

The Joint Works Program

at Frederick Health Hospital



The Joint Works is a dedicated center within Frederick Health Hospital specifically designed for joint replacement, recovery, and rehabilitation. The Joint Works blends the talents of a team of experienced and expert clinical professionals—physicians, nurses, and rehabilitation therapists—who treat joint replacement patients every day, delivering the highest quality care. The program uses a patient friendly, state-of-the-art, efficient clinical program model developed specifically for the joint replacement patient and his or her family. The program began in March 2005 and has been extremely successful!

Program Goals

Superior quality and cost efficiency through use of clinical order sets proven to result in excellent patient outcomes.

Improved service to the Frederick community by offering educational programs on the common sources, diagnosis and treatment of hip and knee pain.

Increased patient satisfaction through education, pre-surgical preparation, and setting and meeting realistic patient expectations, including a predictable hospital experience and discharge to home usually in less than 24 hours with home healthcare and rehabilitation services, or directly to an outpatient facility.

Program Core Elements

- Pre-Surgical Patient Education
- Participating Surgeon
- Dedicated Nursing and Rehabilitation Staff
- Pre-Admission Screening
- Perioperative Services
- Discharge Planning
- Dedicated Private Rooms
- Dedicated Frederick Health Home Care Planning and Case Management Services

Center of Excellence

The Joint Works Program at Frederick Health Hospital has received an Aetna Institute of Quality designation as an Orthopedic Care Total Joint Replacement program.





Program Prerequisites

- The patient must attend a three hour pre-surgical patient education class in advance of surgery. The patient can plan to receive detailed education regarding the process of joint replacement surgery to ensure best patient outcomes.
- Family and friends are strongly urged to attend as well. A special focus on family involvement includes an invitation to family to be actively involved in all stages of Joint Works rehabilitation therapies.
- Surgery is performed on designated days of the week, allowing patients to move through a carefully designed course of treatment individually and as a group. Depending on the type of surgery, your length of stay may vary. Some surgeries can return to home in less than 24 hours.
- Intensive rehabilitation services are utilized to allow patients to move through a carefully designed course of individual and group therapy. Group therapy leads to increased exercise tolerance, with friendly and natural competition resulting in patients working harder to achieve exercise goals. The group model of care dramatically increases socialization and companionship among patients, changing what could be a lonely and fearful experience into one that is satisfying to the patient.

Customer Satisfaction

We are pleased with the results to date for The Joints Works program at Frederick Health Hospital. The collaborative efforts of hospital and medical staff have generated a truly unique and quality clinical experience for joint replacement patients. The use of standardized order sets, dedicated staffing, and dedicated facility space, coupled with standard of care clinical elements, has led to superior clinical care and greatly enhanced efficiencies. Feedback from patients/families and from physicians is overwhelmingly favorable.

For more information, please contact the Joint Works Program Coordinator at 240-566-3785.