



Service Priorities and Programmes Electronic Presentations

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Exercise Education Given before Operation and Rapid Mobilization after Operation can Facilitate Early Discharge of Patients with Total Joint Replacements

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Introduction

Fast track total joint replacement program involves pre-operative patient's education, rapid mobilization on day 0 post operation and early hospital discharge with home exercise program. This program is widely adopted in overseas countries and at some Hong Kong centers. The Duchess of Kent Children's Hospital at Sandy Bay started performing surgeries for total joint replacements since June 2015. Physiotherapy department has incorporated this management approach.

Objectives

1. Enhance post-operative rehabilitation process 2. Facilitate early discharge of patient after surgery 3. Reduce demand of physiotherapy out patient service

Methodology

Patients scheduled for total joint replacement surgeries would be provided with education on the post operation exercise and mobilization program before surgery. Pamphlets were given and supplemented with explanation by physiotherapists. Exercise, transfer and ambulation were demonstrated to let them familiarized with the process and be better prepared for the rehabilitation after operations. Rapid mobilization was started on day 0 after operation. Home exercise program was given to empower patients to continue home based rehabilitation after discharge.

Result

There was a total of 32 admissions for total joint replacement from June 2015 to December 2015. The average length of stay was 5.6 days (range from 4-7days). Upon discharge, all patients were able to walk independently unaided or with a stick. Only 4 patients required further out patient physiotherapy after discharge. Exercise education given before operation and rapid mobilization after operation can facilitate early discharge and reduce referral to outpatient physiotherapy service after discharge for patients requiring total joint replacement.