

# YOUR GUIDE ON THE WAY TO ORTHOPAEDIC TREATMENT

HIP AND KNEE REPLACEMENT

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PATIENT HEALTH,  
HUMANITY,  
HELPFULNESS

# HIGHLIGHTED DATA FOR 2021

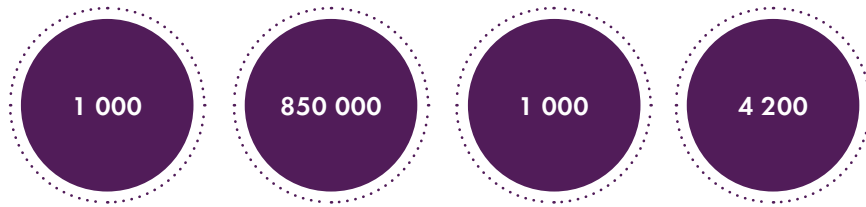


200 MIL.  
TURNOVER (USD)

2 800  
EMPLOYEES

35 000  
INPATIENTS

1 800  
NEWBORNS



1 000  
TOTAL  
ENDOPROSTHESIS

850 000  
OUTPATIENTS

1 000  
NEW ONCOLOGICAL  
PATIENTS

4 200  
ARTHROSCOPIC  
SURGERIES

## DATA FOR HOROVICE HOSPITAL



592 169  
OUTPATIENTS

279  
HOSPITAL BEDS

17 382  
INPATIENTS

## CONTENT

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HOROVICE HOSPITAL	04
SPECIFICS OF ORTHOPAEDICS AT HOROVICE	06
END-TO-END PROCESS	08
ADMISSION TO THE HOSPITAL	14
DO NOT FORGET TO BRING WITH YOU	17
TOTAL HIP REPLACEMENT EDUCATION	18
CONTACT PERSON	21

# HOROVICE HOSPITAL

## ORTHOPAEDIC DEPARTMENT

**THE ACCREDITED ORTHOPAEDIC DEPARTMENT PROVIDES CARE FOR PATIENTS WITH DEGENERATIVE DISEASES OF THE LOCOMOTOR SYSTEM, ESPECIALLY THE WEIGHT-BEARING JOINTS, INCLUDING TOTAL HIP AND KNEE REPLACEMENTS.**



Furthermore, it offers treatment for chronic and traumatic diseases of the soft components of the joints (arthroscopy, anterior cruciate ligament reconstruction). An integral part of the care is preventing congenital hip dysplasia in newborns and its basic conservative treatment.

Patients are cared for by a team of qualified healthcare staff: orthopaedic surgeons, physiotherapists, anaesthetists, nurses, and nursing staff.

Orthopaedics is a surgical discipline dealing with anamnestic data and the examination, diagnosis, prevention, treatment and rehabilitation of the congenital or acquired diseases, deformities and functional problems (traumatic or non-traumatic) of the locomotor system. Within the discipline there is continuous research and specialisation, as well as constant education. The study and research of these diseases are considered essential.

Traumatology of the locomotor system is an integral part of the discipline. Orthopaedics also cooperates with other surgical disciplines, especially general surgery and traumatology, neurology, paediatrics, physiotherapy, and balneology, as well as medical rehabilitation, medical prosthetics, and complementary medicine.

Horovice Hospital also has its own anaesthesiology and resuscitation department which provides comprehensive medical care for all patients throughout the period before, during and after surgery requiring general anesthesia.

# SPECIFICS OF ORTHOPAEDICS AT HOROVICE

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## COMPREHENSIVE CARE

Endoprosthetics, arthroscopic section, standard orthopaedic procedures (except for spinal procedures), pediatric orthopaedics, hip sonography, and prevention.

## TRANS-REGIONAL ACTIVITIES

We accept patients from all regions of the Czech Republic and from abroad, without the need for any referral.

## SYSTEM

We work efficiently and flexibly, and we set out a plan about 1.5 years in advance (including specific dates of surgery). We respect the patient's right to privacy, and we strive to minimise disruption to the patient's family and working lives.



## CONTINUITY OF CARE

Patients with artificial joints are fully mobilised on day 1 after surgery; on day 5, they can walk independently. Follow-up care takes place in the form of inpatient or outpatient rehabilitation, which the patient arranges individually before surgery with sufficient time in advance. However, we are happy to help our clients arrange follow-up rehabilitation in the partner **Beroun Rehabilitation Hospital**.

## STANDARDISATION OF CARE

Standard procedures generate standard results. The standard is set and monitored as a part of our department's accreditation. Despite set standards, our approach to the patient is individual.

## OPTIONAL CHOICES

Superior single rooms exist, as well as the possibility of superior accommodation during subsequent rehabilitation in the Rehabilitation Hospital of Beroun.

## DEPARTMENTAL ARCHITECTURE WITH RECEPTION

The patient has the possibility to maintain constant contact with the nurse; the nurse is always available.

## FAMILY CARE

The surgery is important, but the patient only becomes truly aware of it much later. The care of the nursing staff and the feeling patients take away from the department are more immediate.

## TRANSPORT FROM THE HOSPITAL

After implantation of the artificial joint, the patient is transported by ambulance to rehabilitation or some other requested location.

# END-TO-END PROCESS

## HOROVICE HOSPITAL



### 1 CONSULTATION WITH A PHYSICIAN

The first stage in the application process for total knee or hip arthroplasty is a consultation with a competent physician to assess the client's state of health and suitability for the surgery at Horovice Hospital. As standard, the consultation takes place via email before the client arrives in the Czech Republic, and always through the Medical Tourism Coordinator. Before the consultation, the client must provide their most up-to-date medical documentation, including an MRI scan, X-rays or photographs (if necessary), and completed questionnaires specifying the state of their health, as well as other requirements.

### 2 SCHEDULING OF HOSPITALISATION

If surgery is indicated, the date of surgery and subsequent rehabilitation should be planned.

#### a. Date of Surgery

After consultation with the physicians and an indication for surgery, the patient chooses the surgery date and the length of the subsequent orthopaedic rehabilitation. The client must arrive in the Czech Republic **at least 3 days prior to admission to the hospital** in order to undergo pre-operative examinations performed at the hospital.

#### b. Choice of Room

The client then chooses a room from the available options. For capacity reasons, we are not able to guarantee such room; however, we will always try to accommodate the client's requirements. The orthopaedic department cannot accommodate the client's accompanying person. However, we will be happy to help you find suitable accommodation for your accompanying person.

### **c. Special Requirements**

In the case of special requirements other than those indicated in the questionnaire by the patient, these must be communicated before the advance payment is made. Furthermore, we are happy to help our clients with their visa applications.

### **d. Pre-operative Examinations**

The pre-operative examination will first be performed in the client's country and must not be older than 1 month before the scheduled procedure. After the examination is performed, the client is obliged to send us the examination results immediately. The second pre-operative examination will be performed in our hospital before the actual surgery.

A list of and request for pre-operative examinations, including information on medications that must not be taken prior to the orthopaedic procedure, will be provided to the client well in advance.

### **e. Advance Payment**

Before arriving in the Czech Republic, the client is required to pay the invoiced advance of 30% of the total amount due for the ordered services. Only after the payment is credited to the hospital's account is the date of hospitalisation confirmed. In addition, the client is required to sign the Client Agreement and return one copy. The Client Agreement includes attachments, such as informed consents that the client is required to read in advance.

## **3 TRANSPORT**

Transport will be waiting at the airport to take the client to the hospital for admission upon their arrival in the Czech Republic.

When the agreed period of hospitalisation comes to an end, transport is also arranged to a location within the surrounding area pre-specified by the client.

## **4 HOSPITALISATION**

Hospitalisation in the orthopaedic department usually lasts 5 days, and the client is provided with all medications, crutches, consumables, and blood derivatives.

Daily medical rounds and physiotherapist services are a standard part of hospital care. Additionally, for 2 hours a day the client has at their disposal a medical concierge who accompanies them to pre-operative examinations and interprets between the client and hospital staff. Additional hours for the concierge service are governed by the applicable price list.

If additional above-standard services, or services beyond the scope of healthcare provision under the Agreement have been ordered, the client must pay for such services at the hospital's cash desk on the day before the end of their hospitalisation.

### **a. Pre-operative Examinations**

Prior to the actual procedure, a pre-operative examination must be performed in the hospital to determine possible contraindications to surgery and their resolution.

During the pre-operative examination, the client is accommodated outside the hospital, and the cost of this accommodation is covered by the hospital. In the case of contraindications to surgery detected by the pre-operative examination which require prolonging the stay as part of the pre-operative examination, the client will subsequently pay for this accommodation themselves.

### b. Admission to the Hospital

On the day of the pre-operative examination, the client must register at the orthopaedic department on the ground floor of the building, where they sign the informed consents included in the Client Agreement, familiarise themselves with the hospital's regulations, and then pay the outstanding amount for the medical services they have ordered.

### c. Initiation of the Therapy Programme

The initiation of the therapy programme begins on the pre-operative examination day. Admission to the hospital is then set to **1 day before the actual procedure**. On admission, the client is examined by the surgeon and anaesthesiologist, and informed of the therapy plan.

### d. Meals

Our clients are provided with full board during their hospitalisation. The patient may choose from two courses; at the weekend they have only one choice. At the same time, the client's diet and the recommendations of the nutritional therapist are taken into account. Dietary restrictions are particularly relevant to the post-operative phase.

### e. Surgery

Procedures are performed under general anaesthesia, and the surgeries typically last 60-90 minutes.

After prior consultation with the surgeon, the client may choose the implant. However, the final decision is always based on the client's age, the condition of the bones, and the course of the entire surgery.

The types of replacement joints we use are from **Zimmer Biomet, Johnson de Puy, and Wright Medical** - all leading manufacturers of replacement joints who provide a range of implant types.

### f. Termination of Hospitalisation

As a part of the exit examination by the orthopaedist, the client receives a discharge medical report in Czech and instruction from the physician. The medical report is automatically sent in English within 5 working days of the termination of hospitalisation.

## 5 CLIENT CARE

Because the health of our clients is so important to us, we continue to keep in contact with them even after their hospitalisation has ended and remain fully available to them whenever needed.

**For a better recovery and a faster return to everyday life, we recommend our clients to undergo subsequent orthopaedic rehabilitation at the Beroun Rehabilitation Hospital.**



# INFORMATION ON ADMISSION TO THE ORTHOPAEDIC DEPARTMENT

WE APPRECIATE IT VERY MUCH THAT YOU HAVE CHOSEN OUR FACILITY FOR YOUR THERAPY, AND WE HOPE YOU WILL BE SATISFIED WITH THE CARE PROVIDED BY US.



We would like to provide you with some important information regarding the organisation of your stay at Horovice Hospital.

Before providing you with the healthcare (a pre-operative examination), you and the medical concierge will go to the reception at the orthopaedic department, where you will register. You will then be given a list and a timetable of the individual pre-operative physical examinations, to which you will be accompanied. Again, please note that you cannot be accommodated in the hospital during pre-operative examinations. If you are not using the accommodation in the hospital flats, transport from your place of accommodation to the pre-operative examination at the hospital will be provided.

It is always important to arrive for a scheduled procedure a day earlier than the scheduled date of surgery.





Do not leave your room unnecessarily on admission day, but inform the nurse on duty if you must do so. What you can expect on the first day of your stay:

- Preparation of the basic documentation, i.e. a medical history, and an anaesthetic examination where you will agree on the most appropriate form of anaesthesia.
- Afterwards, the admission nurse will take your nursing anamnesis in the orthopaedic/inpatient department and familiarise you with the running of the department. Then you will be admitted by the attending physician, who will further familiarise you with the surgery and its course.
- Please give all your medications in their original packaging to the nurse. During hospitalisation all medications must be taken under the supervision of the attending physician and administered by a nurse. If you are taking dietary supplements, you may only take them during your hospitalisation with the approval of your attending physician.

On the day of surgery it is important to follow a strict regime of fluid intake:

- Morning medication with 2 cl of still fluid.
- You may drink your last fluids no later than 2 hours before surgery!

Your daily diet is prepared by a team of experienced nutritional therapists. You are entitled to lunch on admission day. On the day of discharge, the department's meals end with breakfast.



If you have opted for follow-up rehabilitation, you will be transported to this location by ambulance.

Payments for surcharged extra services at the hospital can be made by credit card, bank transfer, or cash at reception on the day before the termination of your stay.

Visits to the department are only possible by prior arrangement with the physician.

If you need to consult with your attending physician, we recommend doing this during afternoon hours (usually between 1 p.m. and 3:30 p.m.). This is individual and subject to prior arrangement.

The orthopaedic inpatient department only admits clients based on advance scheduling. Therefore, the agreed length of hospitalisation, admission, and discharge days must be adhered to. Changes are only possible for serious personal or medical reasons, with the prior approval of the senior consultant.

It is highly recommended to take the time to read more information about the running of the hospital and its paid services.

**We wish you a comfortable stay.**

# DO NOT FORGET TO BRING WITH YOU

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## WHAT TO BRING TO THE ORTHOPAEDIC DEPARTMENT

- Reports on all pre-operative examinations
- X-rays for the surgery, if available
- Identity document
- Document of travel medical insurance
- Personal and sanitary articles
- Chronic medication in its original packaging

## WHAT WE PROVIDE IN OUR DEPARTMENT

- Auxiliary crutches/forearm crutche
- Toilet attachment (in the case of a total hip replacement)
- Towel
- Hospital nightdress

# PATIENT EDUCATION FOR TOTAL HIP REPLACEMENT AND WHAT NEEDS TO BE PROVIDED

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## BEFORE THE SURGERY

If you wish to have your own forearm crutches or auxiliary crutches, ask your doctor to issue you a request form. If you have these aids already available before the planned surgery, we recommend you set the correct height and try walking with them without putting any strain on the limb to be operated on.

Most beds are low, so we recommend placing something underneath the bed so that the height of the lying surface is 45 cm.

Make sure you have got a firm mattress.

Have handgrips installed in your bathroom and toilet at home to make standing up easier, and remove thresholds and loose rugs (you might trip over them at the beginning).

## AFTER THE SURGERY

Rehabilitation after discharge from hospital is unnecessary for every patient; it will depend on your health, the physician's advice, and your family background.

However, if you decide before surgery to use rehabilitation, we will be happy to arrange it for you at our Rehabilitation Hospital of Beroun.

Furthermore, all measures of the treatment plan must be followed in order to avoid dislocation of the implanted artificial joint:

- Do not cross your lower limbs – whether lying down, sitting or standing;
- Do not sit on a chair without a backrest, or on soft and deep chairs, a low toilet bowl, or a low bed;
- Use chairs with armrests, especially for standing up. If you do not have such a chair, do not sit down without having forearm/ auxiliary crutches or a table at hand;
- Never bend or draw the operated limb up towards the chest more than a right angle, i.e. 90°;
- Keep the operated limb in front of you when sitting and standing up, and do not slide it back under the chair. To assist you, you may only use your healthy limb and a crutch, or lean on a table;
- Use a handgrip when standing up from the toilet;
- Do not walk on wet or slippery ground;
- Use non-slip crutch attachments in the winter;
- Do not work bending forward, and do not pick objects up from the ground;

- Put on shoes (not lace-ups) using a long shoehorn, put on socks with the help of another person or a sock puller;
- Do not lie or sleep on the operated side, do not roll over the operated side for at least 2 months;
- When lying on your healthy side or turning onto your stomach, place a firm cushion between your knees;
- Do not turn the knee inwards when standing, sitting, or lying;
- Bend the operated limb in the supine position only by sliding it on a mat;
- Sit up on the bed by stretching out your arms behind your back.

We recommend that you follow all of these measures for at least 3 months after surgery. For six months after surgery you will be taking medication to prevent blood clots ("blood thinners"). Under normal circumstances, regular follow-up checks at the orthopaedic outpatient clinic occur after 6 weeks, 3 months, 6 months, and then once a year.



## CONTACT PERSON

FEEL FREE TO CONTACT US  
WITH ANY ENQUIRY



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