

BACK IN ACTION

Glenn "Gus" Hughes of Anamosa isn't one to duck a challenge. So, when he needed knee replacement surgery, Glenn used the determination that kept him sharp as a professional race car driver to find the right orthopaedics team.



Sandeep Munjal, MD
Orthopaedic Surgeon
Physicians' Clinic of Iowa &
Medical Director of Mercy
Orthopaedic Center

Glenn did some research and chose to have his surgery at Mercy by Dr. Sandeep Munjal, Physicians' Clinic of Iowa (PCI) orthopaedic surgeon and Director of Mercy Orthopaedic Center.

For 35 years, Glenn raced professionally in 13 different states. After retiring, he still worked on race cars "but it was hard," the 58-year-old admits. Soon, his knees were painful from his on-site walking as manager at Behrends Crushed Stone quarry in Monticello.

Fast forward to January, when Glenn experienced first-hand the quality care at Mercy, which this year was named as one of the nation's 97 best hospitals for joint replacement surgery by the Centers for Medicare and Medicaid Services.

Glenn calls his meeting Dr. Munjal "a blessing."

"He's awesome," Glenn says. "He's so

precise, right to the point and he talked a long time with me until all my questions were answered."

He soon found that Dr. Munjal and his surgery team follow a precise protocol that ensures successful results. Its precautions minimize the risk of blood clots, infection and other complications.

Glenn was ready for surgery.

"He had very advanced arthritis in both knees — bone on bone," Dr. Munjal explains. "They were also very bowed, which required us to make a significant correction in the leg itself."

Before Glenn's first surgery Feb. 10, Heidi Sandersfeld, PCI physician assistant to Dr. Munjal, explained the risks and benefits of knee replacement and more in a detailed, pre-surgery class.



"That class really helped me," Glenn says. "The surgery was a bigger deal than I could even imagine. But they covered all the bases."

That, Dr. Munjal explains, "is so patients know exactly what to expect."

Glenn's surgery went well. The orthopaedic care provided by Mercy Orthopaedic Center Nurse Manager Jean Cooper was outstanding, Glenn adds.

"She really gave my time at Mercy a personal touch," he says. "The nursing staff was extremely accommodating and very knowledgeable."

Glenn recalls. "But they know their stuff. They really taught me how to work the proper muscles."

Glenn's March 10 surgery to have his second knee replaced also went well. Again, he credits the protocol on pain management, medications, diet and nutrition, and exercise limits.

"The patient's motivation is very important," Dr. Munjal points out. "It's a team approach — the nurses, staff and therapists. And the patient is part of the team. Glenn was very compliant."

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knee
replacements
in
2
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months

Mercy is named one of the nation's 97 best hospitals for joint replacement surgery.

The physical therapy started immediately. "They have the patient walking as soon as they're out of the anesthetic," Munjal explains, "first with a walker, then a cane."

From home — just two days after surgery — Glenn worked with the therapists who visited twice a week to ensure complete recovery, along with Mercy Home Health Care.

"The surgery doesn't take long; the hardest part is continuing to do the exercises every day,"

His staff's pre- and post-operative attention "is key to any successful protocol program," Dr. Munjal adds. "It takes all of them."

Glenn returned to work part-time April 13, still marveling over his positive experience with a procedure so many dread.

"Who knows?" he says, grinning. "It may even be time for a new race car!"

GLENN "GUS" HUGHES IS BACK AT WORK AT BEHREND'S CRUSHED STONE QUARRY IN MONTICELLO AFTER HAVING BOTH HIS KNEES REPLACED.

Learn more about Mercy Orthopaedics at
www.mercycare.org/ortho.