

May 15, 2020

Outpatient surgery and all office visits are resuming.

Our offices are now open for:

- new office visits
- follow-up visits
- prescription refill requests
- virtual visits

ssmhealth.com/orthopedics

St. Louis County

314-291-7900

12349 DePaul Drive
Bridgeton, MO 63044

St. Charles County

636-332-8455

400 First Capitol Drive
St. Charles, MO 63301

1475 Kisker Rd.
St. Charles, MO 63304

1601 Wentzville Pkwy
Wentzville, MO 63385

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The SSM Health Orthopedics team of physicians, nurses, and physical therapists thanks you for your patience during this time as we continue to adapt to the restrictions placed upon medical offices, outpatient surgery centers and hospitals during the coronavirus (COVID-19) pandemic.

We are happy to report that all **office** appointment types may be resumed, as needed, and you may call to make an appointment.

If your **surgery** date has been postponed, a staff member from our office will call you to reschedule as the hospitals reopen. Currently, outpatient surgical procedures will be resumed first, on a limited basis. Inpatient surgery such as joint replacement has not been resumed at this time.

Safety first

Use of resources. Our SSM Health administrators, physicians and staff are abiding by guidelines from the Centers for Disease Control (CDC) to ensure the safety of all patients and staff. We remain committed to preserving personal protective

equipment (PPE) for medical providers taking care of COVID-19 patients. This priority limits the number of elective procedures that can be done because they all require PPE use within the hospital.

Preparing safe environments. The orthopedics team is committed to ensuring the safety of all patients and staff at all points of contact, and especially during surgery and recovery. We are working with all teams to establish safe practices in the clinic, hospital, therapy offices and after discharge home.

Office guidelines. The following safety guidelines have been established in our offices and will be strictly enforced until further notice.

- face covering is required upon entry of all medical buildings.
- any patient with flu-like symptoms will not be seen.
- only the patient will be allowed to check in at the desk and proceed to a room for the office visit. Please do not bring anyone with you unless they are essential for your care. Any other family member or guest with you will be asked to wait outside the office or building.

Orthopedic Surgeons

St. Louis County

Dr. Katherine Burns

Dr. Crystel Knierim

Dr. Gregory Nelson

Dr. Ryan Pomajzl

Dr. Anita Sadhu

Dr. William Schroer

Dr. Frank Tull

Dr. Aaron Weber

St. Charles County

Dr. Cody Bellard

Dr. Andrew Gelven

Dr. Timothy Graven

Dr. Richard Helfrey

Dr. Jody Jachna

Dr. Anita Sadhu

Dr. Turk Satterly

Dr. Frank Tull

Dr. Aaron Weber

Physician Assistants

William Andel

Liz Bokermann

Paul Diesfeld

Courtney Grodie

Lynn Robbins

Dawn Calabrese

Katie Nikodym

Cora Leyderman

Matt Sotheran

Jeff Wallace

- additional guidelines may be given at the time of scheduling.
- social distancing and office sanitation practices will be used.

It is our top priority to keep all patients safe at all points of care.

May I schedule a virtual visit?

Our physicians, physician assistants and nurse practitioners continue to offer virtual visits in some situations when a physical exam or x-ray is not required. If you prefer a virtual visit, please call our office and ask that your request be sent to your provider. Your physician and care team will review your request and you will be contacted with an appointment for a virtual visit or in-clinic visit, as appropriate.

A virtual visit is an on-camera interactive appointment with a medical provider. To be eligible for a virtual visit, you need access to a device with a camera (i.e., a laptop computer, a tablet or a smart phone).

Stay ready for surgery

If you are awaiting surgery, many of the things you are doing to avoid coronavirus, the flu or another illness will help you maintain good health.

1. **Avoid groups of people.** Avoid crowds, stay away from people who are sick and practice social distancing (maintain 6' of space between people).
2. **Wash your hands frequently,** and always wash your hands after you use the bathroom, blow your nose or cover a cough or sneeze.

3. **Stay hydrated.** Drink plenty of water and non-sugary beverages to maintain good fluid intake. Drinking water is important for maintaining hydration of tissues throughout your body and helping your major organs function efficiently. Eight glasses of water per day is recommended, unless fluid intake is restricted by your doctor.

4. **Eat well.** Good nutrition is important for maintaining health. Eat high-protein, low-carbohydrate foods and plenty of fresh or frozen fruits and vegetables. This anti-inflammatory diet will help to ensure your body is prepared for surgery, but also will support your immune system during heightened risk for any illness.

Try this: choose foods of 5 different colors for your plate (e.g. lettuce salad with sliced strawberries, baked sweet potato, black beans and chicken).

5. **Practice stress relief,** including meditation, yoga or deep breathing. These techniques also work for pain relief. If you smoke, now is a good time to reduce/stop smoking and start using stress-relief strategies.

6. **Move your body!** Walking is excellent exercise, but if joint pain prevents you from walking far, many exercises can be done while sitting in or standing by a chair. Do an activity that increases deep breathing, which delivers fresh oxygen throughout your body.

7. **Go outside on nice days!** A small amount of time spent in the sunshine and breathing fresh air is good for our bodies. Take the precautions you normally take to stay safe.