

### **Up in 3, Home in 1**

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**Background Information:** Over 1.1 million people undergo total hip, knee, and shoulder arthroplasty surgeries each year in the United States (Barra et al, 2022). At an academic medical center in Los Angeles, post-pandemic patient volume surge led to the increase in PACU length of stay (LOS) which contributed to the increased PACU wait time and hospital LOS, and delayed patient mobilization. The total same-day and 23:59 discharges for postoperative TJR was at 13%.

**Objectives of Project:** To increase the number of same-day and 23:59 hour discharges amongst post-operative primary total joint replacement (TJR) patients by 10% by the end of FY22, as measured by data report from the electronic medical record (EMR), with the implementation of the Outpatient Stay Unit (OSU).

**Process of Implementation:** A call to action was initiated by unit leaders. An interdisciplinary orthopedic and perioperative team, consisting of nursing, orthopedic surgeon, surgery, physical therapy, pharmacy, case management, nutrition, and project improvement management. We planned to open a 14-bed area located in the Pre-Op/PACU as the OSU unit. Before implementation, the interdisciplinary orthopedic and perioperative team met regularly to discuss and facilitate the daily operations of the OSU. The goal is for patients to be up in 3 hours, so they can go home in less than 1 day. Quantitative analysis was completed to study the effectiveness of OSU. Pre-implementation data was obtained over a 12-month period (January 2019 to December 2019) from EMR, which included the total number of same-day and 23:59 discharges amongst post-operative primary (TJR) patients. Post-implementation data was obtained over a 15-month period (March 2021-June 2022).

**Statement of Successful Practice:** Post-implementation data over a 15-month period (March 2021-2022) demonstrated an increased number of same-day and 23:59 discharges amongst postoperative TJR patients to 67%. A significant positive correlation was found between the implementation of the OSU and the average length of stay for primary TJR patients.

**Implications for Advancing the Practice of Perianesthesia Nursing:** The Outpatient Stay Unit is an example of how exemplary professional practice was used and successful in decreasing overall length of stay amongst post-operative primary total joint patients.