that it's really like a one-stop shop for health care needs," noted Bastin.

Thanks to Mrs. Swanger's active role in the surgery planning and recovery process, her knee surgery is just a bump in the road of life.

To learn more about Excelsa Health Home Care, call 724-689-1800, or visit www.excelahealth.org.