

Presentation Abstracts

Theme 1: Innovation in models of care

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Abstract title: *Effective joint replacement – Redesign of care pathway*

Introduction: In September 2014 the physiotherapy department, in conjunction with the orthopaedic surgeons, nursing, occupational therapy and pre-admission, redesigned the pathway of care for elective joint replacements in response to an organisation assessment which demonstrated significant wait list for elective joint replacement and a length of stay of 10 days.

Previous patient journey

1. THR/TKR clients were put on the wait list for THR/TKR
2. Patients were seen in preadmissions clinic 4-6 weeks prior to surgery
3. Patient stayed in hospital 7 days and
4. 1 patient had procedure performed daily excluding weekends.

Objectives:

- Reduce patient's length of stay in hospital post operatively.
- Improve patient's quality of life and management pre and post to surgery.

Methods: Implement internationally recognised 'enhanced recovery' program. Each client has pre-operative rehabilitation appointments every 3 months for active exercise and education whilst on the wait list. Inpatients receive twice daily physiotherapy, seven days a week, aiming for 4 day length of stay (LOS). Clients having morning surgeries are mobilised same day to assist with early recovery. An expansion of the Subacute Ambulatory Care Service (SACs) services for post-operative physiotherapy also includes review within 10 days of discharge and weekly attendance of group therapy.

Results: All patients on the elective waiting lists have been reviewed in the pre-operative rehabilitation clinic. 80% of patients were successfully mobilised on day of surgery. Data demonstrates in both populations a consistency in reduction of median LOS to 4-5 for hips and 5-6 days for knees.

Conclusions: The physiotherapy department and members of the healthcare team at South West Healthcare saved 124 bed days on the routine joint replacements between September 2014 and April 2015. This equates to 186 beds per year, which provides capacity for 32 additional joint replacements patients per year.

Biography

Margot has worked as a physiotherapist at South West Healthcare for 32 years. She has undertaken this project to redesign the pathway and improve the rehabilitation outcomes for clients with joint replacements.