

Mercy Medical Center  
Welcomes You to

# JOINT CAMP

Friday, April 9, 2010  
8:30 a.m. - Noon

Mercy College Nursing Alumni Association

[mchs.edu/events](http://mchs.edu/events)

## Mercy Medical Center Welcomes You to “Joint Camp”

The Mercy College Nursing Alumni Association is proud to present:

### **Mary Ann Brower, RN, BSN**

Mary Ann is the Joint Camp Patient and Family Educator at Mercy Medical Center. She is a Mercy College alumnus receiving an ASN degree in 2005 and BSN degree in 2008.

### **Jodi Lewis, RN-BC, BSN, ONC, TNCC**

Jodi is a Clinical Resource Nurse and Unit Coordinator at Mercy Medical Center in the Center for Joint Replacement. She holds Bachelors degrees in Nursing and Psychology from Winona State University and is currently enrolled in a Masters of Science in Nursing degree program at Walden University.

### **Emily Cheeseman, RN, BSN**

Emily is a staff nurse in Orthopedics at Mercy Medical Center. She received her ADN degree from Hawkeye Community College and BSN degree from Grand View College.

### **Purpose**

This workshop provides an overview of joint replacement and the concept of “Joint Camp” as an educational and motivational tool to improve participant (patient) outcomes. Discussion topics include surgical procedures, pain management, exercise, and camaraderie among participants and coaches.

### **Objectives**

At the conclusion of this workshop the participant will:

1. Discuss the reasons for and components that contribute to “Joint Camp” success at Mercy Medical Center.
2. Differentiate the anatomy of normal and abnormal hip and knee joints.
3. Describe “Joint Camp” program from a participant’s perspective including benefits of physical therapy in a group setting.
4. Discuss importance of pre-operative education including pain management.
5. Discuss total knee and hip replacement surgeries.

### **“Joint Camp”**

Mercy College of Health Sciences  
Sullivan Center, Rm 130

Friday, April 9, 2010

8:30 am - Registration

9:00 am to Noon - Workshop

### **Pre-Registration and Fees**

Pre-registration is required by calling the Mercy Nurse at (515) 243-2584 or visiting [Mercy Nurse online](#) (click here), before **April 2** to accommodate CEU forms and handouts.

### **Program Fees**

*(Fee covers registration, continental breakfast, and continuing education credits)*

Mercy College Alumni Association members	No charge
Mercy College Students	Free
Others	\$25

Pre-registration is required.

Make check payable to: **Mercy College Nursing Alumni Association.**

*(Payment also accepted at time of workshop.)*

## Cancellation

Request must be received in writing by **April 6, 2010**. Fees for non-members will be refunded minus a \$5.00 processing fee.

## Intended Audience

Nurses, student nurses, and other interested health care professionals.

## CEU's

3.0 contact hours, 0.3 CEU's will be awarded to nurses who attend this program, Iowa Board of Nursing, Provider #17.

## Program Contact Person

Board members of the Mercy College Nursing Alumni Association:

**JoAnn Humphreys (515) 643-6633** or  
**Mary Schemmel (515) 643-6731**

## Iowa Board of Nursing Provider #17

There will be no discrimination on the selection of applicants based on race, color, national origin, age, sex, religion, or disability. Facility meets ADA standards, for accessibility.

## Agenda

**8:30 – 9:00 a.m.**

Registration and Continental Breakfast  
*Mercy College Sullivan Center  
Room 130*

**9:00 - 9:10 a.m.**

Welcome

**9:10 – 10:00 a.m.**

*Preoperative Considerations*  
Mary Ann Brower, RN, BSN

**10:00 - 10:50 a.m.**

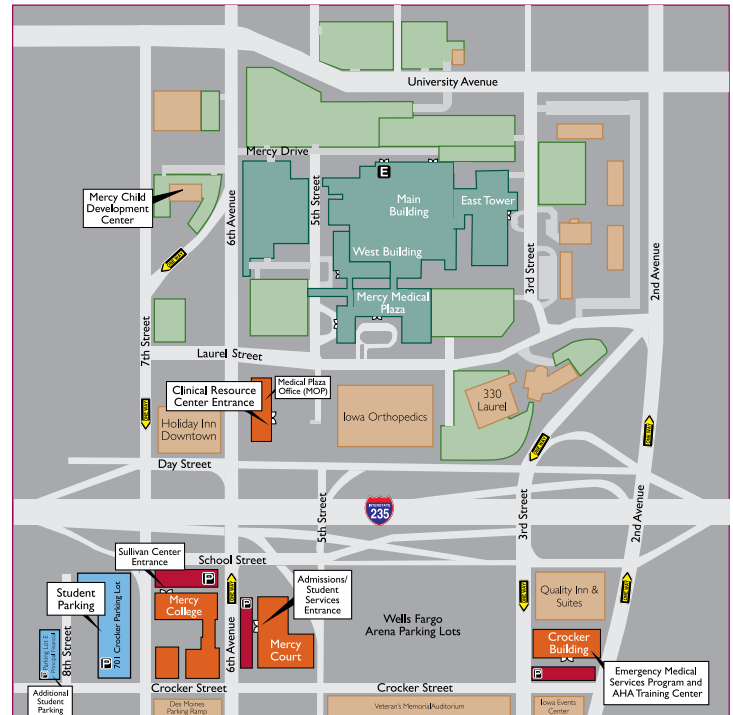
*Pain Management*  
Jodi Lewis, RN-BC, BSN, ONC, TNCC

**10:50 - 11:10 a.m.**

Break

**11:10 a.m. - Noon**

*Postoperative Considerations*  
Emily Cheeseman, RN, BSN



**KEY:** ■ Mercy Medical Center (MMC) Main Building  
■ Mercy College of Health Sciences  
■ Mercy College Student Parking  
■ Mercy College Visitor Parking

## Parking for the Event

Parking is available in the North Parking lot facing the Sullivan Center or 701 Crocker. If both lots are full, parking is also available at the Des Moines Parking Ramp. *The lots are shown in red and blue.*



Sponsored by Mercy College Nursing Alumni Association

Mark Your calendar for  
the next alumni program  
**October 8, 2010**