

Outcomes from the first 12 months following implementation of a day-case hip and knee arthroplasty pathway in an NHS Hospital



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Aim

Evaluate the implementation of a day-case pathway for total hip (THR), total knee (TKR) and unicompartmental knee (UKR) arthroplasty within an NHS hospital

PRIMARY OUTCOME: successful same day discharge

SECONDARY OUTCOMES:

- Length of hospital stay
- Post-operative pain scores and
- Opioid consumption
- Time to first mobilisation
- Performance during physical therapy
- Surgical and medical complications
- 30-day re-admission rate

Analgesic Protocol

0 – 48 hours post-operative

eGFR >30mls/minute and <75 years old	eGFR <30mls/minute or >75 years old
Paracetamol 1g QDS	Paracetamol 1g QDS
MST morphine sulphate 15mg BD	Oxycodone MR 5mg BD
Morphine sulphate liquid (10mg/5ml) 10mg – 20mg every 3 hours PRN	Oxycodone liquid (1mg/1ml) 2.5mg – 5mg every 3 hours PRN

> 48 hours post-operative

Dihydrocodeine 30mg QDS PRN

Methods

A consecutive series of 47 cases was studied comprising patients undergoing THR (19/47), TKR (20/47) and UKR (8/47).

Results

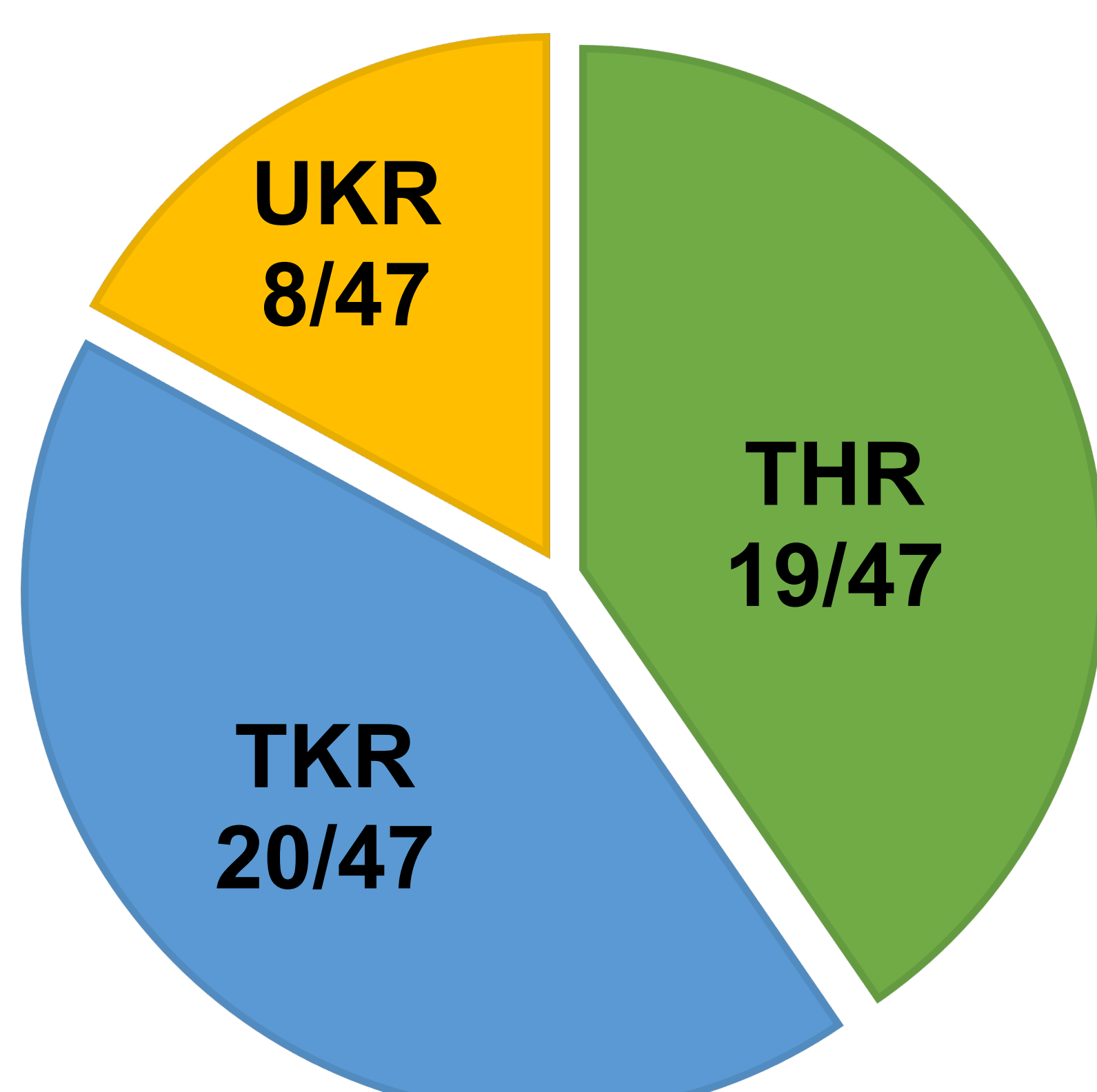
- Overall rate of SDD discharge was 25/47 (53%).
- Reasons for failure of same-day discharge (SDD): delay in physiotherapy assessment, pain management and hypotension.
- 30-day re-admission rate was 2/47 (4%).

THR patients

- Rate of SDD for was 11/19 (58%).
- Mean length of hospital stay was 9 hours and time to mobilisation was 206 minutes.
- Pre- and post-operative Oxford Hip Scores were 23 and 42, respectively.
- Mean visual analogue scores (VAS) for pain were 4/10 (immediate), 5/10 (6 hours) and 5/10 (24 hours).

TKR and UKR patients

- Rate of SDD was 14/28 (50%)
- Mean length of hospital stay was 8 hours and time to mobilisation was 191 minutes.
- Pre- and post-operative Oxford Knee Scores were 24 and 34, respectively.
- Mean post-operative VAS for pain were 4/10 (immediate), 5/10 (6 hours) and 5/10 (24 hours).



Operations performed

Conclusion

Our experience highlights the feasibility of employing a day-case pathway for hip and knee arthroplasty within an NHS hospital.