

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

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Introduction and Problem Identification

In 2018, the implementation of a Same Day Recovery Program (SDRP) allowed patients who met a select criteria to be discharged same day from the nursing floor.

In April 2020, the pandemic led to the cancellation of elective surgeries to preserve inpatient bed availability, leaving a large population of patients living with significant pain and decreased quality of life. With the care of these patients in mind, the program pivoted to discharging the same patient population from the Post Anesthesia Care Unit (PACU) to accommodate elective arthroplasty patients access to surgeries during the pandemic.

Question/Purpose

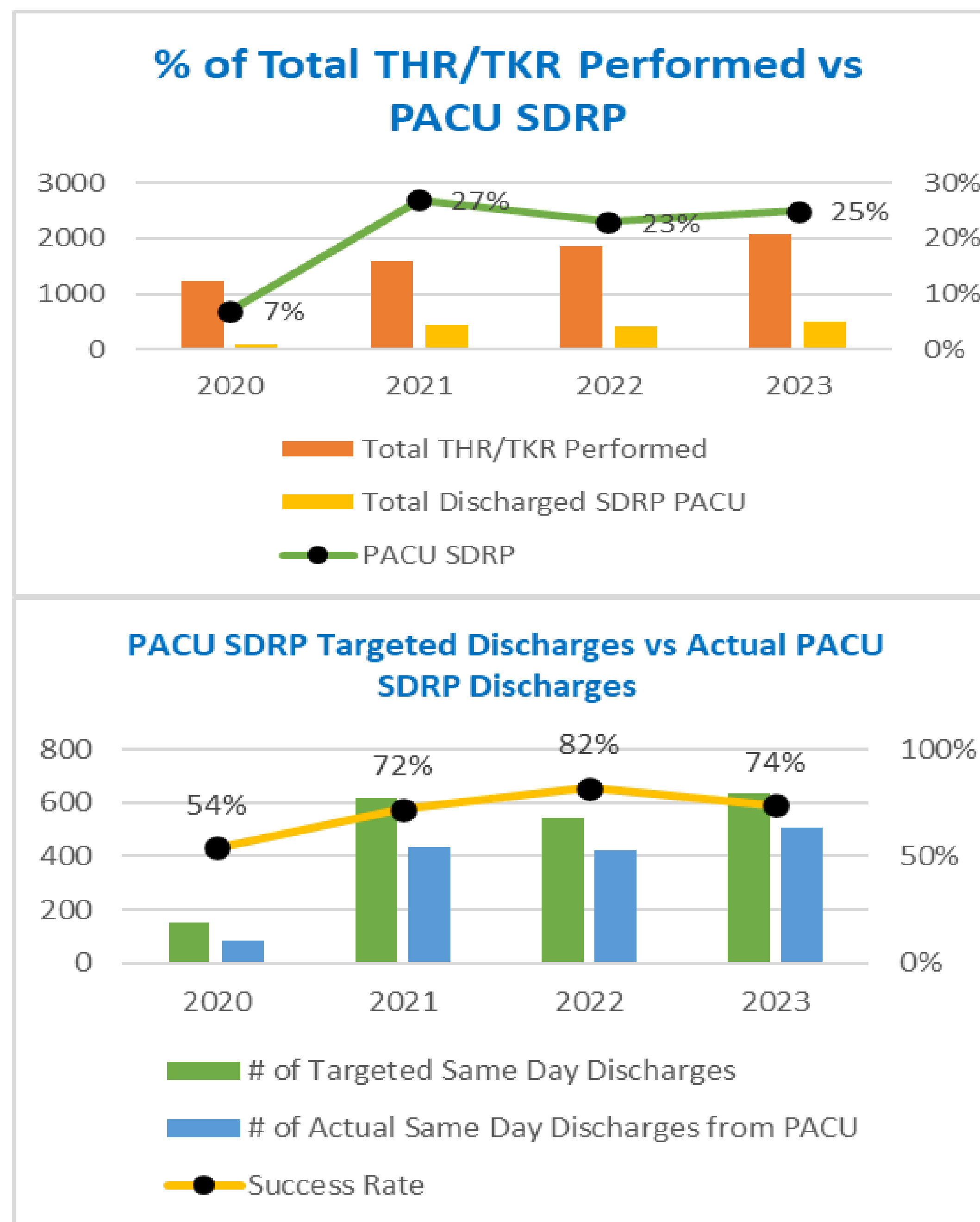
Apply evidence-based methodology of SDRP patients from the floor and implement the application in the PACU.

Methods:

- Focus shifted from the nursing unit to the PACU, including multidisciplinary teams to operationalize this shift
- Protocols developed addressing specific needs of this patient population extended stay in the PACU
- 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

Results

- **Minimal** arthroplasty patients, who meet criteria for SDRP care, required overnight stays or transfer to the floor.
- **Perianesthesia** nurses are instrumental in expanding their role to the complete care of the patient.
- **Education**, interdisciplinary collaboration and efficiency are essential components for success.
- **From 2020 to 2023**, discharge from the PACU has risen 20% for this patient population.



Upward Trend

The SDRP continues to gain momentum with the statistics showing an upward trend of successful discharges directly from the PACU. This momentum is projected to continue to accelerate over the next 3-5 years, as traditional inpatient surgeries follow the trajectory with the next focus for this team on total shoulder arthroplasty.

Conclusion/Lessons Learned

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

Implications for Perianesthesia Nurses

With 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's hospital stay. Becoming well educated on all aspects of patient requirements and focusing on education of the patient is key to a successful same day discharge.

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