

Coordinated Joint and Spine Care Eases Recovery



Marie Sarubbi,
APN, ONP-C
Orthopedics

Patients come to therapy with Marie Sarubbi, APN, ONP-C, for one main reason. “Most of these people need to be referred because they’re in pain,” Sarubbi, an orthopedic nurse practitioner at Englewood Health, said. “Whether it’s spine, hip or knee, it’s pain that brings them in. The second most important thing to them is lack of function.”

The majority of Sarubbi’s patients are seeing her for arthritis services, including total joint replacements, she said, but there are also a significant number of patients with fractures.

Sarubbi said caring for patients with joint and spine issues requires the collaboration of a multidisciplinary team. Patients who undergo joint and spinal procedures at Englewood Health benefit from a coordinated system of care that supports a smooth and informed process from admission to recovery.

“It’s not only the nurse practitioner and the surgeon, who are the initial people who see the patient, but it’s also the nurses, patient navigators, patient care aides, the visiting nurse service and the physical therapists who go see the patients at home,” Sarubbi explained.

“The push for patients to get home quickly and not go to rehab—to get back to their everyday lives as quickly as possible—has been much more prevalent within the last couple of years,” she added.

Some patients can be intimidated at first when being sent home. To combat this anxiety,

Sarubbi makes herself available. “People email me all the time, and people call me all the time, and I don’t mind that at all,” she said. “That’s all fine because being at home is really the best thing for the patient. The bottom line is we want what’s best for the patient, and they do well when they get home.”

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