

# Day case hip and knee replacement - Initial experience of day case joint replacement in an elective orthopaedic centre

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## Background

The average length of stay at our institution for patients undergoing joint replacement is 3 days.

Day-case joint replacement has been demonstrated to be effective, safe and cost-saving.[1,2]

We report a case series of the first five day-case hip and knee replacement surgeries at our new elective orthopaedic centre.

## Case series

Day-case is defined as discharge within 23 hours of surgery.

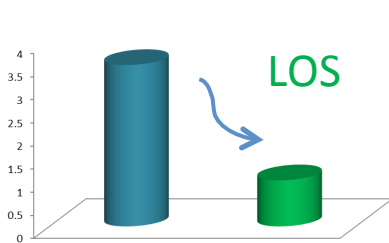
### 'One day, one leg, one compartment...'

The first day-case joint replacement patient was a highly motivated male who underwent a unicompartmental knee replacement. Of note, he had previously had an above knee amputation on the contralateral side. He was successfully discharged to his home residence on the day of surgery. A multidisciplinary approach, enhanced recovery protocols including spinal anaesthesia, adductor canal and IPACK blocks and early mobilisation, along with a positive attitude facilitated this pathway.

### 'Partial and total joint replacements as day-cases...'

We achieved discharge within 23 hours for two further unicompartmental knee replacements, a total knee replacement and a total hip replacement. It was noteworthy that the patient who underwent a total hip replacement through a posterior approach went home on the day of surgery and was mobilising independently. All five patients in our case series had good exercise tolerance (METs above 6), low frailty (Rockwood Score 2 or less), and were aged under 70 years. Common causes of overnight admission in those considered for same-day discharge included nausea and dizziness, exacerbated in patients who received a general anaesthetic. There were no 30 day re-admissions nor early complications. All 5 patients gave positive feedback at the 6-week follow up out-patient visit.

**"Fantastic experience" "Loved the fact I could be home with the family the same day and have home-cooked food" "Felt reassured by the phone calls and communication with the team after going home"**



## Discussion

Key factors associated with successful day case discharge appear to be:

- Patient **motivation**
- Realistic patient **expectations**
- Good **exercise tolerance**
- Absence of significant **frailty**
- Supportive **home environment**
- Standardised **anaesthetic pathways**
- **Standardised operating procedure**
- **Motivated, cohesive teamwork** across the MDT

## Learning points

Day case hip and knee replacement is **SAFE**:

- **Safe**
- **Acceptable to patients and associated with high satisfaction**
- **Feasible**
- **Economical and cost-effective**

## Conclusion

- We have demonstrated that day-case joint replacement surgery is effective and is associated with positive outcomes for our patients and our organisation.
- The ability to widen access to day-case surgery is particularly relevant during the COVID-19 outbreak

## References:

1. Aynardi M. et al. Outpatient surgery as a means of cost reduction in total hip arthroplasty HSS J 2014 Oct;10(3):25-5
2. Lazic et al. Day-case surgery for total hip and knee replacement. EFFORT Open Rev.2018 aPR;3(4):130-135