

SPECIAL TO THE LAKE MAGAZINE

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Melinda Johnson of Wildwood Point enjoys a walk around her home the day of her discharge from the Halifax Regional Joint Care Center.

Lake Residents Praise Joint Care Center at Halifax Regional

The Joint Care Center at Halifax Regional has attracted patients from several states. What sets it apart is the unique rehabilitation program of Richard Holm, M.D., an orthopedic surgeon at Halifax Regional.

Immediately after surgery, patients walk with their new knee or hip to regain strength and flexibility. "Our patients engage in friendly competition to determine who walks the most during recovery," said Holm.

The record is held by Paul Smigiel, a resident of the Lake Gaston area. He walked 23,000 feet in three days. "You can bet if I ever needed another joint replacement, I'd come back to the Joint Care Center," said Smigiel.

Other residents of the Lake community also have compliments for Halifax Regional. Barry Scoyoc said, "I am not originally from the area and did a lot of research as to the best place to go for my orthopedic care. It was really nice not having to travel a long distance for the procedure.

"Staff members were top notch and very accommodating to the patients' needs—even at night. They were very patient orientated and made sure I had everything I needed," Scoyoc added.

When asked why she chose Halifax Regional's Joint Care Center, Melinda Johnson of Wildwood Point said, "I used the internet and compared Halifax to other hospitals in the region and in other states. What got my attention was that Halifax Regional has the lowest rates of infection.

"The staff is wonderful. I was informed of what was going to happen the entire time, and the nurses were attentive to my every desire. They even had a cup of fresh coffee ready when I was wheeled back to my room from the recovery room. Then they allowed me to order my dinner when I wanted it, not when it is usually served. They are worth their weight in gold," Johnson added.

"The staff threw me a birthday party while I was a patient," she said.

"The other patients in the Center were the guests. I can't think of a worse place to be for a birthday than in a hospital, but they made mine one of my best," Johnson said. "Already, I have recommended Halifax Regional to friends at the Lake."

Another point of distinction is the group therapy program. “The patients feed off each other and inspire each other so that they achieve the highest level of mobility before discharge,” observes Holm. “Patients actually have fun during their rehab because of the camaraderie among the staff and our non-traditional hospital environment.”

Patients use big chairs doing their exercises and can listen to music in a separate room in the Joint Care Center. The space devoted to physical therapy has been tripled, and the number of beds increased from 10 to 12.

Many people suffer from pain in their knees and hips, so how do you know when the time is right for replacement surgery? “If you are having trouble with stairs, if it is difficult to get around in and out of your home, certainly if you have become housebound, it’s time to look into joint surgery,” says Holm.

For more information about Halifax Regional’s Joint Care Center, visit www.halifaxjointcare.com.

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