



# Home Health Aide On-the-Go In-Service Lessons: Vol. 4, Issue 8: Spinal Surgery (Home Health Aide on-the-Go in-Service Lessons, Volume 4)

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## **Home Health Aide On-the-Go In-Service Lessons: Vol. 4, Issue 8: Spinal Surgery (Home Health Aide on-the-Go in-Service Lessons, Volume 4) Beacon Health**

This lesson on Spinal Surgery includes a complete training packet. Each in-service packet takes approximately one hour to complete and fully meets the Medicare in-service training requirements. As aides need training, you can make as many copies as you want - there s no restriction when used with aides assigned from your office location. Remember that Home Health Aides must have 12 hours of in-service training every year. LESSON OBJECTIVES Upon completion of this program, the home health aide will be able to: Name two common types of spinal surgery List three restrictions patients with spinal surgery may have Identify three complications that could occur after spinal surgery, and List three occasions when the aide should contact the supervisor. OVERVIEW The American Academy of Spine Physicians reports that four-out-of-five adults suffer from back problems at one time or another. Not all back problems require surgery and many conditions can be improved with conservative measures such as physical therapy, anti-inflammatory medications, epidural steroid injections, improved body mechanics, and weight loss. Some common conditions that occur with aging, such as degenerative disc disease, which causes the wearing away of the cushion (disc) between the vertebrae, may cause lower back pain. This condition cannot be treated with conservative measures and requires a spinal fusion. Osteoporosis may also cause weakening of the vertebral structures and result in the need for spinal fusion. Kyphosis, scoliosis, and spondylothesis may also precipitate the need for spinal surgery. Some patients may require home health care following spinal surgery. Home health aides may be assigned to assist with bathing, dressing, and household activities.

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