



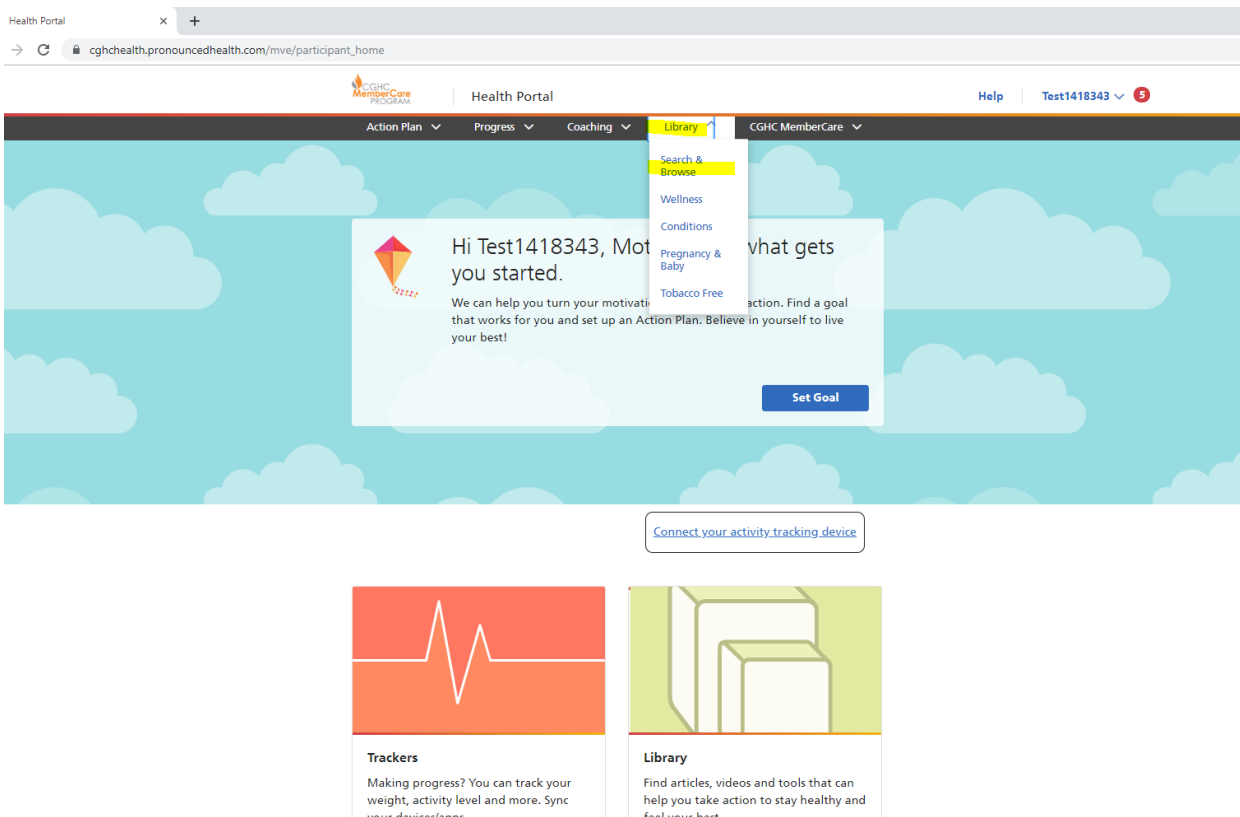
CGHC provides Certified decision making tools to providers through Healthwise related to knee and hip surgery for members with osteoarthritis. The shared decision making tools are designed to help members understand what their best choices / treatment options are.

To access Shared Decision-Making Tools for Hip or Knee surgery, use the following to access:

- <https://cghchealth.pronouncedhealth.com/mve/login>
- Enter User Name: test1418343@gn.com
- Enter Password: asdf

Once you are logged in to CGHC's Self-Management Health Portal (see snapshot below):

- Click on Library Drop down Menu
- Then click on "Search & Browse"



To get shared decision-making tools for knee surgery, type in: “Arthritis: Should I Have Knee Replacement Surgery?”

To get shared decision-making tools for hip surgery, type in: Arthritis: Should I Have Hip Replacement Surgery?

The screenshot shows a web browser window with the URL [cghchealth.pronouncedhealth.com/mve/library/start?name=Library](https://cghchealth.pronouncedhealth.com/mve/library/start?name=Library). The page header includes the CGHC MemberCare PROGRAM logo, "Health Portal", and user information "Help | Test1418343". A navigation bar contains "Action Plan", "Progress", "Coaching", "Library", and "CGHC MemberCare". The main content area features a search box with the text "Arthritis: Should I Hav" and a "Search" button. Below the search box, the text "Browse Main Categories:" is followed by four category cards: "Wellness", "Conditions", "Pregnancy & Baby", and "Tobacco Free".

How can we help you?

Arthritis: Should I Hav

Search

Browse Main Categories:

- Wellness**  
Get resources that can help you lose weight, get in shape, ease stress and more.
- Conditions**  
Check out easy-to-read guidance on common medical conditions.
- Pregnancy & Baby**  
Find info and resources about having and caring for a healthy baby.
- Tobacco Free**  
Learn science-tested techniques that can help you live tobacco-free for good.

Complete the shared decision-making tools / questions with your patients during their visit to help members understand what their best choices / treatment options are.

le&contentId=healthwise://uh1515&category=&tabActive=&start=0&searchType=&searchEntry=Arthritis:%20Should%20I%20Have%

Health Portal | Help | Test1418343 5

# Arthritis: Should I Have Hip Replacement Surgery?

By Healthwise Staff

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You may want to have a say in this decision, or you may simply want to follow your doctor's recommendation. Either way, this information will help you understand what your choices are so that you can talk to your doctor about them.

## Arthritis: Should I Have Hip Replacement Surgery?

1 Get the Facts	2 Compare Options	3 Your Feelings	4 Get the Facts	5 Quiz Yourself	6 Your Summary
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### Get the facts

#### Your options

- Have hip replacement surgery.
- Don't have your hip replaced. Continue to manage your joint pain and other symptoms with other treatments.

This decision tool is for people considering hip replacement surgery. If you are considering other types of surgery for your arthritis, talk to your doctor.

#### Key points to remember

- Most people can manage osteoarthritis pain with medicine, exercise, physical therapy, and weight loss (if they are overweight). If these things don't work, then surgery to replace the hip is an option.
- Arthritis may get worse over time. But it may stay the same or even get better.
- Most people have hip replacement only when they can no longer control pain with medicine and other treatments and when the pain prevents them from doing daily activities.
- People who have this surgery usually have much less pain than before. And they can usually return to activities they enjoy.
- Most artificial hip joints will last for 10 to 20 years or longer without loosening. But this can depend on how much stress you put on the joint and how well your new joint and bones mend.
- If you wait so long to have a hip replacement that you have already lost much of your strength, endurance, and ability to be active, then after the surgery you might have a harder time returning to your normal activities.

#### FAQs

- What is osteoarthritis?
- What is hip replacement surgery?
- What treatments other than surgery are available?
- What should you expect after surgery?



# Arthritis: Should I Have Knee Replacement Surgery?

By Healthwise Staff



You may want to have a say in this decision, or you may simply want to follow your doctor's recommendation. Either way, this information will help you understand what your choices are so that you can talk to your doctor about them.

**Arthritis: Should I Have Knee Replacement Surgery?**

1 Get the Facts	2 Compare Options	3 Your Feelings	4 Get the Facts	5 Quit Yourself	6 Your Summary
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### Get the facts

#### Your options

- Have surgery to replace your knee.
- Don't have this surgery. Instead, use other treatments, like exercise, weight loss (if you're overweight), medicines, or another type of surgery.

#### Key points to remember

- The decision you and your doctor make depends on your age, health, and activity level, and on how much pain and disability you have.
- Most people have knee replacement only when they can no longer control arthritis pain with medicine and other treatments and when the pain really interferes with their lives.
- Rehabilitation after knee replacement requires daily exercises for several weeks.
- Most knee replacements last for at least 10 years. Some people need to have the knee replaced again.
- If you wait so long to have a knee replacement that you have already lost much of your strength, endurance, and ability to be active, then after the surgery you might have a harder time returning to your normal activities.

#### FAQs

- ▶ What is osteoarthritis?
- ▶ What is knee replacement surgery?