

Orthopaedic Rehabilitation in the Home - RMH

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Orthopaedic Rehabilitation in the Home

- Early D/C of elective patients following joint replacement surgery
- Multidisciplinary service provided
- Started in Dec 2003 as a bed substitution model (CRAFT funded)
- In July 2005 became SACS funded

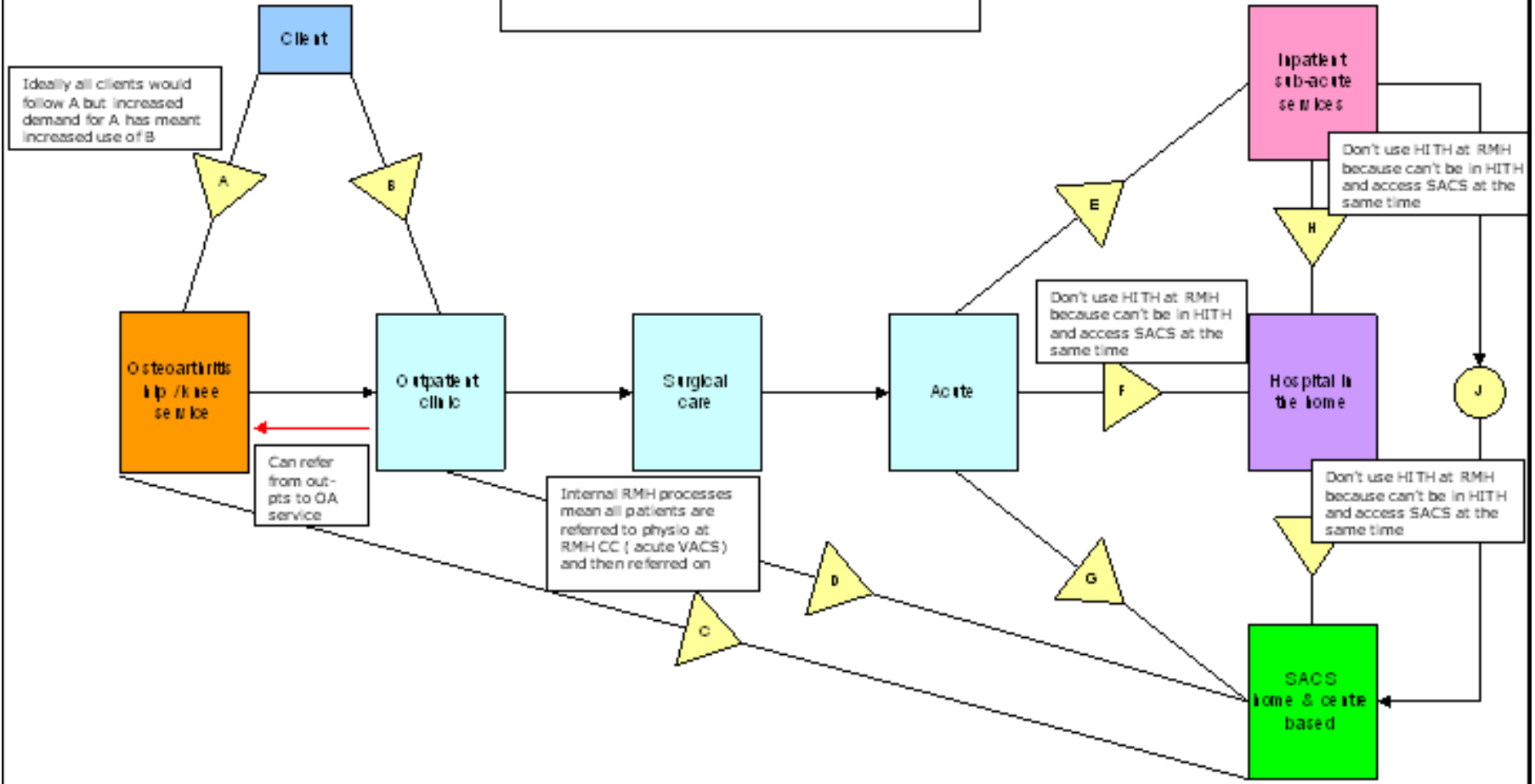


Orthopaedic Rehabilitation in the Home

- Integral part of the Elective Orthopaedic Pathway at Royal Melbourne Hospital
- One possible D/C path



Elective Orthopaedic Patient Pathways Total Hip and Total Knee Replacement



Elective Orthopaedic Patient Pathways

Orthopaedic out-patients

- OA service (physio-led) to optimise conservative management
- Consultant review – patients added to joint replacement surgery waiting list
- MAPT scores monitored



Elective Orthopaedic Patient Pathways

Pre-admission clinic

- Nursing Assessment using RAPT tool
- Consent for RITH
- +/- OT assessment

- Recent audit - 74% accuracy PAC predicting correct D/C destination. Wrong prediction mainly due to medical complications post -op



Elective Orthopaedic Patient Pathways

Inpatient Stay

- Early decision about suitability for ORITH and review of other patients not previously identified (eg #NOF)
- Start preparing the patient from Day 1
- Communication is the key



Elective Orthopaedic Patient Pathways

ORITH Team

- Nursing, PT, OT, Orthopaedic medical unit
- Nursing, PT and OT all provided by Orthopaedic ward staff – focus on continuity of care
- Referral on to other services as needed
- D/C summary / feedback sent to pt's GP



ORITH Admission Criteria

- Catchment
- Consent
- Family/carer support
- RAPT score 6 or higher
- Home visit risk assessment completed



ORITH Admission Criteria

- Medically stable
- Bed and chair transfers with minimum assistance
- Walking greater than 20 m with gait aid
- Able to negotiate steps with gait aid or rail
- Minimal assistance with personal care



ORITH data (Oct 08 – March 09)

- 51 patients: 20 TKR, 31 THR
- Mean D/C day 4 post-op (range: 2-6)
- Mean LOS in ORITH 15 days (range 9-28)
- Average number of visits per patient:
 - Physio: 3.8
 - Nursing: 3.6
 - OT: 0.4
- 47 patients referred for follow up therapy

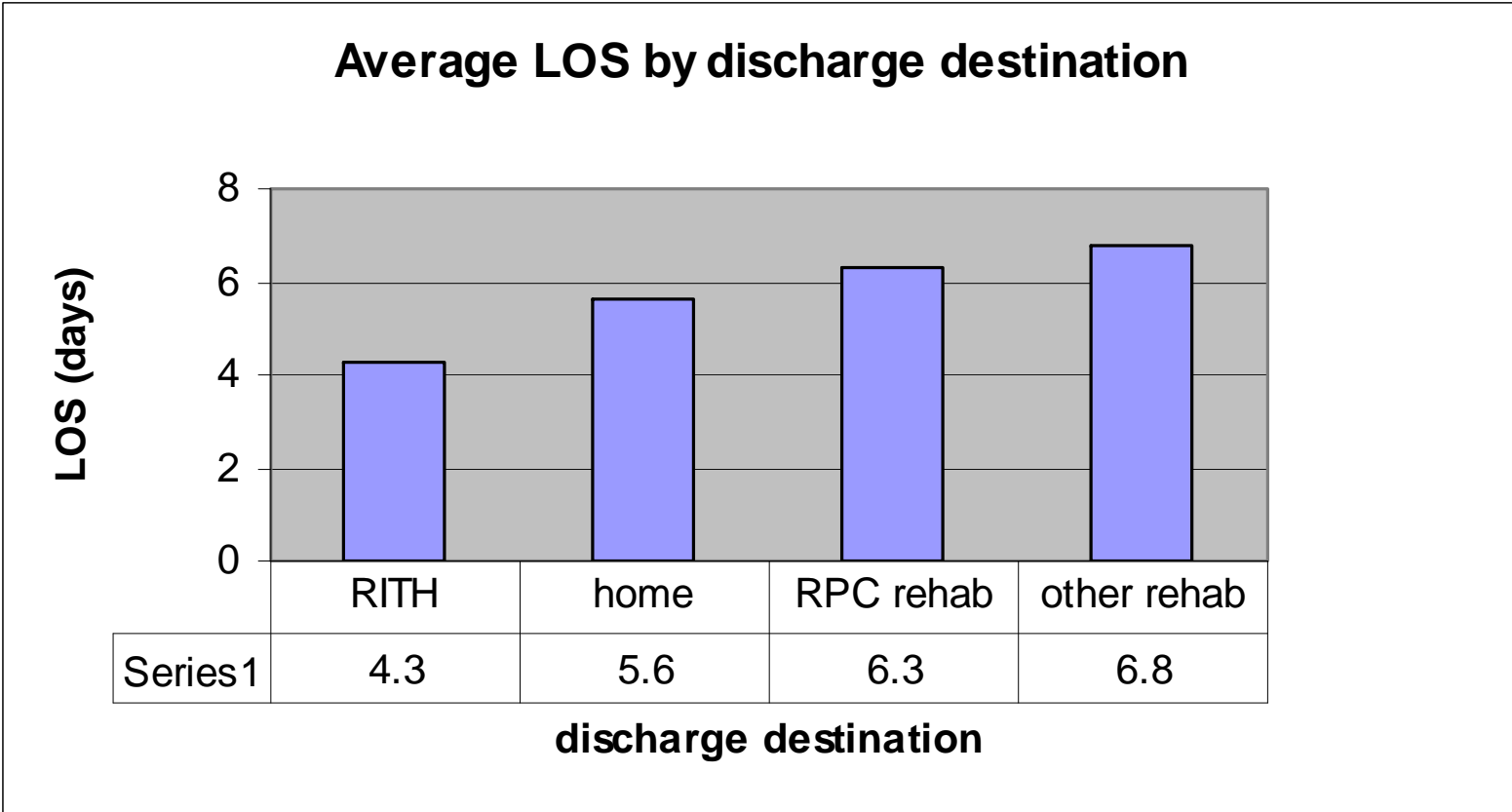


ORITH data (Oct 08 – March 09)

- 4 patients developed complications and readmitted to RMH
- 2 wound infections
- 1 PE
- 1 hip dislocation

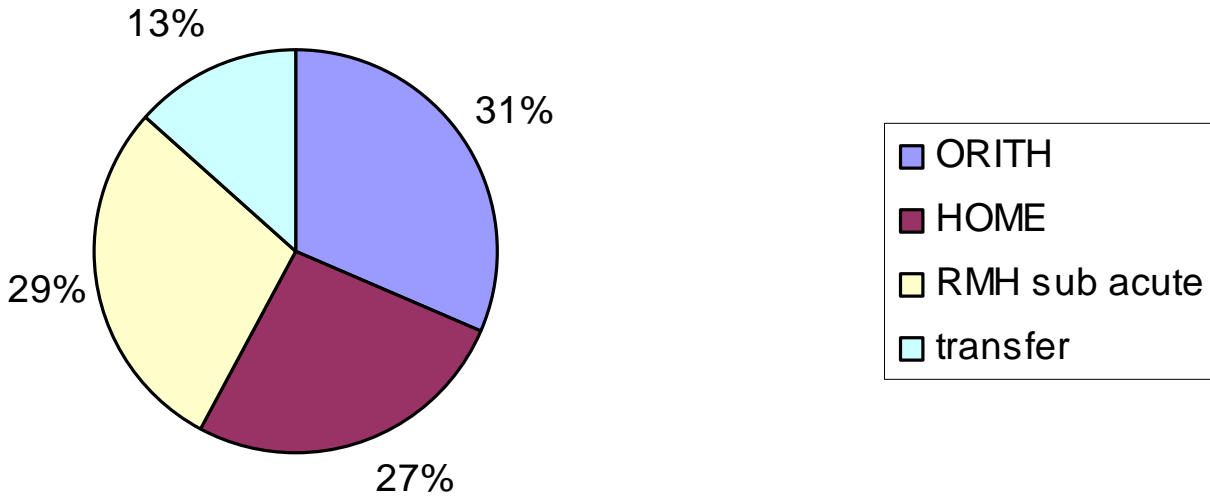


Acute Inpatient Length of Stay



ORITH as D/C destination

Joint Replacement by D/C destination



Summary

Orthopaedic Rehab In the Home:

- Enables early discharge of elective joint replacement patients
- Utilises a multidisciplinary team approach
- Facilitates continuity of care for patients



Questions?

