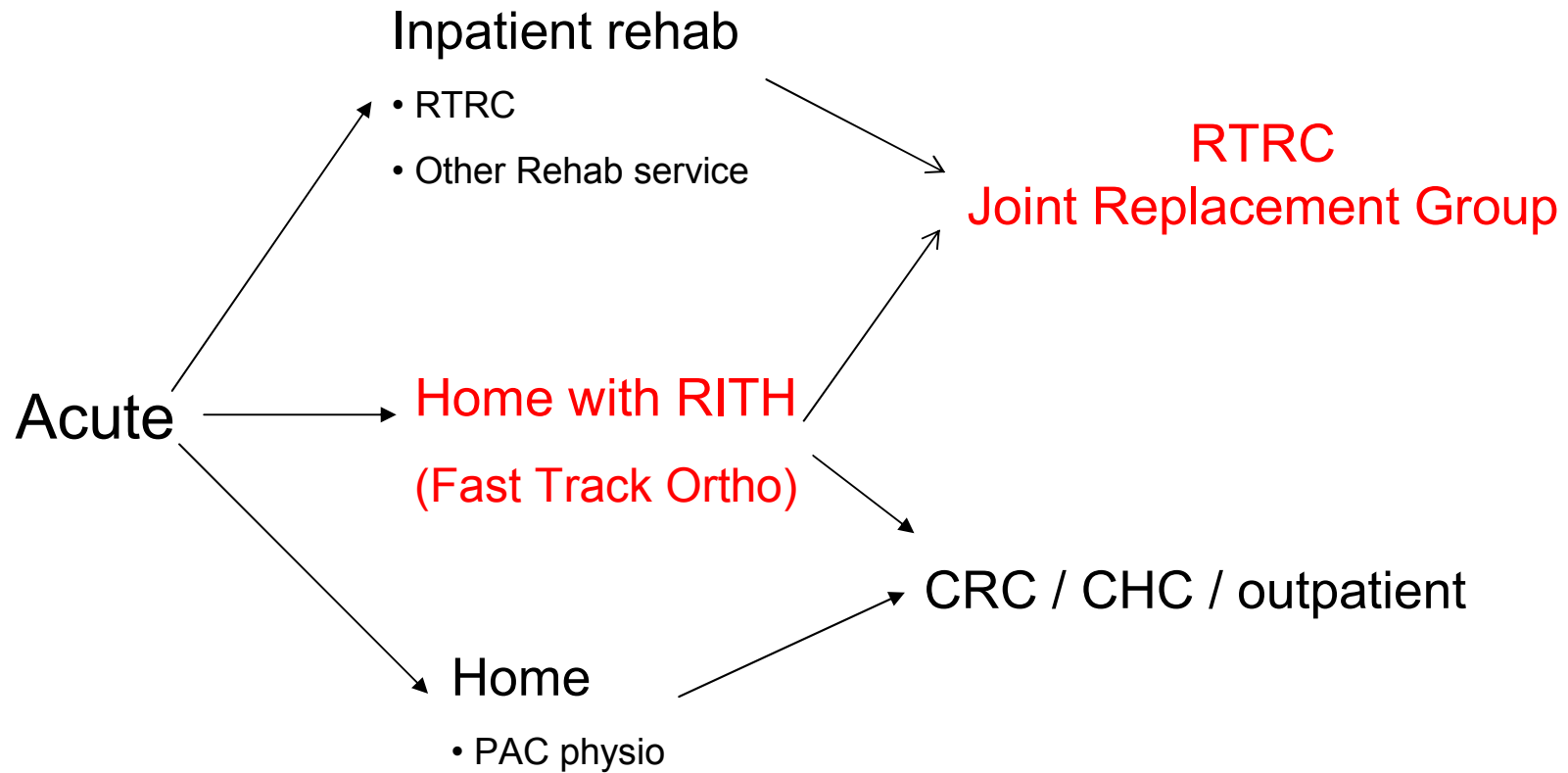




Fast Track Orthopaedic RITH

Phuong Phan – Ambulatory Care Physiotherapist
Royal Talbot Rehabilitation Centre

Elective surgery discharge pathways



Fast Track Ortho

- Screened at Austin pre-admission clinic
 - Catchment
 - Consent
 - RAPT score 6 or higher
 - Family / carer support
- Admission criteria post-surgery:
 - Medically stable
 - Independent transfers and gait
 - Able to negotiate steps if required
 - Home visit risk assessment completed

April – Sept 2009 Review

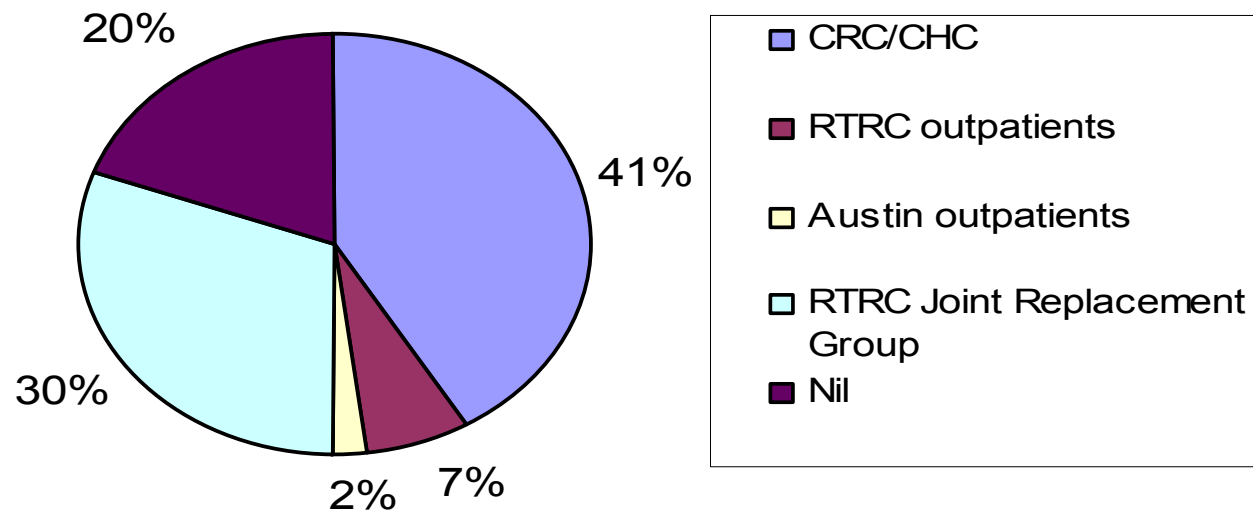
- 48 patients
- Austin LOS 4.6 days
 - Incl. 6 patients delayed LOS (7-10 days)
- 100% started physio day after Austin d/c (excl. weekends)
- Fast Track Ortho LOS:
 - Average 17 days (range 3 – 34)
- Home PT sessions per patient:
 - Average 6 sessions (range 3 – 12)

April – Sept 2009 Review

- 4 patients developed complications that required hospital readmission:
 - 1 urinary retention
 - 2 excessive swelling
 - 1 PE
- Cancellations (did not commence) – 39%
 - » Sent to inpatients – 74%
 - » Surgery delayed / cancelled – 19%
 - » ICU – 3%
 - » Out of area – 3%

April – Sept 2009 Review

Follow up Physiotherapy



Joint Replacement Group

- Commenced at RTRC June 2009, 30 patients
- Aims:
 - Reduce Fast Track Ortho LOS
 - Timely delivery of therapy and avoiding waiting list periods
 - Provide continuity of care
 - Use therapists' time efficiently
- Referral sources: Fast Track Ortho, RTRC outpatients
 - ? RTRC inpatients
 - ? straight from Acute

Joint Replacement Group

- Exercise class 2 times per week, with optional hydrotherapy prior to class
- Approx 6-8 week program
- Patients work independently on specific exercises set for them by physio
- Physio provides exercise progression and individual treatment as required

Fast Track Ortho...ongoing considerations

- Managing cancellations
 - Resource intensive for RITH physios who allocate times to see these patients
 - Unexpected therapy gaps in the week
- Outcome measures
 - ? Functional measures during the home-based period
 - Map a patient's progress from OAKHS review discharge
post replacement episode

Summary

- Fast track orthopaedic RITH:
 - Enables early discharge of joint replacement patients
 - Prevents unnecessary inpatient rehab bed admissions
 - Supports patients' recovery at home
 - Increases RITH physios job satisfaction
 - » Compliant and motivated patients
 - » Varies caseload – ortho and neuro