



## **Welcome to the Regional Joint Assessment Program**

Welcome to the Regional Joint Assessment Program. This program helps people with bone and joint health conditions. The purpose of your visit is to arrange treatment that best meets your needs.

You will be seen by several members of your health care team. We have included a list of the health care team. Please feel free to add their names as you meet them.

You are the most important member of the team. We will work closely with you to set your treatment goals. There will be opportunity to learn of resources during your appointment here today. Please feel free to ask us your questions.

### **Members of the team**

<b>Team member</b>	<b>How they can help</b>
Advanced Physiotherapist Practitioner _____	<ul style="list-style-type: none"><li>• Assesses your physical abilities and hip and knee problems.</li></ul>
Nurse Practitioner _____	<ul style="list-style-type: none"><li>• Assesses your health and medical problems and how they may relate to your hip and knee problems.</li></ul>
Registered Practical Nurse _____	<ul style="list-style-type: none"><li>• Asks you general questions about your health. Takes your heart rate and blood pressure, and weighs you.</li></ul>
Business Clerks	<ul style="list-style-type: none"><li>• Greets and directs families and friends coming to the clinic.</li><li>• Also helps with telephone calls and mail, books tests and appointments for the patients.</li></ul>

Team member	How they can help
Clinical Manager _____	<ul style="list-style-type: none"><li>• Manages the day-to-day issues about staffing and care.</li></ul>
Orthopedic Surgeon _____	<ul style="list-style-type: none"><li>• Identifies if surgery is needed, and what type of surgery would be the best for you.</li></ul>

The health care team works together with you to plan your treatment and helps you learn what you need to do to keep healthy.

### Treatment plan

- Independent home-based exercises: \_\_\_\_\_
- Follow-up with family doctor: \_\_\_\_\_
- Specialized Outpatient Rehabilitation Services: \_\_\_\_\_
- Bracing: \_\_\_\_\_
- Chronic Pain Program: \_\_\_\_\_
- Other: \_\_\_\_\_
- Community exercise program: \_\_\_\_\_
- Community physiotherapy: \_\_\_\_\_

### Resources

Arthritis Society of Canada - [www.arthritis.ca](http://www.arthritis.ca)

Chedoke Rehabilitation Resource Centre at the Holbrook Building



NIAGARA HEALTH SYSTEM  
SYSTÈME DE SANTÉ DE NIAGARA



Hamilton Health Sciences



St. Joseph's  
Healthcare Hamilton



This program is part of the Hamilton, Niagara, Haldimand and Brant Local Health Integration Network

[www.replacemyjoint.ca](http://www.replacemyjoint.ca)