

ABSTRACT

Same day surgery for unicompartmental knee arthroplasty (UKA)

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Background:

Unicompartmental knee arthroplasty (UKA) is an option for a small percentage of patients with osteoarthritis of the knee. Historically, this was an inpatient surgical procedure requiring an overnight stay. Advances in perioperative pain management and anesthesia along with accelerated opportunity for physical therapy have allowed selected patients to discharge home the same day of surgery.

Purpose: The purpose of this project was to reduce the length of hospital stay and increase patient satisfaction by initiating same day surgery for unicompartmental knee arthroplasty.

Strategy: Implementing a process to change current workflow in the Post Anesthesia Care Unit (PACU) involved engaging an interdisciplinary team to facilitate a smooth discharge process and involved the following.

- Careful pre-op selection process.
- Surgery completion by a specified time to assure adequate home preparation.
- Collaboration with PT
- Initiation of Spinal anesthesia
- Offering box lunches
- Monitored Pain Management
- Discharge instructions
- Family engagement
- Staffing plan in PACU to accommodate up to a 6 hour stay

Results: During the pilot from 9/10/14-2/3/15 (5 months) there were a total of 28 patients discharged directly from the PACU. None of the patients returned to the ED post op. The pre-pilot average LOS was 30 hours and post-pilot average LOS was 8.5 hours for a total reduction in LOS of 21.5 hours. Patients expressed high satisfaction with being able to go home the same day as surgery.

Conclusion: The implementation of UKA same day surgery has reduced the average LOS. Further measure of post-op patients' satisfaction, pain scores and nausea will help identify further opportunities for improvement.