



Mater Accelerated Recovery Strategy: Information for Participants Following Joint Replacement Surgery

The Mater Hospital's Accelerated Recovery Strategy

Historically, joint replacement surgery was seen as a procedure where rest and long periods of time in rehabilitation were encouraged for recovery. However, research has shown that with modern surgical techniques, anaesthetics, pain management and pre-operative preparation, inpatient rehabilitation is not beneficial for all patients.

Following joint replacement surgery, numerous clinical trials have found greater improvements in pain and function with home-based rehabilitation compared with inpatient hospital-based rehabilitation^{2, 6}. Additionally, home-based rehabilitation reduces complications and the risk of adverse events compared to inpatient hospital-based services^{1, 3-5}. Studies also report that patients feel they are less of a burden to their families when receiving home-based rehabilitation².

In a recent study at The Mater Hospital, inpatient rehabilitation did not improve patient reported satisfaction, pain, quality of life or function scores after surgery, compared to subjects who were discharged to home. A trend towards higher rates of patient satisfaction in subjects who were discharged to home was reported. These findings can be likened to other studies around the world. Thus, here at The Mater Hospital, your surgeon and their team have adopted evidence-based techniques by developing the Mater Accelerated Recovery Strategy, (MARS), which will reduce your time spent in hospital and enable a faster return to your home and normal activities.

What does MARS mean for you?

Upon booking your hip or knee replacement surgery, your surgeon will consider your age, whether you live alone and your current mobility level to assess your suitability to be part of MARS. If you are appropriate for MARS, your stay in hospital will be planned to enable you to go home 3 days after surgery and continue rehabilitation as an outpatient.

Before your Surgery



Prior to surgery, you will attend a pre-admission information session and you will be seen by a nurse, allied health staff (physiotherapist, occupational therapist, dietician) and an anesthetist. Your pain management and anesthetic plans will be devised and any equipment you may need in your home post-operatively will be arranged. You will be given a Garmin activity tracker, which is the size of a small wristwatch that will be yours to keep. This device will show you how many steps you are taking

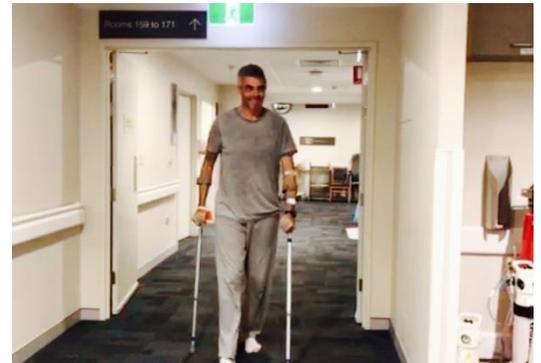
each day and how far you walk. In a recent study conducted at The Mater Hospital, feedback from an activity tracker significantly improved activity levels after joint replacement surgery. Your physiotherapist will advise you what an appropriate daily step goal is for you as your rehabilitation progresses.



Your Stay in Hospital

On the day of your surgery, you will be admitted to hospital and seen by your surgeon and anaesthetist. Surgery will be performed according to your surgeon's protocol. Following surgery, usually within 1-4 hours of returning to the ward, you will be assisted to get out of bed and take a few steps with the aid of a frame. Strict guidelines based on an evidence-based safe operating procedure (SOP) will be followed during this process.

From the day after your surgery, you will be seen twice a day by your physiotherapist. You will be encouraged to shower, dress in 'day clothes' and enjoy all of your meals seated in a chair. Your walking aids will progress from a frame to crutches. In most cases, you will be shown how to walk up and down steps or stairs on day 2 following your surgery. Your physiotherapist will instruct you through a range of home-based exercises to continue when you go home. The staff caring for you will organise medications to take home. A plan will be implemented to ensure you feel safe if any problems should arise.



Your Home Rehabilitation

Once discharged, we encourage you to resume your usual activities around the home, as much as you can tolerate. You will be given medications to take home to ensure that you remain comfortable. We encourage you to attend ongoing day or outpatient rehabilitation at a location convenient to your home. The Mater will assist with the appropriate referrals to these services. We encourage you to gradually increase your activity level using the Garmin activity tracker for feedback. Following your discharge, you should expect follow-up phone calls from hospital staff. They will be able to answer any questions you may have and direct you to medical staff if needed. Six weeks after your surgery you will be contacted regarding your experience and also return for review with your surgeon.

Questions?

If you have any further questions you may contact members of our allied health team who are coordinating MARS on mars@nsosmc.com.au, or phone your surgeons rooms on 02 9409 0500.

The MARS is a collaborative project with support from The Mater Hospital and surgeons of the North Sydney Orthopaedic Research Group



NORTH SYDNEY ORTHOPAEDIC
& SPORTS MEDICINE CENTRE



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