

7 KEY QUESTIONS TO ASK

when choosing an
orthopaedic surgical program





ASK THE RIGHT QUESTIONS so you can make the best choice

There's no reason to live with joint pain or let it keep you from the activities you enjoy — but how do you choose the right surgeon and surgical center to help you get moving again?

Of course, we recommend the Orthopaedic Institute of Central Maine (OICM). It's a partnership between Central Maine Orthopaedics (CMO) and Central Maine Medical Center (CMMC) and is Maine's only in-hospital unit 100% staffed by orthopaedic specialists. However, you are the patient, and it's important that you have complete trust in your surgeon and surgical center. So, we encourage you to do some homework. This brochure has seven key questions to ask to get the information you need to make the best decision.



question 1

Will the surgery center give me information about its outcomes?

Every orthopaedic surgery center tracks the quality of its outcomes based on surgical results, length of hospitalization, patient satisfaction, and other criteria. However, not all facilities share this information.

We believe in publishing our data so you can make comparisons and achieve a high level of confidence with your choice of surgeon and center.

Sharing outcomes

At the Orthopaedic Institute of Central Maine (OICM), we track our outcomes and we also measure ourselves against other facilities across the country. We're always ready to share outcomes and help translate the data into meaningful facts for you.

Showing how we measure up

We encourage you to see how we compare to national statistics. We update this information regularly, and you can view the latest data at www.oicm.cmmc.org/outcomes.

Compare orthopaedic surgical programs and ask to see their data. It will help you make an informed decision.

All of the statistics here are based on OICM patient outcomes achieved April 2015 - June 2015, and outcomes reported to Marshall | Steele by member orthopaedic centers throughout the US during the same three-month period.

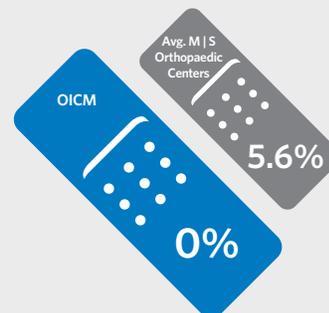
True Blue Distinction

We're proud to note that Blue Cross and Blue Shield has designated the OICM as a Blue Distinction® Center for Hip and Knee Replacement. It is given to hospitals that have demonstrated expertise in delivering distinguished care in this surgical specialty.

Blue Distinction Centers are recognized for establishing a proven track record: delivering better overall outcomes for patients by meeting objective clinical measures developed with input from expert physicians and medical organizations.

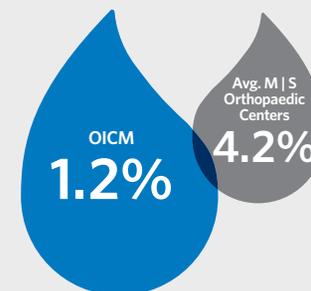
Complication Rates

Average for all spine procedures



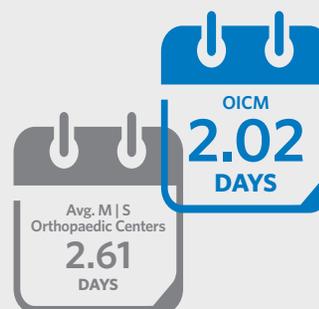
Blood Transfusion Rates

Average for all joint replacements

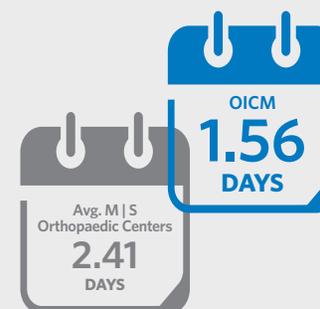


Average Length of Stay

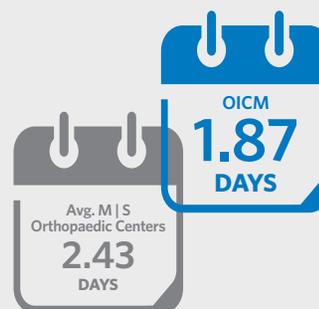
Primary Knee Replacement



Primary Hip Replacement



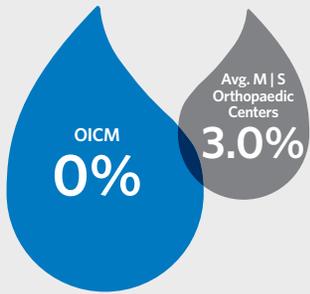
Average for all joint replacements



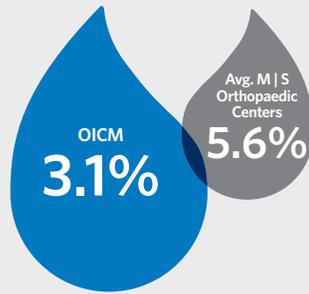
Our latest outcomes
We update our outcome data on a regular basis. You can always view the latest information at www.oicm.cmmc.org/outcomes.

Blood Transfusions, % of patients receiving

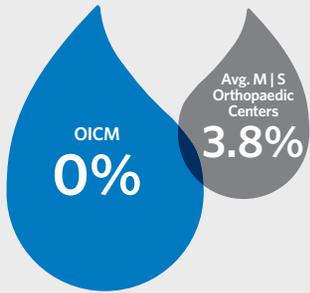
Primary Knee Replacement



Primary Hip Replacement



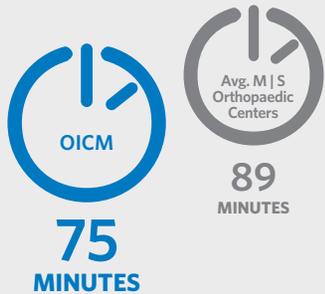
Spine (average all procedures)



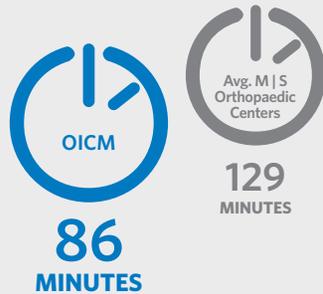
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Surgery Time

Average for all joint replacements

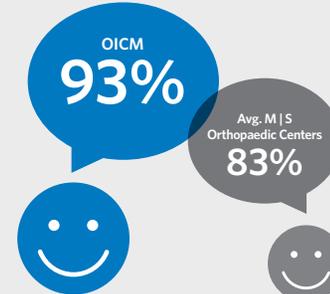


Average for all spine procedures



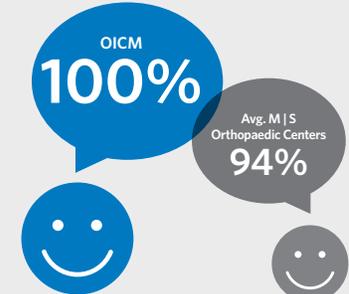
Overall Patient Satisfaction

Average for all joint replacements



Likely to Recommend

Average for all spine procedures



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question 2

Are all of the center's surgeons board certified? Do they have additional specialties?

Any surgeon you consider should, at the very least, be board certified in orthopaedics. Many — including the CMO physicians that perform surgery at the OICM — are also fellowship trained in their special areas of interest, such as hand reconstruction or joint replacement.

Skilled surgeons

An orthopaedic surgeon specializes in treating injuries and diseases of the body's musculoskeletal system. This complex system includes your bones, joints, ligaments, tendons, muscles, and nerves.

Board-certified in orthopaedics

Meeting the criteria for board certification demonstrates a physician's expertise in their chosen field. All of the surgeons at the OICM are board-certified.

Board certification is achieved through rigorous oral and written examinations given by the American Board of Orthopaedic Surgery. In addition, a program of periodic recertification, based on continuing education and examination, ensures

that surgeons keep current in their specialty. You should feel free to ask any surgeon about their training and any recertification.

Fellowship trained

Orthopaedic surgeons with interest in a sub specialty can apply to do further training. If accepted, they go through fellowship training at an accredited teaching hospital. All of the surgeons at the OICM are fellowship trained in specialties of their choosing.

Experienced and dedicated

In total, the OICM surgeons have more than 133 years' experience practicing in the Central Maine area. Their skilled experience means you can find the highest-quality orthopaedic surgery right here, near home.

question 3

Is the orthopaedic program fully staffed with orthopaedic specialists?

The most recent research shows that patients who start their recovery right at the surgical center experience better outcomes, with less pain and a faster return to normal, everyday activity. Every professional working in the OICM is specifically trained in orthopaedic care.

A total focus on orthopaedics

In addition to our orthopaedic physicians and surgeons, members of our nursing staff are certified by the National Association of Orthopaedic Nurses. All other clinicians are also trained specifically in orthopaedics.

For the best results

These knowledgeable orthopaedic specialists guide the patient, explain the surgical procedure, begin the recovery process, answer questions, give in-hospital care, and provide post-release care instructions.

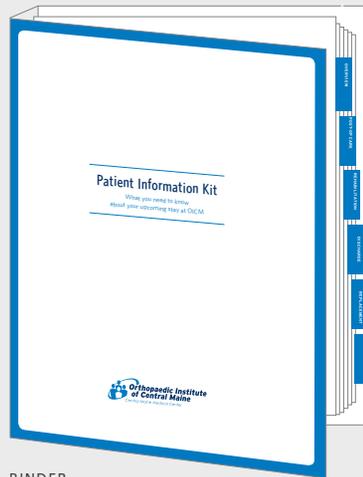
Care by specialists

Every patient is assigned a personal clinical team, which includes the attending surgeon, orthopaedic nurses, physical therapy professionals, and other key staff members as needed, based on the specific procedure.

Taking care personally

Personal care means that a patient sees the same familiar faces throughout the entire process and experiences a caring, personal touch at every step of treatment and recovery. This special approach builds patient trust and reduces stress, thereby helping to speed the recuperative process.

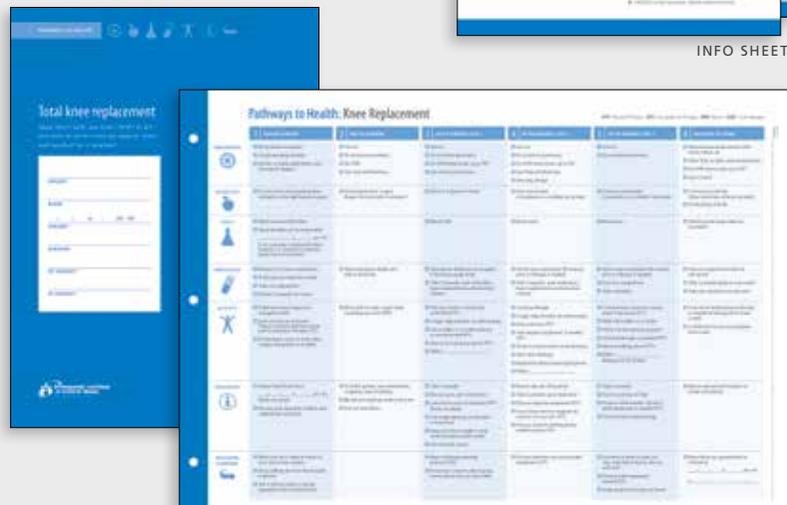
question 4



BINDER



INFO SHEETS



PATHWAYS CHART

Comprehensive Patient Information Kit

This complete and easy-to-understand notebook takes you step-by-step through the entire process.

Does the orthopaedic program have a strong patient education program?

Being well informed about an orthopaedic diagnosis, the surgery, recovery, and physical therapy — for every step of the process — is proven to achieve better outcomes and faster return to everyday life.

Committed to patient education

At the OICM, we offer patients and family members educational and support services and materials that are important to the best rehabilitation and recovery.

A comprehensive guide

Our award-winning guide to hip and knee joint replacement is one example. It is given to every patient and it comes in an easy-to-read ring-binder format. It provides detailed information about all aspects of the procedure — preoperative, the surgery, postoperative, and post-release care. The guide is also available on the OICM website.

Patient classroom time

We conduct small but informative joint replacement classes and discussions. All patients and family members are invited and encouraged to attend.

PATIENT KITS INCLUDE:

- Preoperative instructions and explanations about what to expect during your stay
- A list of the members of the patient's team, including the primary orthopaedic nurse
- General and individualized post-surgical instructions
- Tips for preparing a home for a patient's safe recovery
- Instruction in self-care skills like bathing, dressing, etc.
- Home exercise training for restoring motion and strength
- Information on post-discharge care, including pain management, physical rehabilitation, and specific instructions for each individual patient

question 5

Does the orthopaedic program operate using a team approach?

At the Orthopaedic Institute of Central Maine, having a truly unified team of clinicians and other professionals is central to our philosophy of providing superior care for our patients.

All about teamwork

The OICM is the only orthopaedic group in Maine to take an in-hospital team approach to surgical patient care. We call it Core Connect Care.SM Each patient is assigned his or her own clinical team, so a patient sees the same familiar clinicians throughout the process and experiences true personal care at every step of the treatment and recovery.

Multidisciplinary care

Each care group can include some or all of the following, depending upon the patient's specific procedure and needs: surgeons, physicians, physician assistants, nurses, physical therapists, orthotists, case managers, social workers, dietitians, and pastoral caregivers. All are dedicated to

providing care along the entire path from diagnosis through treatment and physical therapy to recovery.

Great teams, great scores

We are in this together — you as a patient, the OICM staff as medical professionals. You'll find that, as a result, the OICM routinely scores above the national average for patient satisfaction and positive outcomes.

question 6

Does the surgery center offer in-unit physical therapy?

An in-unit or on-site physical therapy facility allows your physical and occupational therapists to recommend a post-release plan for you.

The OICM's unique facility

The OICM is the only facility of its kind in Maine, integrating all orthopaedic services and care in one, single-focus, single-floor hospital unit.

This includes rehabilitation facilities, adjacent to our private patient rooms, which have been specifically designed to support the first stages of recovery. The facility supports "practicing" things, such as walking up and down stairs with a crutch or maneuvering around a bathroom, to help the patient better adjust after release from the OICM.

The road to recovery

As we mentioned before, research shows that the sooner a patient begins the recovery process, the better the outcome. Because we have rehabilitation facilities right on the OICM unit, we can give our patients a headstart. As a result, our patients go home sooner and return to normal activity faster.

question 7

Does the surgery center have a patient aftercare program?

We firmly believe — and our outcome metrics demonstrate — that our team approach helps relieve pain, restore mobility, and get patients back faster to their regular lives and the activities they enjoy.

The OICM's post-release care

Our patient handbooks, mentioned earlier, include both general information for post-release care for the specific surgery performed — and additional notes and instructions for the individual patient.

The patient's team will spend time talking about medication, exercise, nutrition, and other important topics.

If patients have questions after leaving the OICM, or if they need assistance with pain management or any other issue, help is always just a phone call away.

Teamwork aids recovery

We know that patients who are actively involved in their own recovery process will have the best outcome. At the OICM, we use our years of experience to coach and encourage patients to follow through and succeed in getting better faster.

What questions do **YOU** have?

Throughout the process of determining your orthopaedic surgery options, you are bound to have questions of your own. And you should expect to get answers from any surgical facility you are considering.

For more information about the OICM, our surgeons, our facility, our staff, or Core Connect Care,SM call 207.344.2288. We would be happy to talk with you and answer any questions you may have.

And we're here to help you. Get better faster at the OICM.



www.oicm.cmmc.org | 207.344.2288

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