

YOUR GUIDE ON THE WAY TO ORTHOPAEDIC TREATMENT

ARTHROSCOPY

PATIENT HEALTH,
HUMANITY,
HELPFULNESS

HIGHLIGHTED DATA FOR 2021

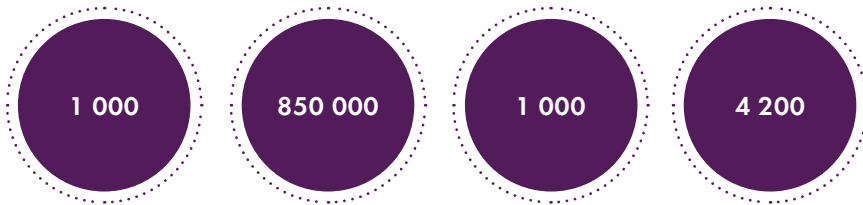


TURNOVER (USD)

EMPLOYEES

INPATIENTS

NEWBORNS



TOTAL
ENDOPROSTHESIS

OUTPATIENTS

NEW ONCOLOGICAL
PATIENTS

ARTHROSCOPIC
SURGERIES

DATA FOR HOROVICE HOSPITAL



OUTPATIENTS

HOSPITAL BEDS

INPATIENTS

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BEROUN REHABILITATION HOSPITAL

ARTHROSCOPY CENTRE

THE BEROUN ARTHROSCOPY CENTRE IS AN OUTPATIENT WORKPLACE PROVIDING SO-CALLED ONE-DAY CARE. PROVIDES TOP QUALITY CARE AS STANDARD.

The surgical services are provided by an experienced team of doctors from the 2nd Orthopedic Clinic of Charles University Hospital in Prague - Motol and are performed in operating rooms with equipment that meets all the requirements for modern surgery and anesthesia. The facility offers high quality inpatient ward facilities for one-day care. The Beroun Arthroscopy Centre provides a full range of arthroscopic procedures ranging from diagnostic and preventive procedures for the early prevention of arthrosis to complex reconstructive procedures.



WHAT YOU MIGHT BE INTERESTED IN WHEN ONE SAYS ARTHROSCOPY

Yes, arthroscopy is a procedure where you can look inside the joint, at the state of its mucous membranes, its cartilage, ligaments and, in the case of the knee joint, the menisci and other structures. No other examination method (X-ray, CT, or MRI) allows such a view. It is a modern diagnostic and surgical method that allows both accurate diagnosis and the performance of a number of procedures associated with treatment and reconstructive procedures for joint disorders.

WHAT IS USED TO ENTER THE JOINT?

An endoscopic device called an arthroscope is used for arthroscopy. It consists of a thin, approx. 20 cm long hollow metal tube with an optical system and a light source. At the same time as the arthroscope, working tools such as probes, gripping forceps, scissors and others are introduced into the joint. Arthroscope includes an optical system or camera. The inner space of the joint is illuminated by a special endoscopic light supplied through a light pipe. The image is captured by the imaging system and displayed and the result is shown on a color monitor.

ADVANTAGES OF ARTHROSCOPY

A huge advantage of arthroscopy is that these procedures are performed from minimal access into the body, really just centimeter-long incisions in the skin and subcutaneous tissue. The surgery is thus a minimally invasive operation, which means much gentler tissue intervention for the patient compared to the classical open surgery. The gentleness of the procedure is then accompanied by less pain, much shorter healing time, no or minimal hospitalization time and thus, of course, shorter rehabilitation and sick leave time, lower complication rate and significantly faster return to normal life or even to sport.

ARTHROSCOPIC SURGICAL SERVICES AT BEROUN

The surgery is a minimally invasive operation, which means a much gentler tissue intervention for the patient compared to the classical open surgery.

Knee joint arthroscopy with treatment of meniscus damage/ meniscectomy, meniscus suture, extirpation of the joint capsule, resection of the plica, debridement of degenerative damage, spongialisations of cartilaginous defects, diagnostic-ambulatory procedure (about 90% of patients are admitted on the day of the procedure and leave 4 to 6 hours after the procedure under short-term general anaesthesia, about 10% of patients are discharged the following day due to their general health and when the procedure is performed under spinal anaesthesia).

Knee joint arthroscopy with treatment of cartilaginous defects with mosaic plastic, after LCA replacement, LCP, synovectomy, surgery of the hinge apparatus of the patella, cartilage transplantation - the patient is discharged within 48 hours after the procedure.

Shoulder joint arthroscopy - diagnosis, SA decompression, stabilization/treatment of recurrent luxation, SLAP, rotator cuff repair, treatment of AC luxation - the patient is discharged the day after the procedure.

Arthroscopy of other joints - elbow joint, ankle joint, hip joint, carpal joint with hospitalization 24 hours in 90%, maximum 48 hours.

CONTINUITY OF CARE

Patients with artificial joints are fully mobilised on day 1 after surgery; on day 5, they can walk independently. Follow-up care takes place in the form of inpatient or outpatient rehabilitation, which the patient arranges individually before surgery with sufficient time in advance. However, we are happy to help our clients arrange follow-up rehabilitation in the partner **Beroun Rehabilitation Hospital**.

STANDARDISATION OF CARE

Standard procedures generate standard results. The standard is set and monitored as a part of our department's accreditation. Despite set standards, our approach to the patient is individual.

OPTIONAL CHOICES

Superior single rooms exist, as well as the possibility of superior accommodation during subsequent rehabilitation in the Rehabilitation Hospital of Beroun.

DEPARTMENTAL ARCHITECTURE WITH RECEPTION

The patient has the possibility to maintain constant contact with the nurse; the nurse is always available.

FAMILY CARE

The surgery is important, but the patient only becomes truly aware of it much later. The care of the nursing staff and the feeling patients take away from the department are more immediate.

TRANSPORT FROM THE HOSPITAL

After implantation of the artificial joint, the patient is transported by ambulance to rehabilitation or some other requested location.

END-TO-END PROCESS

ARTHROSCOPY CENTRE



1 CONSULTATION WITH A PHYSICIAN

The first stage in the application process for arthroscopic surgery is a consultation with a competent physician to assess the client's state of health and suitability for the surgery at Arthroscopy centre. As standard, the consultation takes place via email before the client arrives in the Czech Republic, and always through the Medical Tourism Coordinator. Before the consultation, the client must provide their most up-to-date medical documentation, including an MRI scan, X-rays or photographs (if necessary), and completed questionnaires specifying the state of their health, as well as other requirements.

2 SCHEDULING OF HOSPITALISATION

If surgery is indicated, the date of surgery should be planned.

a. Date of Surgery

After consultation with the physicians and an indication for surgery, the patient chooses the surgery date.

b. Choice of Room

The client then chooses a room from the available options. For capacity reasons, we are not able to guarantee such room; however, we will always try to accommodate the client's requirements. In the arthroscopic centre it is possible to accommodate the client's accompanying person only if there is availability. Arthroscopic centre has single rooms, double rooms and 1 family apartment. If it will not be possible to stay together in one room, we will be happy to help you find suitable accommodation for your accompanying person.

c. Special Requirements

In the case of special requirements other than those indicated in the questionnaire by the patient, these must be communicated before the advance payment is made. Furthermore, we are happy to help our clients with their visa applications.

d. Pre-operative Examinations

The pre-operative examination will first be performed in the client's country and must not be older than 1 month before the scheduled procedure. After the examination is performed, the client is obliged to send us the examination results immediately. The second pre-operative examination will be performed in our hospital before the actual surgery.

A list of and request for pre-operative examinations, including information on medications that must not be taken prior to the orthopaedic procedure, will be provided to the client well in advance.

e. Advance Payment

Before arriving in the Czech Republic, the client is required to pay the invoiced advance of 30% of the total amount due for the ordered services. Only after the payment is credited to the hospital's account is the date of hospitalisation confirmed. In addition, the client is required to sign the Client Agreement and return one copy. The Client Agreement includes attachments, such as informed consents that the client is required to read in advance.

3 TRANSPORT

Transport will be waiting at the airport to take the client to the hospital for admission upon their arrival in the Czech Republic.

When the agreed period of hospitalisation comes to an end, transport is also arranged to a location within the surrounding area pre-specified by the client.

4 HOSPITALISATION

Hospitalisation in the arthroscopic centre usually lasts 2 days, and the client is provided with all medications, consumables, and blood derivatives.

Daily medical rounds are a standard part of hospital care. Additionally, for 2 hours a day the client has at their disposal a medical concierge who accompanies them to pre-operative examinations and interprets between the client and hospital staff. Additional hours for the concierge service are governed by the applicable price list.

If additional above-standard services, or services beyond the scope of healthcare provision under the Agreement have been ordered, the client must pay for such services at the hospital's cash desk on the day before the end of their hospitalisation.

a. Pre-operative Examinations

Prior to the actual procedure, a pre-operative examination must be performed in the hospital to determine possible contraindications to surgery and their resolution.

During the pre-operative examination, the client is accommodated outside the hospital, and the cost of this accommodation is covered by the hospital. In the case of contraindications to surgery detected by the pre-operative examination which require prolonging the stay as part of the pre-operative examination, the client will subsequently pay for this accommodation themselves.

b. Admission to the Hospital

On the day of the pre-operative examination, the client must register at the orthopaedic department on the ground floor of the building, where they sign the informed consents included in the Client Agreement, familiarise themselves with the hospital's regulations, and then pay the outstanding amount for the medical services they have ordered.

c. Initiation of the Therapy Programme

The initiation of the therapy programme begins on the pre-operative examination day. Admission to the hospital is then set to **the day of the actual procedure**. On admission, the client is examined by the surgeon and anaesthesiologist, and informed of the therapy plan.

d. Meals

Our clients are provided with full board during their hospitalisation. The patient may choose from two courses; at the weekend they have only one choice. At the same time, the client's diet and the recommendations of the nutritional therapist are taken into account. Dietary restrictions are particularly relevant to the post-operative phase.

e. Surgery

Procedures are performed under general anaesthesia, and the surgeries typically last up to 1 hour.

f. Termination of Hospitalisation

As a part of the exit examination by the orthopaedist, the client receives a discharge medical report in Czech and instruction from the physician. The medical report is automatically sent in English within 5 working days of the termination of hospitalisation.

5 CLIENT CARE

Because the health of our clients is so important to us, we continue to keep in contact with them even after their hospitalisation has ended and remain fully available to them whenever needed.



INFORMATION ON ADMISSION TO THE ARTHROSCOPIC CENTRE

WE APPRECIATE IT VERY MUCH THAT YOU HAVE CHOSEN OUR FACILITY FOR YOUR THERAPY, AND WE HOPE YOU WILL BE SATISFIED WITH THE CARE PROVIDED BY US.



We would like to provide you with some important information regarding the organisation of your stay at Beroun Rehabilitation Hospital.

Before providing you with the healthcare (a pre-operative examination), you and the medical concierge will go to the reception at the orthopaedic department, where you will register. You will then be given a list and a timetable of the individual pre-operative physical examinations, to which you will be accompanied. Again, please note that you cannot be accommodated in the hospital during pre-operative examinations, transport from your place of accommodation to the pre-operative examination at the hospital will be provided.



Do not leave your room unnecessarily on admission day, but inform the nurse on duty if you must do so. What you can expect on the first day of your stay:

- Preparation of the basic documentation, i.e. a medical history, and an anaesthetic examination where you will agree on the most appropriate form of anaesthesia.
- Afterwards, the admission nurse will take your nursing anamnesis in the inpatient department and familiarise you with the running of the department. Then you will be admitted by the attending physician, who will further familiarise you with the surgery and its course.
- Please give all your medications in their original packaging to the nurse. During hospitalisation all medications must be taken under the supervision of the attending physician and administered by a nurse. If you are taking dietary supplements, you may only take them during your hospitalisation with the approval of your attending physician.

On the day of surgery it is important to follow a strict regime of fluid intake:

- **Please, do not drink, eat or smoke after the midnight!**

Payments for surcharged extra services at the hospital can be made by credit card, bank transfer, or cash at reception on the day before the termination of your stay.

Visits to the department are only possible by prior arrangement with the physician.

If you need to consult with your attending physician, we recommend doing this during afternoon hours (usually between 1 p.m. and 3:30 p.m.). This is individual and subject to prior arrangement.

The inpatient department only admits clients based on advance scheduling. Therefore, the agreed length of hospitalisation, admission, and discharge days must be adhered to. Changes are only possible for serious personal or medical reasons, with the prior approval of the senior consultant.

It is highly recommended to take the time to read more information about the running of the hospital and its paid services.

We wish you a comfortable stay.



DO NOT FORGET TO BRING WITH YOU

WHAT TO BRING TO THE ORTHOPAEDIC DEPARTMENT

- Reports on all pre-operative examinations
- X-rays for the surgery, if available
- Identity document
- Document of travel medical insurance
- Personal and sanitary articles
- Chronic medication in its original packaging

WHAT WE PROVIDE IN OUR DEPARTMENT

- Towel
- Hospital nightdress

CONTACT PERSON

FEEL FREE TO CONTACT US WITH ANY ENQUIRY



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