



Service Priorities and Programmes Electronic Presentations

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Service Enhance for patients with Total Joint Arthroplasty through Strengthening of Pre-operative education and Fast track concept in Multi-disciplinary approach

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Introduction

Aging population is recognized as a global issue of increasing importance. As the population aged, higher rates of chronic illnesses such as hypertension, diabetes and osteoarthritis etc. that appear later in the life (AARP, 2009. AIAW, 2013) was expected. Hip and knee osteoarthritis are the leading musculoskeletal disability in the elderly around the world. Total knee arthroplasty (TKA) and Total hip arthroplasty (THA) are both highly successful and effective treatment for end-stage joint arthritis (AAOS, 2009). A multi-disciplinary team approach with protocol driven management for patients under TJA has been in place in QMH since 1996. With concerted effort, the patient hospital length of stay (PHLOS) in both acute and rehabilitation hospitals and the outcome have been well improved all over years. Nevertheless, there was a further deduction of PHLOS in 2015, with the fast track protocol and strengthening of pre-operative education in multi-disciplinary approach. It was demonstrated to improve the patient satisfaction.

Objectives

fast track protocol and strengthened up of pre-operative education could reduce the PHLOS in acute hospital.

Methodology

The pre-admission program for patients under TJA has been revised. The revised pre-admission program has a strong pre-operative educational component with multidisciplinary approach. By reducing patient anxiety, we had clearly defined daily post-operative goals. Patients were much better prepared and understand for their surgery and post-operative period. Through a comprehensive pre-operative education, this can empower patients to take ownership of their care and improve motivation, essential for direct discharge home. A patient satisfaction survey is conduct. With multidisciplinary collaboration, multimodal analgesia by Anaesthetist and local anaesthetic infiltration by surgeon. The patient can start ambulation in immediate post-operatively. Also, prevention and early detection of any complication by nurse is

important. Therefore, nurses are educated accordingly.

Result

From 2012 to 2014, there were average around 80 patients after total joint arthroplasty were directly discharge home within a week. With the implementation of the fast track concept and pre-operative education by multidisciplinary, the number of directly discharge home was increased to 150 patients in 2015. In summary, with the fast track protocol and strengthened up of pre-operative education could reduce the PHLOS in acute hospital. It has positive impact on patient care and facilitate patients having early rehabilitation after TJA in order to accelerate early re-integration to the community.