

Patient Information

Joint Replacement Surgery – Post Operative Rehabilitation



This brochure provides you with information about your rehabilitation program following a Total Hip Replacement (THR) or Total Knee Replacement (TKR).

We look forward to managing your care at a Ramsay Private Hospital and are here to answer any of your queries at any time.

Our goal is to provide you with optimal treatment in a professional and caring environment and trust that your journey through the Total Hip Replacement or Total Knee Replacement process will be smooth and uncomplicated.

Whilst you await your surgery we would like you to consider your discharge options prior to admission. These may be discussed at your clinic consultation, on admission or pre-operative clinic consultation. These arrangements are changeable, but it gives you, your surgeon, and Ramsay Hospital staff the opportunity to plan your discharge and arrange follow-up care and appropriate rehabilitation for you.

There are a number of options available to you when you are ready to be discharged from a Ramsay Private Hospital, but at no stage will you be discharged if it is not safe to do so or if your circumstances dictate otherwise.

Innovative surgical techniques and enhanced recovery protocols have decreased postoperative pain and recovery times. This has decreased the need for long periods of rehabilitation - particularly in the inpatient setting.¹ The RAPT (Risk Assessment and Prediction Tool) form in this brochure is an excellent guide to assist you with your discharge planning.



OPTION 1: Ramsay Connect - home based rehabilitation

Many patients look forward to their discharge from the acute hospital setting and returning to the comforts of their own home and family but may still require therapy sessions that can be provided in the home setting. Research suggests that discharge home is increasingly popular and has benefits of reduced length of stay, reduced readmission rates without compromising patient safety or outcomes. Research has also shown that inpatient rehabilitation after routine joint replacement surgery offers no greater functional or quality of life benefits than discharge home^{2&3}.

If you are privately insured, our community partner Ramsay Connect can provide effective and convenient rehabilitation services in your home following hip and knee replacement surgery. Services include Physiotherapy to improve strength, balance, mobility, and safety in and around your home. It may also include nursing and occupational therapy services, and possibly a wound check at 2 weeks post-operatively (if required). If you are eligible for the program, you will receive these home services at no cost to you. This program offers these services once per week in your home at a time that suits you.

OPTION 2: The Day Program

Alternatively, for patients looking forward to getting home, but who require ongoing intensive physiotherapy and other allied health services, a Day Program at a rehabilitation facility is an excellent option.

Most privately insured patients are eligible for a Day Program which involves 3.25 hours of multidisciplinary therapy, twice a week for 4-6 weeks (individual variations may apply). You will be under the care of a rehabilitation specialist whilst on this program. Therapies can include Physiotherapy, Hydrotherapy, Exercise Physiology, Dietetics and Occupational Therapy. Day programs are usually fully subsidised by your health fund and do not involve any out-of-pocket expenses. A day program is available through our partner hospitals at Hunters Hill Private Hospital and Mt Wilga Private Hospital. An appointment time will be provided to you before your discharge. These hospitals offer a home pick up and drop off service within their wider local areas for patients who are unable to arrange their own transport for a reasonable fee.

OPTION 3: Inpatient Rehabilitation

If you are privately insured and have been assessed as requiring 24-hour nursing care, you may need to be transferred for an inpatient stay at a rehabilitation hospital. Our partner Ramsay Healthcare Hospitals are Hunters Hill Private Hospital and Mt Wilga Private Hospital located in Hornsby. You will be assessed by a therapist the day you arrive or on the day after admission and you will be required to attend Physiotherapy twice per day and be reviewed by an occupational therapist, and you may be reviewed by other members of the multidisciplinary team as needed that may include Social Work and/or Dietetics. You may commence hydrotherapy if your wound is suitable, and your surgeon protocol permits, so please pack swimwear.

Ramsay Health Plus following your chosen rehabilitation option

Ramsay Health Plus is an outpatient clinic that offers multidisciplinary therapy options such as Physiotherapy, Hydrotherapy, Occupational Therapy or Dietetics. Individualised treatment programs are devised which are aimed at achieving your personal goals. You may attend this session by yourself or as part of a group session. Your extras cover may cover these programs however an out-of-pocket fee may apply. Ramsay Health Plus is available at Hunters Hill or Mt Wilga Private Hospitals.

It is important that you call the facility to obtain your appointment date and time.

- For Hunters Hill Private Hospital please call (02) 8876 9447.
- For Mt Wilga Private Hospital please call (02) 9847 5015.

If you are not privately insured all above options can be self-funded. Please contact the numbers provided for a quote.



References:

1. Heligman J. *The effect of a discharge disposition algorithm on patient outcomes and satisfaction*. Orthopaedic Nursing May/June 2021, Vol 40 No 3
2. Sattler M, Hing W, Vertullo C. (2020). *Changes to rehabilitation after total knee replacement*. Australian Journal of General Practitioners Vol 49, No 9 September 2020
3. DeMik D E, Ca render C N, Glass NA, et al. *Home discharge has increased after total hip arthroplasty*. However, rates vary between large data bases. The Journal of Arthroplasty 36 (2021) 586 - 592
4. Naylor J, Hart A, Harris I A, Lewin AM. *Variation in rehabilitation setting after uncomplicated total knee or hip arthroplasty: a call for evidence based guidelines*. BMC Musculoskeletal Disorders (2019) 20:21⁴



Risk Assessment and Prediction Tool (RAPT)

Instructions for use

The RAPT form is completed by the patient. Take the RAPT form when you:

- Visit your orthopedic surgeon
- Attend the Pre-admission Clinic, where it will be stored in your medical record
- Admit to North Shore Private Hospital

Risk Assessment and Prediction Tool (RAPT) Background

Developed by Dr. Leonie Oldmeadow at the Alfred Hospital in Victoria in 2001 to predict the discharge destination of patients undergoing elective hip and knee arthroplasty surgery. Predictions based on objective factors provide confidence in decision making regarding discharge for patients and staff.

Purpose of the tool

The ability to indicate before surgery, the most likely discharge destination after surgery, which allows appropriate patients to prepare themselves and their families for their return home.

- Assists in aligning patient's expectations about what is needed following surgery.
- Allows the acute hospital to commence early discharge planning for discharge destination goal
- RAPT helps to identify patients who will need the most help after discharge;
- Score <6 - Admit to overnight rehabilitation program
- Score 6-9 – additional intervention to support home discharge (e.g. Ramsay Connect, Rehabilitation in the Home or The Day Program all with home nursing where required)
- Score >9 - discharge home (e.g. Day Rehabilitation if intensive/multidisciplinary care is required or Ramsay Health Plus or Ramsay Connect)

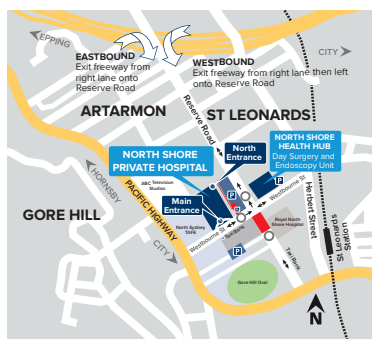
The RAPT form on next page is to be completed by the patient undergoing elective Hip or Knee replacement surgery prior to discussion with your orthopaedic surgeon or attending Pre-admission Clinic.

Risk Assessment and Prediction Tool (RAPT)

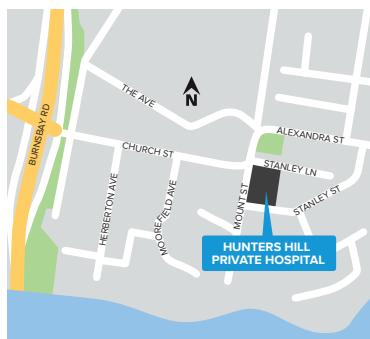
Name:	DOB: / /
Address:	
Surgeon:	

	Value	Score
1. What is your age group?	50-65 years	= 2
	66-75 years	= 1
	>75 years	= 0
2. Gender?	Male	= 2
	Female	= 1
3. How far on average can you walk? (A block is 200 meters)	Two blocks or more (+/- rest)	= 2
	1-2 blocks (+/- rest)	= 1
	Housebound (most of time)	= 0
4. Which gait aid do you use? (More often than not)	None	= 2
	Single-point stick	= 1
	Crutches/ frame	= 0
5. Do you use community supports? (Home help, meals on wheels, district nursing)	None or one per week	= 1
	Two or more per week	= 0
6. Will you live with someone who can care for you after your operation?	Yes	= 3
	No	= 0
Your score (out of 12)		

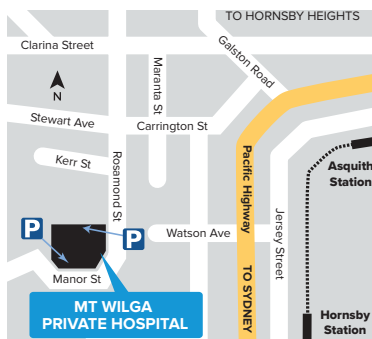
Key: Destination at discharge from acute care predicted by score. <ul style="list-style-type: none">Scores <6 – extended inpatient rehabilitationScore 6-9 – additional intervention to support home discharge (e.g. Ramsay Connect, Rehabilitation in the Home or The Day Program all with home nursing where required)Score >9 – discharge home (e.g. Day Rehabilitation if intensive/multidisciplinary care is required or Ramsay Health Plus or Ramsay Connect)	Patient's Preference	
	Prediction Score	
	Agreed Destination	
	Patient Signature	
	Date / /



North Shore Private Hospital
Westbourne Street
St Leonards NSW 2065
Ph: 02 8425 3000
Fax: 02 8425 3970
northshoreprivate.com.au



Hunters Hill Private Hospital
9 Mount Street
Hunters Hill NSW 2011
Ph: 02 8876 9300
huntershillprivate.com.au



Mt Wilga Private Hospital
66 Rosamond Street
Hornsby NSW 2077
Ph: 02 9847 5000
mtwilgaprivate.com.au



Castlecrag Private Hospital
150 Edinburgh Road
Castlecrag NSW 2068
Ph: 02 9935 0200
castlecragprivate.com.au

People caring for people.