

## **Breaking Out of the Joint: A Team Approach to Sending Patients Home Same Day After Total Knee and Hip Replacements**

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**Abstract Background Information:** Over time many surgical procedures' length of stay has dramatically decreased. Total Knee Replacements are no exception. Surgeons, Nursing, Physical Therapy and other ancillary departments at a satellite location for a large university health system worked together to implement a system for patients to be discharged same day from PACU.

**Objectives of Project:** To proactively address barriers and needs for patients to go home same day from PACU with no change in quality and level of care from when they were discharged from the inpatient unit. This will also serve to address the feasibility of scheduling Total Joints at a new ASC the health system is opening.

**Process of Implementation:** The facility director, OR/Pre&Post Manager, and shareholder surgeons held serial meetings to discuss goals and timelines. The Manager met with the Unit Educator and Coordinator (charge RN) to discuss needs. Small changes in practice were implemented early on to help ready staff for the change to discharge from PACU. In the beginning it was not uncommon for patients to go home same day from the inpatient floor.

**Statement of Successful Practice:** When we reached a total of 100 same day totals completed who were planned for discharge (in under a year since implementation), only 5 patients were admitted instead of going home. One was admitted for pain and another for nausea, the other three could be attributed to communication challenges.

**Implications for Advancing the Practice of Perianesthesia Nursing:** Nursing in the Perianesthesia space is dynamic and ever evolving, like the rest of healthcare. The ability to change this process in a short time shows the flexibility of the nurses and the ability to adapt and learn to the needs of the patients. As time progresses, more types of surgeries will be going home same day.