



Can Immediate Ambulation of Patients with Total Knee Arthroplasty Reduce Hospital Length of Stay?

Mr. Yip Ho Ting ¹

Ms. Lam Yuen Ha, Rita¹

Ms. Lam Lam, Priscillia ¹

Dr. Chan Ping Keung ²

Prof. Chiu Kwong Yuen, Peter ²

Dr. Chan Chi Wing, Timmy ³

¹ Department of Physiotherapy

² Department of Orthopaedics & Traumatology

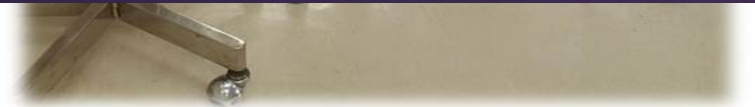
³ Department of Anaesthesiology

Queen Mary Hospital



Aim

To evaluate the outcome of the Day Zero Ambulation Programme by analyzing the length of stay (LOS) of these patients in an acute hospital.



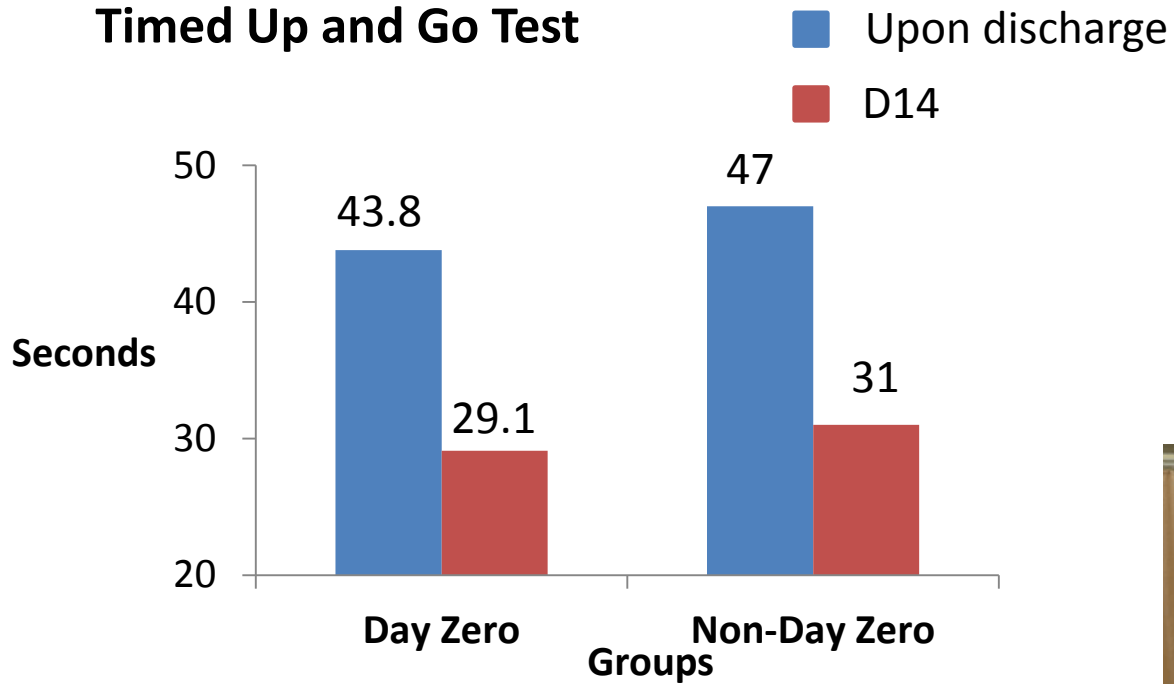
**Hospital Length of Stay of TKA patients
with Day Zero ambulation had been shortened by an
average of
1.2 days (about 15%)**

Day Zero

Groups

Non-Day Zero

Timed Up and Go Test



Demonstration of Timed Up and Go Test





The patient can practice walking with assistance of medical staff on the same day of operation.

Early ambulation scheme reduces hospital length of stay

With reference to literature reviews and overseas clinical attachments, Day Zero Ambulation Programme was pioneered a year ago by the Department of Physiotherapy, Division of Joint Replacement Surgery of Orthopaedics and Traumatology Department and Department of Anaesthesiology of Queen Mary Hospital.

The Programme enables patients to walk on the day of primary total knee arthroplasty without the need for bed rest. They can then start rehabilitation training with a physiotherapist on the day of operation, including knee mobilisation exercises, quadriceps strengthening exercise

封面故事 | COVER STORY

- Will prepared for emergencies
- "Actions are more powerful than words."
- Similarities and differences
- Tidbits about drills
- What are the jargons used in a drill?
- What are the major categories of exercise?
- How long does it take to prepare for an exercise?
- What are types of role in an exercise?
- What major communication tools are used in an inter-departmental exercise?
- Example of international exercise?



From the editor
Editorial board
Editorial team

港內新聞 | WHAT'S NEW

- HA Corporate Website Awarded for High Transparency
- Integrated Support Services for Elderly Patients Wins International Laurels
- HA Eye Bank Sets Eyes on International Standard

HA 新聞專門人 | HELEN HA

- HA CE thumbs up for creative humour on promotion of flu vaccination

專欄 | FEATURE

- HA Toxicology Reference Lab publishes Hong Kong's first atlas of

Importance of pre-op education --> enhance Day Zero ambulation