

Patient

I am having an elective back/neck surgery and I understand that the success of my recovery will be improved if I take some pre-surgery steps to prepare.

I will commit to the following:

- Selecting a coach who will be there to help me during my recovery. My coach is:

Coach's Name

Coach's Phone Number

- Complete my pre-surgery back/neck education.
- Prepare my home for return after surgery.
- Participate in physical therapy if ordered by my surgeon.
- Return home as soon as I am safe and able to do so. I will take responsibility to discuss the specifics of my discharge plan with a member of my care team.
- Contact a home care team member or my surgeon if concerns arise.

Print Patient's Name _____

Patient Signature

Date

Coach

As a coach, I understand that the patient's success requires that I am dedicated to being helpful to them before and after their back/neck surgery.

I will commit to the following:

- Participation in pre-surgery back/neck education.
- Assist in preparing the patient's home for return after surgery.
- Ensuring the patient's prescriptions are filled at discharge.
- Ensuring the patient has transportation from the hospital at the time of discharge.
- Reviewing the Coach's Checklist prior to the patient's discharge from the hospital.
- Ensuring someone will stay with the patient for at least 48 hours after returning home.
- Monitoring the patient's progress and contacting the surgeon (or home care team) if concerns arise.
- Arranging transportation to any follow up care. This includes making sure the patient attends their follow-up appointment with their surgeon.

Coach Signature

Date

Atención: si habla español, tiene a su disposición servicios lingüísticos gratuitos. Llame al 844-809-6648.

주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 844-809-6648 번으로 전화해 주십시오.

注意: 如果您讲中文普通话, 则将为您提供免费的语言辅助服务。请致电 844-809-6648。

ATTENTION: Language assistance services are available to you free of charge. Call 844-809-6648.

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