

Joint Replacement Center

Designated as a
Blue Distinction®
Center for Knee and Hip Replacement



South Carolina
Division of Health Service Regulation

Summer 2012

Life Is Good, Again.

Ask the Expert Seminars

Join us for an upcoming seminar on the latest advances in joint replacement. Our fellowship trained surgeons will discuss treatment options and answer any questions you might have.

Arthritis & the Latest Advances in Joint Replacement - Including Anterior Approach to Hip Replacement

Presented by Dr. Peter Ramsey

Tuesday, July 24

12:00 Noon • Conway

CMC Administrative Services Bldg

Thursday, September 27

12:00 Noon • Conway

CMC Administrative Services Bldg

Registration is required. Please call **843.347.8108** to register or obtain more information.



For Henry Dunne, walking a dog, holding a cup of coffee, and lifting his arms up were all situations that caused intense pain in his shoulders. With each passing month, his mobility became more limited. He finally reached a point where his quality of life was in jeopardy, and he feared becoming an invalid if he did not have his shoulders replaced. "I didn't have a future as it was," Dunne explained.

Dr. Peter Ramsey and the Joint Replacement team at Conway Medical Center had replaced Dunne's knee in 2010 with great success, and so he turned to them again in 2011 to seek help for his shoulders. Dr. Ramsey referred him to one of his partners in the joint replacement program, orthopedist Dr. Curtis Elliott whose expertise includes shoulder replacements.

After extensive diagnostic imaging including x-rays, Magnetic Resonance Imaging, and a CT scan, Dunne was scheduled for right shoulder replacement surgery. He completed pre-operative preparation and education that were tailored to the total shoulder pathway, and had surgery in September 2011. Mr. Dunne explained that this surgery and the subsequent recovery went so well that in spring 2012 he went ahead and had his left shoulder replaced.

Today, the former sports star says he is once again able to do things he could do when he was 30 years old. He describes the difference in his life as day and night. Before surgery, he often dropped things including his morning coffee. "My shoulder would lock up and then suddenly release, and I would drop things," he explained, but not anymore.

Today, Dunne is out walking his dog, pushing grocery carts, and moving around better than he has in years. He is even planning on taking up his golf game again. Above all else, he is pleased to be able to "run my life without any help." Staying active and independent and pain-free has given Dunne a new lease on life.

Team Spotlight

Gary Sprance, CRNA & Frank Humbles, MD

Gary Sprance, CRNA and Frank Humbles, MD, are a special part of our Joint Replacement team – they put our patients to sleep and continuously monitor them to keep them safe during surgery.



They both applaud the team approach used at CMC with the Joint Replacement Center. Dr. Humbles points out, “The multimodal approach to pain control involves a combination of various analgesics or modalities at various time points during the surgery.” Sprance noted the pre-operative period is one of those time points, “and using non-opioids at this point has proven to set the stage for the rest of the patient’s surgical experience.” Dr. Humbles also points out that, “by reducing the use of narcotics in the anesthesia mix we are able to better control respirations and blood pressure during the surgery and nausea, vomiting, and bowel problems after the surgery.” The team’s approach during surgery is to block the pain in three main areas, the skin, the brain and the spinal cord. “Post operative recovery is much smoother with this technique,” noted Sprance.

Sprance, who has been a nurse anesthetist since 1986, and Humbles, who has been an anesthesiologist since 1990, both enjoy salt-water fishing and from time to time can be found on a boat together.

Leading the Way

Progressive Pain Management

Keeping patients as comfortable as possible after surgery is a top priority for the Joint Replacement Center surgeons and staff. After comparing best practices from across the country, the surgeons have introduced a pain management protocol first developed at the Mayo Clinic called multi-modal pain management, and it is unique in several ways:

- Fewer side effects associated with narcotics since lower amounts of narcotics are typically needed due to combination with other types of medications such as anti-inflammatories and steroids.
- It’s proactive. Medication begins in the pre-operative area before the surgery and then is given at regular intervals to prevent pain and nausea rather than treating them after they occur. There is also the option of medication between the scheduled doses to keep pain at a tolerable level.
- Pain signals are blocked at several points: the surgical site tissues, peripheral nerves, at the spinal cord level and in various regions of the brain. This approach is thought to be more effective than working only in any single region.

Perhaps just as important, patients have some control in their own pain management. Before surgery, they are taught how to use a standardized pain scale to describe the intensity of their pain from 0 to 10. After surgery, the patients’ reports help determine what medications and doses they are given.

While some pain after surgery is to be expected, most patients find this new method of pain management very effective. In fact, this year, about 90% of our patients say their pain management met or exceeded their expectations.



Celebrate Your Recovery and Support Research

Since your joint replacement surgery, do you enjoy walking again? Want to help others while you walk? We are looking for some former patients to join our planning team, helping us prepare to walk together in the 2012 Annual Arthritis Foundation Walk/ Run, which will raise funds for Arthritis research and advocacy. This year’s event will be held Saturday November 17 at Broadway at the Beach in conjunction with its annual Christmas tree lighting ceremony. If you’re interested in joining our efforts in this fun and worthwhile event, please contact Ann Vennell at **234.6834** or avennell@cmc-sc.com.



Save the Date!

Friday, October 5, 2012

Joint Replacement 2012 Annual Picnic scheduled for Friday, October 5th. We invite all of our patients who have been a part of our Joint Replacement Center program to join us.

The Joint Replacement Center



300 Singleton Ridge Road / Conway, SC 29526 / **347.8108** / www.conwaymedicalcenter.com

