

Continuing Education Hours:

This program is being provided by the Orange County Chapter of the National Association of Orthopedic Nurses (NAON) which is approved by the California Board of Registered Nursing with provider number CEP5753 for 8+ contact hours for RNs. Participants must stay for the entire program to receive continuing education hours. No partial hours will be awarded for this event.

Educational Objectives:

By the completion of the course, the participant should be able to:

- Understand the value of inspiration in your healthcare journey.
- Implement exercises and techniques that you can incorporate into your healthcare journey to help you feel connected or reconnected to purpose, passion, and inspiration.
- Examine specific topics that will include gratitude, humor, using different words and thoughts, mental preparation for “the day”, honoring mentors and encouraging new peers.
- Have increased knowledge of disease process that contribute to a person needing a joint replacement.
- Identify selection criteria for an ambulatory surgery center patient, education, assessment, intra-operative and immediate post-operative care of the total joint replacement patient in the ambulatory care setting.
- Identify anatomy of the normal spine and differentiate between spondylolysis, spondylolisthesis, annular tear, herniated nucleus pulposus, and spinal stenosis to improve bedside care and patient education.
- Explore surgical and non-surgical treatments of spondylolysis, spondylolisthesis, annular tear, herniated nucleus pulposus, and spinal stenosis.
- Define postoperative ileus (POI) and its relevance in the context of spinal surgery.
- Explore the multifactorial and complex pathogenesis of POI.
- Address factors that contribute to POI after spinal procedures with an emphasis on the importance of risk assessment and prevention strategies.
- Review the clinical picture and profound consequences of POI.
- Provide an evidence-based approach to prevention and/or shortening the duration of POI.
- Describe the orthopedic management and therapeutic progression of total shoulder replacement surgery.
- Discuss the functional limitations associated with shoulder surgery as well as extended time with restricted shoulder range of motion.
- Discuss the importance of pre-surgical education and readiness.
- Demonstrate and instruct in the proper techniques to don/doff a shoulder immobilizer.

- Explore Code Blue events in the specialized orthopedic settings.
- Discuss implementation of staff education through different learning methods, application of randomized Mock Code Blue simulation, and analysis of data and results.
- Identify the role of a hospitalist in an orthopedic setting.
- Outline the definition, causes, and clinical presentation of hyponatremia after spine or joint replacement surgery.
- Identify diagnosis, treatment, and prevention strategies of postoperative hyponatremia.
- Discuss how to recognize and treat hyponatremia in a timely manner to minimize post-op morbidity and mortality.
- Discuss traditional pain management with total knee replacement surgeries.
- Identify cryotherapy and lovera non-opioid nerve block treatment prior to knee replacements.
- List benefits and side effects of lovera.
- Identify most common types of sports injuries.
- Discuss non-surgical management of sports related injuries.
- Discuss exercise physiology and injury prevention.
- Discuss health promotion and getting back to sports.