



Estimated Discharge Date for Total Knee Replacements & Total Hip Replacements

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Innovation Unit Update Meeting

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Arthroplasty Care Redesign Team

- **Team Leaders:**

- Andy Freiberg, MD
- Greg Pauly
- Jill Pedro, RN
- Rob Peloquin, MD

- **Project Support:**

- Clinical Decision Support Unit
- Clinical Care Management Unit
- Laboratory of Computer Science

- **Team Members:**

- Bonnie Chabra
- Mary Cramer
- Bethany Daily
- Bob Dorman, DPT
- David Gaynor
- Brianna Germain
- Nan Jones
- Lauren Lebrun
- Wilton Levine, MD
- Terri MacDonald, RN
- Kelsey McCarty
- Emily Mulla, NP
- Maryellen O'Dea
- Jim Rathmell, MD
- Pam Tobichuk, RN

EXCE*L*erated Recovery Program:

Introduction

- The goal of the *EXCE*Lerated Recovery Program is a 2 day LOS for patients meeting criteria to be discharged to home following their stay in the hospital
 - Approximately 50% of total joint replacement patients will qualify for the program³
- Several guiding principles were followed in designing the *EXCE*Lerated Recovery Program pathway:
 - Maintain highest levels of patient care, quality and outcomes
 - Improve patient satisfaction through new educational materials and increased care coordination
 - Streamline workflows

³Patients are identified as *EXCE*Lerated Recovery candidates based on Risk Assessment Prediction Tool (RAPT) score. Patients scoring 7 or higher will qualify for the program.

Risk Assessment Prediction Tool (RAPT)

Risk Assessment Prediction Tool		
Patient Name / MRN: _____ (Place Label Here)	What is the best way for our nurse manager to contact you?	
	Patient Home Phone: _____	
	Patient Cell Phone: _____	
Date of Assessment: _____	Patient Work Phone: _____	
Date/Planned Surgery: _____	Patient Email: _____	
Question	Please select one answer for each question. Leave blank if you are unable to answer any.	Office Use Only
Would you have a discharge preference for after surgery?	Home	
	Post Acute Facility	
	Undecided	
What is your age?	Less than 65 years	2
	66-75 years	1
	Greater than 75	0
Gender	Male	2
	Female	1
How far, on average, can you walk? (a block is 200 meters)	2 blocks or more (with or without rest)	2
	1-2 blocks (the shopping center)	1
	Housebound (most of the time)	0
What do you currently use to help you to walk?	Nothing	2
	Cane	1
	Walker/Crutches	0
Do you currently have help from the community (home health aide, visiting nurse, meals on wheels)?	None or one visit per week	1
	2 or more visits per week	0
Will someone be available at home to assist you after discharge from the hospital?	YES	3
	NO	0
Total Score:		

A RAPT score of 7 or greater and a planned discharge for HOME qualifies a patient for the Rapid Recovery Program

EXCE*L*erated Recovery Program: Guiding Principles & Key Features

- Key features:
 - Early mobilization
 - Patients ambulate on the day of surgery with assistance from Physical Therapy and Nursing
 - Standardized medical management
 - Patients' post-op pain management and care instructions are geared toward increased mobility and rapid rehabilitation
 - Enhanced care coordination
 - Multidisciplinary team coordinates care across patient journey
 - Patient centered care
 - Patients understand their plan of care, and work with their care team earlier in the process

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Patient Guides

Essential step-by-step guidance from meeting our doctors, preparing for surgery and what to expect afterwards.

- Hip Replacement PDF | Video
- Knee Replacement PDF | Video
- Foot & Ankle Treatments Guide
- Trauma Patient Guide



Preparing for Surgery

Pre-surgical checklist to complete before your surgery at MGH Orthopaedics.

- Preparing for Surgery Checklist
- Our Treatments & Services



Rehabilitation Protocols

Detailed physical therapy protocols for our Sports Medicine patients and Joint Replacement patients.

- Sports Medicine Rehab
- Shoulder Theraband Demos Videos
- Total Hip Replacement Rehab
- Total Knee Replacement Rehab



Patient Education Videos



Aches & Joints



Grand Rounds

EXCELerated Recovery Program: Patient Pamphlet

Front

**MASSACHUSETTS
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ORTHOPAEDICS

**Hip & Knee
Joint Replacement Surgery**

**What should I expect once
I have decided to have hip
or knee replacement surgery?**

1. Your surgeon's office will schedule all of the following for you:
 - Surgery
 - Pre-Admission Testing Visit
 - Joint Replacement Education Class (recommended)
2. You will be contacted by MGH Case Management approximately 1 month prior to your surgery to schedule a 30 minute telephone interview with your Orthopaedic Nurse Case Manager. The purpose of the interview is to make custom arrangements for your continued recovery following your hospital stay. (You can contact MGH Case Management at 617-724-6860 should you have questions in advance of your telephone interview.)
3. Your surgeon will provide you with specific information on how to prepare for your surgery, stay in the hospital and follow-up care.

Back

**Hip & Knee
Joint Replacement Surgery**
Frequently Asked Questions

Q. Following my joint replacement surgery, how long will I recover in the hospital?
A. Patients typically stay in the hospital 2-3 days following surgery. Some patients qualify for the **Rapid Recovery Program**. This is an accelerated rehabilitation program for patients that are planning to be discharged to home. Your surgeon and case manager can provide you with further details on the program and let you know if you qualify.

Q. Where will I recover following my stay in the hospital?
A. Your Preadmission Orthopaedic Nurse Case Manager will assist you in selecting a recovery setting suitable for your needs. Many patients are able to discharge directly to home. After-hospital recovery options include outpatient physical therapy, home care services (nursing and/or physical therapy) and skilled nursing facility rehabilitation.

Q. If I want to further research total joint replacement surgery on the internet, which websites do you suggest I refer to?
A. Patient education materials and videos are available on the MGH Orthopaedics Hip & Knee Replacement Service website: www.massgeneral.org/ortho/hipandknee/

Additional information can be found on the American Academy of Orthopaedic Surgeons (AAOS) website: <http://orthoinfo.aaos.org/>

EXCELerated Recovery Program: Patient Bedside Card

Total Hip/Knee Replacement Rapid Recovery Patient Goals

Date of Surgery: _____

Anticipated Discharge Date: _____

Notes: _____

*** If I am unable to achieve these goals, I will discuss my continued treatment plan with my care team***

Goals for Day of Surgery:

- My care team will help me to sit upright at the side of my bed
- My nurse will remove my urinary catheter
- I will get up and use the bathroom with assistance

Goals for 1 Day After Surgery:

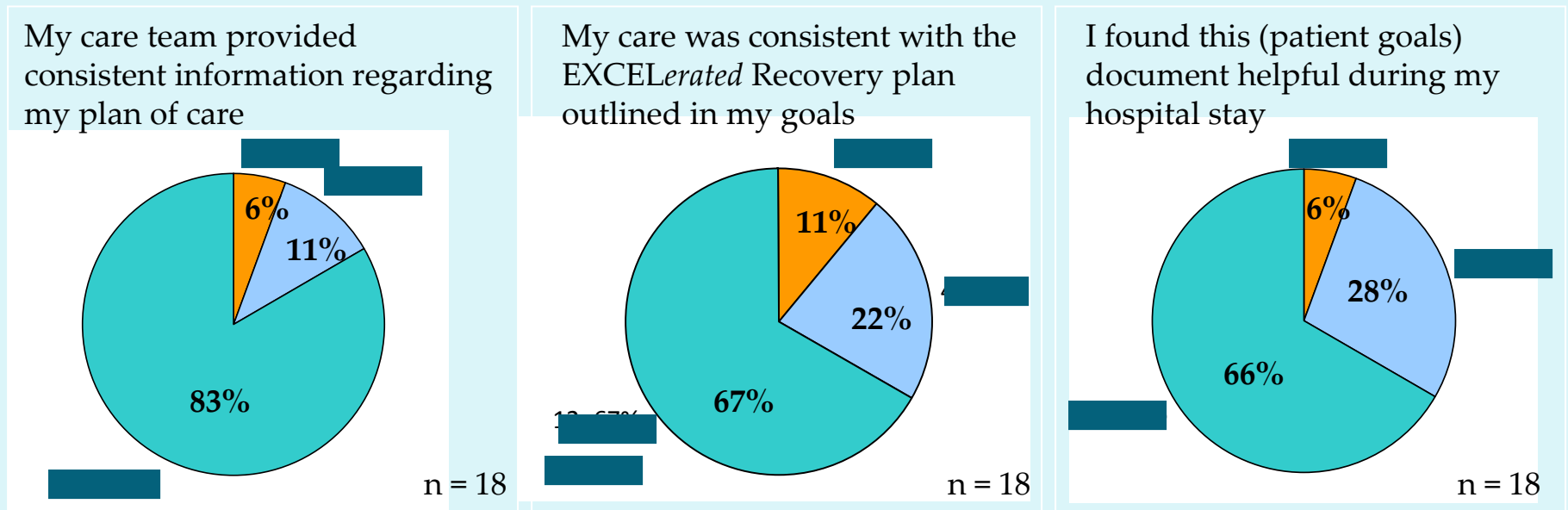
- I will eat my meals in the chair
- I will go to the bathroom with assistance
- My Physical Therapist will work with me in the morning and afternoon
- I will walk with a walker or crutches
- My care team will review my discharge plans with me, including:
 - Confirming my transportation and discharge time
 - Getting prescriptions filled
 - Understanding how to use anticoagulation medication
 - Calling family/friends to inform them of my discharge plans
- If I have a hip replacement I will work with my Occupational Therapist in the afternoon
- I will get dressed safely with my new hip/knee with help from my care team

Goals for 2 Days After Surgery:

- My Physical Therapist will work with me to achieve mobility goals to discharge home
- I will independently administer my anticoagulation medication
- I will understand and communicate my discharge medication plan to my care team
- I will have a plan to pick up my discharge prescriptions
- I will get to go home where I will carry out my continued care plan

Patient Feedback

- Results from EXCELerated Recovery Program patient survey suggests program integrated into care plan and effectively communicated



- Positive narrative comments from patients⁶:
 - “..I was surprised at how much I could do immediately after knee replacement with physical therapy... I was pleased I was able to move along as a fast track patient and become mobile quickly”
 - “Everything from surgery to nursing care to PT work was wonderful”
 - “Dr. X and his care team have been amazing at all levels – a fine doctor surrounded by a quality team of health professionals”
 - “My care team gave me very good instructions”

⁶See appendix slide 29 for example of patient feedback survey

Estimated Date of Discharge

- Multidisciplinary Rounds (ND, CNS, ARN, Team Rep.- N.P., CM, PT, OT, Social Service, Nutrition)
 - ARNs presents each patient utilizing PEPL
 - Address care plan, goals for the day, education needs, barriers to d/c, estimated d/c date
 - Discharges for the day reviewed with staff
 - Estimated date of discharge reviewed and written on board
 - OA updates C-beds/ and board at the desk
 - ARN continues to communicate with multidisciplinary team throughout day as the plan evolves

Patient: Ellen

Date: 3/18/14

Nurse: Jen

Doctor: Hornbeck

Care Team: ortho onc

Hourly
den

pain meds due 6³⁰ pm

Estimated Discharge Date: 3/19/14

Goal for the Day:

HAVE A WONDERFUL DAY!

Questions for your Care Team: ? Advair

Elison 6108

617-724-4669

hourly rounds:

3 4 5 6 7 8 9 10 11

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