

**Thursday, April 4**

- Babysitter Bootcamp - 10:00am

**Wednesday, April 17**

- Joint Camp - 12:00pm

**Babysitter Bootcamp**

**Time:** 10:00am



The graphic features the Logan Regional Medical Center logo and a red banner that says "FREE". The main title is "Babysitter Bootcamp" in large red letters, followed by the date and time "April 4 | 10:00a.m. - 3:00 p.m." and the location "Employee Resource Center". A call to action says "Call 304.831.1878 to RSVP. Limited spots available." There are two yellow boxes: "Topics Covered:" listing Nutrition, Hand Hygiene, Pool Safety, Stranger Danger, Toy Safety, and Medication Safety; and "Learn:" listing Hands-Only CPR, Stop the Bleed, How to Change a Diaper, How to Call 911 & Poison Control, and Handle Emergencies. There are also images of a drawing, a box of toys, and two circular photos showing people in a classroom setting.

**FREE** Logan Regional Medical Center

# Babysitter Bootcamp

April 4 | 10:00a.m. - 3:00 p.m.  
Employee Resource Center  
Call 304.831.1878 to RSVP. Limited spots available.

**Topics Covered:**

- Nutrition
- Hand Hygiene
- Pool Safety
- Stranger Danger
- Toy Safety
- Medication Safety

**Learn:**

- ✓ Hands-Only CPR
- ✓ Stop the Bleed
- ✓ How to Change a Diaper
- ✓ How to Call 911 & Poison Control
- ✓ Handle Emergencies

This is a free class. Lunch will be provided and each participant will receive a gift for completing bootcamp.

**Joint Camp**

**Time:** 12:00pm

Welcome to our Total Joint Replacement Program. We would like to make your experience as informative as possible. Our Joint Camp Program is every 3rd Wednesday of the month in the Education Building Classroom and offers a truly comprehensive approach to patient care, from diagnosis to rehabilitation. We have an interdisciplinary team of experienced healthcare professionals -- orthopedic surgeons, anesthesiologists, specially-trained nurses, physical and occupational therapists, educators and case managers -- dedicated to delivering high quality patient care and working together to implement treatment plans tailored for each patient's individualized needs.

At our Joint Camp Program, we provide you with the necessary information about your preoperative and post-operative processes. Members of the multi-disciplinary team are present during education classes to provide information and answer your questions regarding your surgery. You will be contacted by a team member to schedule your class prior to surgery.

We appreciate you choosing Logan Regional Medical Center for your joint replacement surgery. Our goal is to always provide our patients with safe, high-quality care.



**During the joint camp program, the topics that our team will be going over include:**

**Preparation:** introduction, Surgical Clearance, Care After Surgery, Pre-Admission Testing, Steps for a Safer Surgery, Home Safety Preparation, and Obtaining the Proper Equipment

**Before-Surgery Checklist:** 6-8 Weeks Before Surgery, 10-14 Days before Surgery, Several Days Before Surgery, One Day Before Surgery, Preparing Your Skin for Surgery, Shower or Bath Instructions, The Day/Night Before Surgery

**Surgery:** Preoperative Instructions, Morning of Surgery at Home, Checking In/Getting Ready, Anesthesia, During Surgery, What to Expect During Your Hospital Stay

**Post-Surgery:** Call Don't Fall, Post-Op Day 1, Early Planning for a Seamless Discharge, Post-Op Day 2 (if needed), Leaving the Hospital, Discharge Instructions

**Recovery & Rehab:** Caring For Yourself at Home, Therapy, The First 48 Hours at Home, Weeks 1-6 at Home, Weeks 7-12 at Home, 3-month Follow Up, 6-Month Follow Up, Sexual Activity

**Potential Complications:** Blood Clots, Surgical Site Infection, and Preventing Infection

**Exercises:** Occupational Therapy, Hip Replacement Exercises, Knee Replacement Exercises, Shoulder Replacement

**Important Information:** Convenient Phone Numbers, Health Care Provider Phone Numbers, Appointment List, Visiting Hours, Visiting Guidelines, and Customer Satisfaction