



A N O P E N L E T T E R *from* C A P E F E A R V A L L E Y H E A L T H :: *part 6 in a series*

this is YOUR HOSPITAL... *the gold standard in* **JOINT REPLACEMENT SURGERY**

Since 2007, patients receiving hip and knee replacement surgery at Cape Fear Valley Medical Center have participated in the hospital's innovative Race To Recovery Joint Replacement Club. The program employs a NASCAR-race theme to inject competition and fun into the rehabilitation process.

It all begins in the Orthopedic Surgeon's office. Patients receive a guidebook to help them get ready for surgery. The guidebook includes exercises the patient can do before surgery to help strengthen the muscles and ligaments supporting the hip and knee. It also provides a blueprint of the recovery process.

Once patients arrive at the hospital, they are given a T-shirt with the Race To Recovery logo, which they can wear at group physical therapy sessions held on the Joint Replacement Club inpatient unit. The program's nurses and physical therapists are specially trained in joint procedures.

Patients also compete against each other by moving a miniature, magnetic car around a large, magnetic racetrack bearing the Race To Recovery logo. The track is marked in increments of 50 feet. A complete revolution around the oval track is 1,000 feet.

In October 2010, The Joint Commission awarded Cape Fear Valley's program two Gold Seals of Approval™ for healthcare quality in the areas of Total Hip replacement surgery and Total Knee replacement surgery. The program recently earned another two-year accreditation. Just 14 hospitals in North Carolina have been awarded this designation in both hip and knee replacement surgery.

Cape Fear Valley's joint replacement program has also been named a Blue Distinction CenterSM for Hip and Knee Surgery by Blue Cross and Blue Shield of North Carolina. The designation is awarded to medical facilities that demonstrate expertise in delivering quality healthcare. The designation is based on rigorous, evidence-based criteria established by expert physicians and medical organization recommendations.

Earning the Gold Seal of Approval means that Cape Fear Valley does the right things and does them well for Total Hip and Knee surgery patients. A great deal of credit goes to our orthopedic surgeons who have included "best practices" in our Race To Recovery program. I think the results speak for themselves.

Mike Nagowski
CHIEF EXECUTIVE OFFICER

Chris Aul, M.D., Family Physician
CHIEF MEDICAL OFFICER



Cape Fear Valley has earned The Joint Commission's Gold Seal of Approval™

These certifications mean Cape Fear Valley has demonstrated a commitment to quality care, which results in better outcomes for patients undergoing Hip and Knee replacement surgery.

Top Performer Award winner from Hospital Quality Incentive Demonstration (HQID) project

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Disease Specific Certification from The Joint Commission
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Named a Blue Distinction Center by Blue Cross and Blue Shield of North Carolina



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