

Breaking Out of the Joint

A Team Approach to Sending Patients Home Same Day after Total Knee and Hip Replacements

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Introduction

The University of Kansas Health System is a large multi-site teaching institution in the Midwest. The orthopedic surgeons requested to implement a new process of sending patients home same day from PACU.

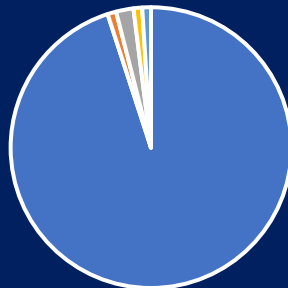
Method

1. The Unit Manager, Director, and Orthopedics Chairperson held serial meetings to plan the implementation of discharges from PACU.
2. The Unit Coordinator and Educator compiled a list of concerns and needs to be addressed in the serial meetings.
3. Staff education was completed for the new process of discharging patients from PACU. This included fitting patients for walkers, PT needs and when to call PT for clearance, and what to go over for home instructions.
4. Surgeons and Anesthesia staff discussed plan for patients receiving a spinal block, which resulted in a practice change (using shorter acting Mepivacaine instead of Bupivacaine for spinals).

Patient Disposition

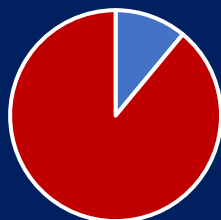
Sample size = 100

Reason for admission shown as subgroup of the total



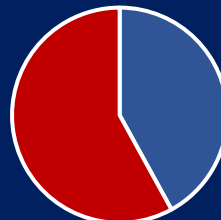
- Not Admitted (Discharged)
- Pain
- Spinal not worn off
- PONV/Vertigo
- Social Issues

Type of Anesthesia



- General
- Spinal

Joint Replaced



- Hip
- Knee

Discussion

One surgeon started implementing the discharge from PACU process. After 3 months of successful discharges, other surgeons started to discharge from PACU as well.

One of the biggest reasons for success was proactive communication between teams and patients beforehand between interdisciplinary teams.

Evaluation

Proactive behaviors, including proper patient selection and team collaboration, have resulted in successful implementation.

Out of the first 100 patients, only 5 needed to be admitted.

- 1 was admitted with extreme postop nausea and vertigo.
- 1 was admitted due to pain.
- 1 was admitted due to social issues.
- 2 were admitted because their spinals had not worn off adequately. Anesthesia was unaware that they were PACU discharge patients and used bupivacaine instead of mepivacaine.



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