BACKGROUND – THE PROBLEM...

Historically, average length of stay for hip and knee surgery was approximately 6 days at the Wrexham Maelor Hospital; despite being reflective of the national average. European centres (Hvidovre Hospital Denmark) had proved that this could be halved whilst improving quality of life and increasing patient satisfaction.

Clinical evidence supports the notion that functional recovery and a return to independent living is accelerated by timely hospital discharge. This has a positive influence on reducing post-operative complications, infection rates and cost through reductions in length of stay.

However, conventional practices are not designed to accelerate convalescence, with inconsistent pathways which provide acceptable – not excellent outcomes, limited satisfaction and keep patients in hospital for longer than is clinically necessary.

Thus clinical teams were keen to make an improvement...

INTRODUCING THE RAPID RECOVERY PROGRAMME...

Aim of the Programme – To redesign our existing Orthopaedic pathway (using Kehlet’s model) to positively influence the patient care process before, during and after joint replacement surgery. It works on the idea of multi-modal intervention at the following stages:

PRE-OPERATIVE - PATIENT INFORMATION

Patients attend an educational ‘Joint School’ prior to surgery, an interactive MDT-run education afternoon. Patients are encouraged to bring a friend or relative to act as their ‘coach’ through the recovery process. Here they meet their ‘care team’ including Surgeon/Anaesthetist, Physiotherapist, Occupational Therapist, Pharmacist, Ward, District Nurse and Patient-Rep.

‘You are not ill’ - A consistent message given throughout the session and patients leave with an estimated discharge of between 1-3 days.

PRE-OPERATIVE - PATIENT AND COACH EDUCATION

 Patients attend an educational ‘Joint School’ prior to surgery, an interactive MDT-run education afternoon. Patients are encouraged to bring a friend or relative to act as their ‘coach’ through the recovery process. Here they meet their ‘care team’ including Surgeon/Anaesthetist, Physiotherapist, Occupational Therapist, Pharmacist, Ward, District Nurse and Patient-Rep.

‘You are not ill’ - A consistent message given throughout the session and patients leave with an estimated discharge of between 1-3 days.

PERI/POST-OPERATIVE

Key elements are:

• Regional anaesthesia and pain protocols sympathetic to early mobilisation (particularly LIA – Local Infiltration Analgesia)
• No use of PCA’s, Drains or Catheters
• Mobilisation on Day 0
• Standardised post op procedures i.e. patients out of bed and dressed on day 1

EFFICIENCY MEASURES – LENGTH OF STAY

Outcome Measures – PROMS ‘OXFORD SCORE’

<table>
<thead>
<tr>
<th></th>
<th>National Length of Stay</th>
<th>Wrexham Length of Stay</th>
<th>Average health gain</th>
<th>% of pts mobilised day of surgery</th>
</tr>
</thead>
<tbody>
<tr>
<td>Knees</td>
<td>6 days</td>
<td>2.8 days</td>
<td>14.5 points</td>
<td>94%</td>
</tr>
<tr>
<td>Hips (Anterior)</td>
<td>n/a</td>
<td>2.3 days</td>
<td>21 points</td>
<td>Data capture commenced in January 2011</td>
</tr>
</tbody>
</table>

WHERE NEXT?...Betsi Cadwaladr University Health Board is committed to the spread and sustainability of the Rapid / Enhanced Recovery Programme across the organisation.

A MESSAGE FOR OTHERS

Large-scale transformational change in Orthopaedics can occur without significant financial investment. The quality and efficiency gains prevalent within our Enhanced Recovery Programme are by and large the by-product of changing culture and ‘the way we think’ clinically.

Fundamental to this was strong clinical leadership and a cohesive and engaged musculo-skeletal team.

EUROPEAN CENTRE OF REFERENCE

The Betsi Cadwaladr Wrexham Maelor Hospital is now a European centre of reference for the Rapid Recovery knee replacement programme. To find out more visit www.rapid-recovery.co.uk