

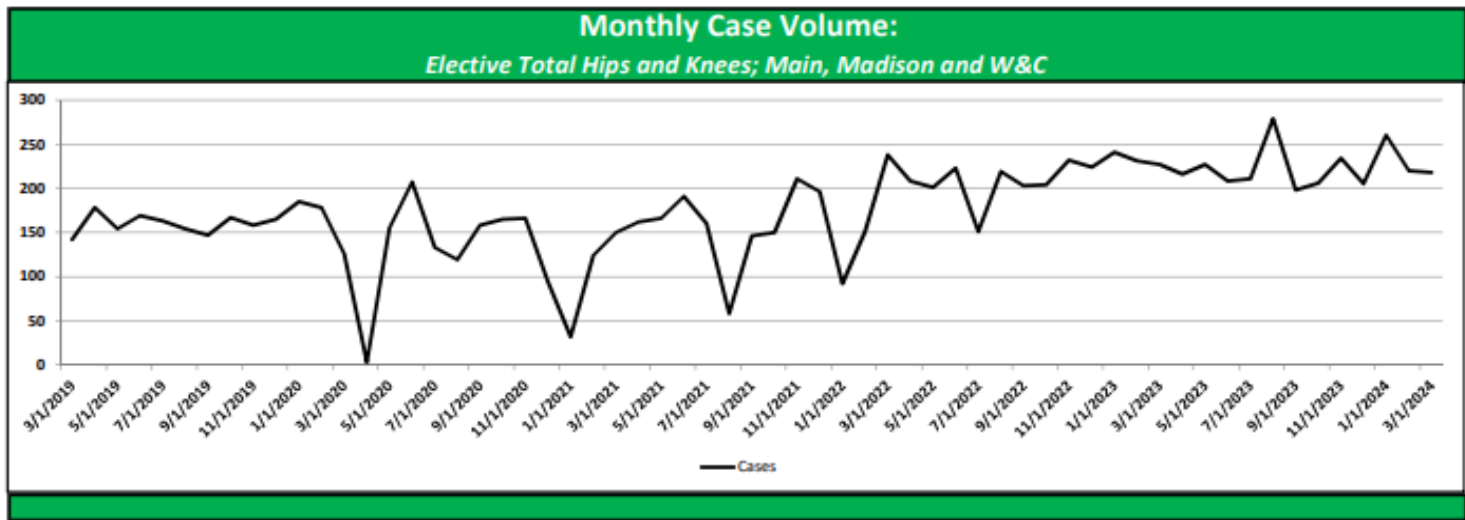
Joint Camp: How Nursing and Physical Therapy Play a Part in the Recovery Process

NURSING



Huntsville Hospital Joint Volume Summary

03/01/2019 - 04/21/2024



Year-Over-Year Joint Volume						
Procedure	2019	2020	2021	2022	2023	2024
Total Knee	1,124	1,032	1,051	1,414	1,672	1,788
Total Knee Revision	197	164	159	238	226	193
Partial Knee	85	57	48	82	90	46
Total Hip	781	657	695	932	1,011	1,020
Total Hip Revision	88	76	69	81	72	98
Partial Hip	1	2	0	0	4	3
Total Shoulder	161	90	143	162	228	265
Total Shoulder Revision	14	6	15	14	11	16
Partial Shoulder	39	16	37	56	42	59
Total Ankle	43	34	28	64	69	85
Total Ankle Revision	7	7	1	9	8	7
Total Elbow	0	3	6	1	2	3
Total	2,555	2,171	2,279	3,101	3,502	3,680
Year Over Year Change		-384	108	822	401	178
Percent Change		-15.0%	5.0%	36.1%	12.9%	5.1%

Note: 2019 and 2024 volumes are estimated to get an annual total.

- 12 Month (April 2023-March 2024) Trend OST Nursing Unit Volume Total= **3,170**
- 12 Week Trend (01/28/24-04/14/24)Trend OST Nursing Unit Volume Total= **787**

Joint Camp Education Program

- Orthopedic Nurse Navigator
 - Joint Camp Orientation Class (set expectations pre, during, & post surgery)
 - Visit with patient during hospitalization
 - Resource for patients to call pre & post surgery
 - Liaison between patient, surgeon, and hospital
 - Assist with developing Quality Measures to help reduce readmissions and length of stay
 - Review and collect data for Quality Improvement Plan

Post-Op Recovery on Nursing Unit

- Pain Management
- Post-op Complications
 - Infection
 - Bleeding
 - Pneumonia
 - Blood Clots
 - Pain
 - Swelling
- Physical Therapy
- Discharge Planning



Benefits of Nursing Care and Education Provide

- Improved patient outcomes
- Increased patient safety
- Decreased length of stay
- Decreased readmissions
- Increased patient satisfaction
- Improved patient experience

Patient Satisfaction

- Facility rating 0-10 score
 - Top Box Score=92.16 (FY 23-24)
- Staff treat with courtesy respect
 - Top Box Score=99.29 (FY 23-24)
- Staff ensure you were comfortable
 - Top Box Score=97.62 (FY 23-24)

Patient Experience Moment

- “On April 10, 2024, my wife.....had hip replacement surgery by.....at the Huntsville Orthopedic and Spine Tower. First, the building is a first-class facility in design and functionality. Second, and most important, the entire staff from administration, technical support, nurses, physical therapists, doctors, and aids are well beyond first class. From check-in, pre-op, surgery, post-op, to check-out.....it was flawless. They were all technically proficient, cordial, interactive with patient and family beyond anything my wife and I have experienced in a hospital setting. I can understand now why Huntsville Hospital has been recognized by U. S. News and World Report.”

PHYSICAL THERAPY





Therapy after Total Joint Arthroplasty

Objectives:

- The learner will understand what PT/OT looks like after joint replacement.
- The learner will understand the advantages of same day PT/OT after joint replacement.
- The learner will recognize common obstacles to DC post surgery.
- The learner will understand the advantages of having interdisciplinary team work.

Physical Therapy & Occupational Therapy after Joint Replacement

- Post operative PT/OT assessment:
 - Sensation
 - Strength
 - Cognition
 - Living environment
 - DC plan
 - DME needs
 - Prior level of function
 - Gait training
 - Therapeutic Exercise
 - Stair training





Advantages of Same Day PT/OT after Joint Replacement

- Decreased length of stay
- Lower rate of readmission
- Higher rate of discharge home
- Motion is lotion
- Movement is medicine
- Less opioid consumption
- Improved functional mobility
- Decreased risk of medical complications-
thrombosis, pneumonia, bladder infection,
and pressure ulcers.



Common Obstacles for Discharging Home Post Surgery

- Pass PT/OT
- Enjoy a successful stop at urination station
- Have pain under control

Advantages of Interdisciplinary Teamwork

- Improve quality of care
- Increase patient satisfaction



References

- Tsirakidis, L., DeLucia, L., Elsabrout, K. (2021) Effects of early postoperative physical therapy evaluation after total hip and knee arthroplasty on discharge disposition. *Journal of Acute Care Physical Therapy*, 12 (1) pages 31-36.
- Sarpong, N., Lakra, A, Jennings, E., Cooper, H., Sha, R., Geller, J. (2019). Same day physical therapy following total knee arthroplasty leads to improved inpatient physical therapy performance and decreased inpatient opioid consumption. *The Journal of Arthroplasty*, 34(2019), 2931-2936.
- Tsirakidis, L., DeLucia, L., Elsabrout, K., Apold, S. (2019) Early postoperative physical therapy evaluation after total hip and knee arthroplasty reduces hospital length of stay. *Journal of Acute Care Physical Therapy*, 10 (4) pages 151-157.
- Masaracchio M, Hanney WJ, Liu X, Kolber M, Kirker K (2017) Timing of rehabilitation on length of stay and cost in patients with hip or knee joint arthroplasty: A systematic review with meta-analysis. *PLoS ONE* 12(6)1-22.
- Juliano, K, Edwards, D., Spinello, D., Capizzano, Y., Epelman, E., Kalowitz, J., Lempel, A. Ghomrawi, H. (2011) Initiating physical therapy on the day of surgery decreases length of stay without compromising functional outcomes following total hip arthroplasty. *Hospital for Special Surgery Journal*. 2011(7)16-20
- Warwick, H., George, A., Howell, C., Green, C., Seyler, T., Jiranek, W. Immediate physical therapy following total joint arthroplasty: (2019) Barriers and impact on short-term outcomes. *Hindawi:Advances in Orthopaedics*. (2019)ID6051476, 7.