

On Call with VGH Experts



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VGH Joint Replacement Rapid Recovery Program

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Reconstructive Orthopaedics

- Tertiary Centre – teaching and referral
- Specializing in complex joint surgery: revisions, infected joints, oncology
- 1,000 joint surgeries in 2004
- 60% of population greater than a one hour drive to VGH

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Program Basis Model for Accountable Care (MAC)

- Predictable problems delay recovery and result in added morbidity, mortality and functional decline
- Anticipation, prevention, screening and timely management of predictable problems will improve outcomes

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What are the benefits of joint replacement surgery?



- Decreased pain
- Improved quality of life
- Return to productive activity
- Decreased costs (eg: nursing home placement)

1989 Levy & Levy AAOS

1998 Brodie, L. & Sloman R. Journal of Gero. Nsg., March

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What is it like to wait for surgery?

- 80% report unmanaged moderate to severe pain (>4 , 0-10 scale)
- 43% have difficulty sleeping due to pain
- 68% report problems with mood due to pain
- 25% have BMI greater than 30 – Obese

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What conditions lead to joint disease?



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When is Joint Replacement Needed?

- Pain interferes with your daily activities.
- You are unable to move around safely.
- Other treatments are not enough: eg. Exercise, medications

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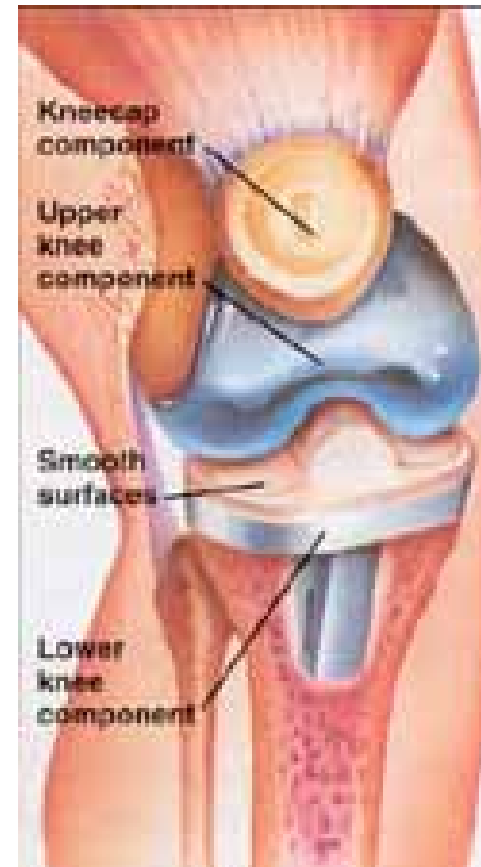


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What options are available for joint replacement surgery?

- Total joint replacement
 - Regular
 - Minimally invasive
 - Revisions
- Partial
 - Unicompartmental
 - Resurfacing



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What type of surgery is best?

Choice of surgery depends upon:

- Your age and bone health
- Your weight
- The extent of joint damage
- Your surgeon's training and beliefs about specific surgeries
- Availability of prosthesis

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What can you do while you wait for surgery?

- Get yourself and your home in the best possible shape
- Become informed

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Patients have said ...

- “Knowledge is power. 50% of the success of this surgery is up to me.”
- “I need to do my part.”
- “My role in pre-op preparation is very important.”
- “I’m going to build up strength and overall health before the operation.”

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Nutrition



- Focus on weight control
- Nutrition for healing
 - Vitamins
 - Protein
 - Calcium
 - Iron

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Exercise



- Strengthening and fitness
 - Rec centre
 - Personal trainer
 - Arthritis fit programs
 - Water works

NB: Consult someone who knows about joint disease.

Home preparations



- Increase your home safety and convenience
- Learn handy tips
- Obtain devices to make life easier
- Contact your local health department for an OT visit

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Pain control

- Exercise, ice, heat, yoga and meditation
- Herbals: Glucosamine
- Anti-depressants

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Pain management

- Partnership with family doctor
- Joint injections: Visco supplements, steroids
- DMARDS
- Tylenol
- Celebrex or other anti-inflammatory
- Long acting opioids

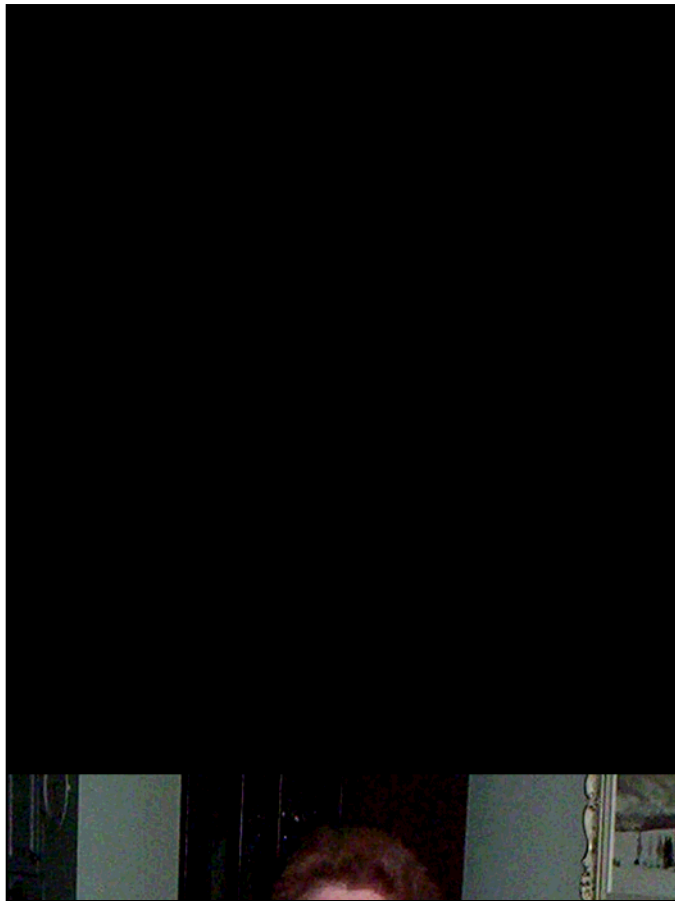
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Home supports



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Changing your view of the patient role

- Passive
- Sick
- Dependant



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An active, confident partner



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Thank you!



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