

## **Same Day Recovery Program (SDRP) for Total Hip and Total Knee Arthroplasty Patients in a Perianesthesia Setting**

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**Introduction:** In 2018, an interdisciplinary team implemented a Same Day Recovery Program (SDRP) in which patients who met a select criteria are discharged same day from the nursing floor. In 2020, the program pivoted to accommodate elective arthroplasty patients access to surgeries during the pandemic discharging them same day from the PACU.

**Identification of the problem:** In April 2020, the pandemic lead to the cancellation of elective surgeries to preserve inpatient bed availability. This left a large population of patients who required elective arthroplasty surgery, many of whom lived with significant pain and decreased quality of life.

**QI Question/Purpose of the Study:** The purpose of the study is to apply the evidence-based methodology of SDRP patients from the floor and implement the application in the PACU.

**Methods:** Protocols/pathways addressing specific needs of this patient population were developed. The focus was shifted from the nursing unit to the PACU including multidisciplinary teams to operationalize this shift and creating processes for communication and use of space. Education to the perianesthesia nursing team surrounding the complete care of these patients vs the immediate surgical experience was also essential.

**Outcomes/Results:** While the preparation, planning and assessments remained essentially the same, focus shifted to perianesthesia staffing, capacity, education and throughput. This has proven successful (54% in 2020 to 74% in 2023) with minimal arthroplasty patients who meet criteria for SDRP care requiring overnight stays. The trend of PACU SDRP patients rose from just 7% in 2020 to 25% in 2023 and are anticipated to continue the upward trend with the addition of total shoulder arthroplasty patients.

**Discussion:** Perianesthesia nurses become instrumental in expanding their role to the complete care of the patient. Education, interdisciplinary collaboration and efficiency become essential as the expansion of their role grows.

**Conclusion:** Increased same day discharges; quality, safety and efficiency are priority. Multidisciplinary teams work together to implement a successful SDRP program. Preoperative assessment/education are vital to ensuring patients are prepared to safely discharge home using protocols/processes rooted in evidence-based guidelines. Nurse focus is on continuity of patient education to support a successful discharge to home.

**Implications for perianesthesia nurses and future research:** With the national focus of decreasing hospitalizations and increasing elective surgical procedures discharged the same day, perianesthesia nurses are becoming central to the complete care of the patient hospital stay, instead of only their immediate surgical encounter. Becoming well educated on all aspects of patient requirements and focusing on education of the patient is key for a successful same day discharge.