

**Blue
Distinction®
Center+**
for Knee and Hip Replacement

Excellus 
An Independent Licensee of the
Blue Cross and Blue Shield Association

Caring. Healing. Leading.
Samaritan
Medical Center

Orthopaedic Joint Camp

Samaritan Medical Center has been designated by Excellus BlueCross BlueShield as a Blue Distinction Center+ for Knee and Hip Replacement.

The Blue Distinction Centers for Specialty Care® program is a national designation that recognizes those medical facilities that consistently demonstrate expertise and meet criteria standards for delivering quality specialty care safely and cost effectively. Blue Distinction Centers+ not only meet the same quality criteria as Blue Distinction Centers, but they also go a step further. Hospitals receiving a Blue Distinction Center+ designation are also measured on how efficiently they deliver this high-quality patient care.

Joint Camp is a partnership of the North Country Orthopaedic Group and Samaritan Medical Center.



**For more information, dates of upcoming classes,
or to register for a class, call us at**

315-785-4088

Blue Distinction® Centers (BDC) met overall quality measures for patient safety and outcomes, developed with input from the medical community. Blue Distinction® Centers+ (BDC+) also met cost measures that address consumers' need for affordable healthcare. Individual outcomes may vary. National criteria is displayed on www.bcbs.com. A Local Blue Plan may require additional criteria for facilities located in its own service area. For details on Local Blue Plan Criteria, a provider's in-network status, or your own policy's coverage, contact your Local Blue Plan. Each hospital's Cost Index is calculated with data from its Local Blue Plan. Hospitals in CA, ID, NY, PA, and WA may lie in two Local Blue Plans' areas, resulting in two Cost Index figures; and their own Local Blue Plans decide whether one or both Cost Index figures must meet BDC+ national criteria. Neither Blue Cross and Blue Shield Association nor any Blue Plans are responsible for damages or non-covered charges resulting from Blue Distinction or other provider finder information or care received from Blue Distinction or other providers.



Hip! Hip! Hooray! (Knees too!)

If you're considering joint replacement surgery at Samaritan Medical Center, or if you are already scheduled for the procedure, we're proud to offer you a unique class designed to help you with both preparation and recovery.

You're Invited ...

To learn more.

To prepare for your surgery.

To plan for your recovery and rehabilitation.

To get moving again.

By the end of the class, you'll have a general understanding of everything involved before, during and after your joint replacement procedure. You'll also have opportunities to ask questions about your care and to learn from others who are sharing the same experiences.

Our Joint Camp is one reason our patients are so successful after total joint replacement surgery.



What topics will be covered?

Joint Camp is your roadmap for what to expect before, during and after having joint replacement surgery, so you can have the best possible experience. This one-session class covers:

- The Anatomy of the Hip & Knee
- The Joint Replacement Procedure
- How to Prepare for Surgery
- Anesthesia Options
- What to Expect During Your Hospital Stay
- Pain Management
- Physical and Occupational Therapy Services
- Discharge Destinations
- Tips for Home
- Frequently Asked Questions

Who teaches Joint Camp?

Samaritan's Joint Camp is presented by a team of healthcare professionals, including members of the Surgical, Nursing, and Physical/Occupational Therapy staff plus North Country Orthopaedic Group providers.

When are classes offered?

Joint Camp classes are offered approximately twice a month. Call 315-785-4088 or visit samaritanhealth.com for dates of upcoming classes or to register for a class!

Who can attend Joint Camp?

Joint Camp is specifically designed for individuals who are already scheduled for or considering joint replacement surgery at Samaritan Medical Center. We do encourage all attendees to bring a family member or caregiver with them. This recovery "coach" will join in the class and learn all about your joint replacement and rehabilitation experience.

Is there a fee for Joint Camp?

There is no cost to attend Joint Camp but we do ask that you pre-register for the class that you want to attend. You can register by calling 315-785-4088.