

Meet Your Nurse Case Manager



Here at Colorado Springs Orthopaedic Group, we want you to have a positive surgical experience and obtain the best outcome possible. Your Nurse Case Manager is a part of the healthcare team that will help you navigate through this process and track your care.

Denice Heberly is a registered nurse with a board certification in orthopedics. She has been in the nursing profession since 1981 and has experience that includes hospital patient care, physical clinic management, patient care, surgical assisting, and supervising a major healthcare facility. She is proficient in trauma and general orthopedics. With an emphasis in sports medicine, she has provided care for Olympic, college, and high school athletes. This program will open the doors for patient education, which is a strong passion of hers.



Contact Us

Colorado Springs Orthopaedic Group
Nurse Case Manager: **(719) 867-7366**
After Hours: **(719) 632-7669**.

Please identify yourself as an **ORTHOPATH Patient** to the Physician on call.

***Please call your Nurse Case Manager BEFORE you contact any additional providers for any concerns related to your care (unless your condition warrants an emergency, call 911).**



Welcome to OrthoPath



Dear Patient,

We would like to introduce you to a Colorado Springs Orthopaedic Group program – OrthoPath – to better prepare you for your surgical procedure. OrthoPath is designed specifically to allow you to have a better understanding and communication before, during and following surgery.

Your customized Treatment Plan will assist you, your family members, and your care providers to better navigate the complexities of the recovery phase and rehabilitation after your operation. OrthoPath will also provide you with valuable resources to help manage expected and any unexpected issues affecting your recovery.

Our OrthoPath Nurse Case Manager and healthcare team are available to answer any additional questions you may have after you review the information in this binder.

Thank you for choosing Colorado Springs Orthopaedic Group –“Well Beyond.”

Sincerely,

Colorado Springs Orthopaedic Group and the OrthoPath Team

“Denice explained everything very well. She pointed out all the essential phone numbers if I ever needed help or if I was in pain. I felt comforted knowing that I had all the contact information and resources needed.”

OrthoPath Patient



What is OrthoPath

OrthoPath is a Colorado Springs Orthopaedic Group initiative created to support a Medicare program that seeks to provide you with better care by increasing communication and collaboration between every provider involved in your recovery process.

HOW DOES IT BENEFIT YOU?

OrthoPath benefits you in several important ways. It connects healthcare providers with you in your recovery process and allows them to view your progress and anticipated milestones. It also engages you, as well as key family members or friends, in your recovery process to provide more clear and accurate information.

The diagram below shows the four main stages of OrthoPath:



HOW DOES ORTHOPATH WORK?

In order to better meet the goals of OrthoPath, Colorado Springs Orthopaedic Group has created a web-based application that will allow your care team – including Transitional Care Units, Home Health Agencies and Outpatient Physical Therapy providers – to be better connected. This ensures enhanced collaboration among all involved in your recovery process, with the goal of improving your recovery experience.

Road Map to Recovery

Your treatment plan is designed to act as a road map for your post-surgical rehabilitation. This plan is recommended by your physician but may change should anything unexpected arise during your recovery. The OrthoPath Nurse Case Manager should be notified if there are any significant events that delay your recovery.

YOUR CARE PROVIDERS

The OrthoPath Nurse Case Manager will contact you as your surgery date approaches. Knowing which care providers you choose helps us to ensure clear and consistent communication around your recovery.

FOR YOUR CARE PROVIDERS

Following surgery as you begin your rehabilitation, this guide should assist you in providing your various care providers with information about your anticipated recovery and goals. The Customized Treatment Plan that is developed for you allows everyone involved to understand who is providing care and at what stages. Please have this guide available at those visits and refer your care providers to the “Forms” section for important details and goals.

REVIEW YOUR CUSTOMIZED TREATMENT PLAN AND PROGRESS WITH YOUR CARE PROVIDERS

It is important to regularly review your Customized Treatment Plan with your therapists to ensure you are aware of your progress and any variances that are anticipated. This will allow all involved partners to better anticipate any changes and provide more information to your care team about why and how this will affect you.



“ I have nothing but positive feedback to offer about my experience. Dr. Sung and his team offered a level of confidence and concern toward me as an individual... Denice was a ‘life saver’ to my wife when we needed doctor call backs or medication changes during my recuperation. She responded to phone messages in a very timely manner – one time they were on the phone together just after 7:30 in the morning. ”

OrthoPath Patient

Please note the partners listed are resources your Physician and the OrthoPath team have sought out based on their quality of care and excellent reputation within our community. We have built a working relationship with these various partners to ensure your outcome is of the highest level. This is not a complete list of the resources available to you. You may obtain a complete list on the Medicare website.

Out-Patient Rehabilitation/ Physical Therapy

COLORADO SPRINGS ORTHOPAEDIC GROUP OUTPATIENT REHABILITATION

4110 Briargate Parkway, Ste 145
Colorado Springs, CO 80920
(719) 867-7320

1259 Lake Plaza Drive, Ste 100
Colorado Springs, CO 80906
(719) 622-4524

6140 Tutt Blvd, Ste 110
Colorado Springs, CO 80923
(719) 867-7320

OTHER:

Home Health Companies

ENHABIT HOME HEALTH
(719) 265-6931

OTHER
Phone: _____

Skilled Care Facilities

CENTER AT CENTENNIAL
3490 Centennial Blvd.
Colorado Springs, CO 80907
(719) 685-8888

CENTER AT CORDERA
9208 Grand Cordera Parkway
Colorado Springs, CO 80924
(719) 522-2000

**ADVANCED HEALTHCARE OF
COLORADO SPRINGS**
55 South Parkside Drive
Colorado Springs, CO 80910
(719) 418-4500

INDEPENDENT CARE FACILITY

Additional Care Plan

HOME BASED OUTPATIENT PHYSICAL THERAPY

Forms for Your Providers

Please provide the following forms to your healthcare providers during your recovery.

These forms will assist your caregiver in understanding the OrthoPath details and goals. The available forms include:

- Functional Progression Criteria for Transitional Care Unit
- Functional Progression Criteria for Home Health Agencies
- Functional Criteria for Outpatient Physical/Occupational Therapy



HIP

1. Patient able to transfer in/out of vehicle with minimal assistance.
2. Patient able to ambulate household distances (100') with appropriate assistive device and modified independence.
3. Patient to require minimal assistance with dressing, bed mobility, and transfers with appropriate adaptive equipment.
4. Patient able to negotiate stairs using modified independence (if stairs are applicable at home).
5. Patient able to verbalize understanding of activity recommendation, icing, leg positioning and strength/range of motion (ROM) exercises.

GOALS

- a. Inflammatory and pain control
- b. Muscle activation/strengthening
- c. Gait training with appropriate assistive device (stairs if necessary for home independence)
- d. Dressing, bed mobility, and transfer training
- e. Patient education regarding dislocation precautions

KNEE

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2. Patient able to ambulate household distances (100') with appropriate assistive device with modified independence.
3. Patient to require minimal assistance with dressing, bed mobility and transfer with appropriate adaptive equipment.
4. Patient able to negotiate stairs using modified independence (if stairs are applicable at home).
5. Patient able to verbalize understanding of activity recommendation, icing, leg positioning and strength/range of motion exercised.

GOALS

- a. Inflammatory and pain control
- b. Muscle activation/strengthening
- c. Gait training with appropriate assistive device (stairs if necessary for home independence)
- d. Dressing, bed mobility, and transfer training
- e. Increase knee range of motion (ROM)

HIP

1. Patient to ambulate community distances (300') with appropriate assisted device and modified independence.
2. Patient able to perform care transfers with modified independence.
3. Patient to display modified independence with dressing, bed mobility, and transfers with appropriate adaptive equipment.

GOALS

- a. Monitor wound healing for signs/symptoms of infection
- b. Decrease inflammation
- c. Muscle strengthening with focus on operative lower extremity as well as any weakness of upper extremities, trunk, or other lower extremity
- d. Progress gait training and endurance with assistive device, as needed, for outside ambulation and independence at home
- e. Proprioceptive training to improve body awareness with functional activities and safety with gait
- f. Functional training to improve independence with activities of daily living (ADLs)
- g. Maintain hip precautions as indicated per physician

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- b. Decrease inflammation
- c. Muscle strengthening with focus on operative lower extremity as well as any weakness of upper extremities, trunk, or other lower extremity
- d. Progress gait training and endurance with assistive device, as needed, for outside ambulation and independence at home
- e. Increase knee range of motion (ROM)
- f. Proprioceptive training to improve body awareness with functional activities and safety with gait
- g. Functional training to improve independence with activities of daily living (ADLs)

HIP

1. Unrestricted ambulation without an assistive device (if safety allows).
2. Modified independence with stair negotiation for home and community.
3. Appropriate functional strength to perform activities of daily living (ADLs) safely.
4. Meets or exceeds normal benchmarks for appropriate standardized Gait/Balance test.
5. Patient independent with a home exercise program (HEP).

GOALS

- a. Range of motion (ROM) increased to allow for independence with all functional activities at home
- b. Good strength of all lower extremity musculature for improved gait and performing activities of daily living (ADLs)
- c. Progress gait without assisted device on level surfaces (if safety allows)
- d. Complete final Patient Satisfaction Survey
- e. Complete Discharge Data collection as per Quality Assurance component of OrthoPath

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SHOULDER

The shoulder arthroplasty procedure is performed to:

- a. Improve function
- b. Increase active range of motion
- c. Reduce pain of the shoulder

Guidelines for progression of post-operative treatment is specific to surgeon and patient. Protocols are provided by your surgeon.

This resource lists service providers for transportation needs. Arrangements should be made directly with the providers at the number listed in the contact section.

Public Transportation

AMB LICAB
(719) 633-4601
Door to Door

METRO MOBILITY
(719) 392-2396 www.coloradospringsgov.com
ADA Paratransit

Private Transportation

SILVER KEY SENIOR SERVICES
(719) 884-2380
Door-thru-Door/ \$3.50 suggested donation 60 years of age or over
Reside in Colorado Springs
Register with Silver Key
Schedule 5 days in advance
(ER may be available)

YELLOW CAB
(719) 777-7777
Wheelchair transport available

HOME INSTEAD SENIOR CARE
(719) 534-0908
Full service help
3 hour minimum
24 hour notice

**BEO MOBILITY & ROCKY MOUNTAIN
MOBILE MEDICAL**
(719) 362-8000
Bed-to-Bed and Ambulance service

UBER/LYFT
Order through Apps

PLEASE NOTE: Colorado Springs Orthopaedic Group's OrthoPath Transportation Resource Guide is provided for reference purposes only and is not all inclusive. While every effort is made to ensure that we provide current, accurate data, location and contact information changes frequently. As a result, recent changes may not be reflected in the data presented here. This list is not a guarantee of services. It remains your responsibility to verify rates and availability with all providers. Check with the transportation organizations for their program restrictions.

This resource lists locations that offer the option to rent/borrow medical equipment. Some patients decide to purchase new equipment, while others may find this list helpful during pre-surgical planning. Please note the site specific requirements (hours, prices, etc.) before contacting a location. At your pre-surgical evaluation, your evaluator will discuss any equipment you may need.

Free

theDMElist.com

An online community where you can list and search for DME (Durable Medical Equipment) at no cost

Loan Closet Locations

FOUNTAIN VALLEY SENIOR CENTER

5745 Southmoor Drive
Fountain, CO 80817
(719) 520-6472

TRI-LAKE CARES

235 Jefferson Street # B
Monument, CO 80132
(719) 481-4864

Purchase

SILVER KEY

(For sale discounted)
1625 S. Murray Blvd., Colo. Spgs., CO 80916
(719) 884-2300

Order Online

AMAZON.COM
WALGREENS.COM
WALMART.COM



MOUNTAIN COMMUNITY SENIOR SERVICES

(719) 488-0076

NW El Paso County Area

SERVICES: Free home safety repairs, i.e. grab bars, ramps

AREA AGENCY ON AGING, PIKES PEAK AREA COUNCIL OF GOVERNMENT

WEBSITE: www.ppacg.org (search – programs, area agency on aging)

SERVICES: Senior Information and Assistance Center, Family Caregiver Support Center, Senior Insurance Assistance, Ombudsman Program, Mobility Management, Subcontracted Services, Other Helpful Links

SENIORS RESOURCE GUIDE

WEBSITE: www.seniorsresourceguide.com/coloradosprings

SERVICES: This is a comprehensive guide to senior resources in the area



This letter is to give you information only.
No action is needed on your part.

Beneficiary Notification Letter

A Team of Health Care Providers is Working Together to Give You the Best Care

Hello,

This letter is from the Centers for Medicare & Medicaid Services (CMS), letting you know about an exciting Medicare program that your health care provider is participating in.

Your health care provider, [Colorado Springs Orthopaedic Group](#)
has decided to take part in the Bundled Payments for Care Improvement Advanced Model (BPCI Advanced).

This doesn't change anything about your Medicare coverage, benefits, or rights and you have no actions to complete. This letter is to inform you of your provider's participation in this program, and to help answer any questions you may have.

What is BPCI Advanced?

BPCI Advanced is a payment program that CMS is testing to encourage doctors and hospitals to work better together. The goal is to get you higher quality and more affordable health care that supports you after your hospital stay or outpatient procedure and through your recovery.

What does BPCI Advanced mean for You?

Your Medicare coverage, benefits, and rights do not change because your health care provider is part of BPCI Advanced.

You still have the right to:

- Access Medically Necessary Services covered by Medicare
- Choose which hospital, doctor, or other health care provider you see to provide those services, whether they are part of BPCI Advanced or not.
- Appeal claim decisions

Beneficiary Notification Letter – BPCI Advanced (page 2)

How can you give feedback about your health care?

You may be asked to take part in a survey from Medicare to ask for your opinion about the services and care you received from_____.

You can decide whether or not you want to take the survey. If you do take the survey, the answers you provide will be used to help make the care of Medicare patients better.

Where can you learn more?

You can visit Medicare.gov or call **1-800-MEDICARE (1-800-633-4227)**.

TTY users can call 1-877-486-2048.

To report a Medicare-related concern or complaint, call 1-800-MEDICARE (1-800-633-4227).