PATIENT OUTCOMES AFTER THE IMPLEMENTATION OF A HUMANISED ENHANCED RECOVERY AFTER KNEE JOINT REPLACEMENT SURGERY PROGRAMME

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OBJECTIVES

The implementation of an Enhanced Recovery after Surgery (ERAS) programme is an ideal strategy to improve surgical quality indicators and humanize clinical activities in hospitals

Our objective was to evaluate the impact of an **ERAS programme** for total knee replacement (TKR) surgery and a preoperative consultation on **health outcomes** and patient reported outcomes (**PROs**)

MATERIALS AND METHODS

2019-2021
A multidisciplinary team developed new **standardized perioperative protocols**

March 2021
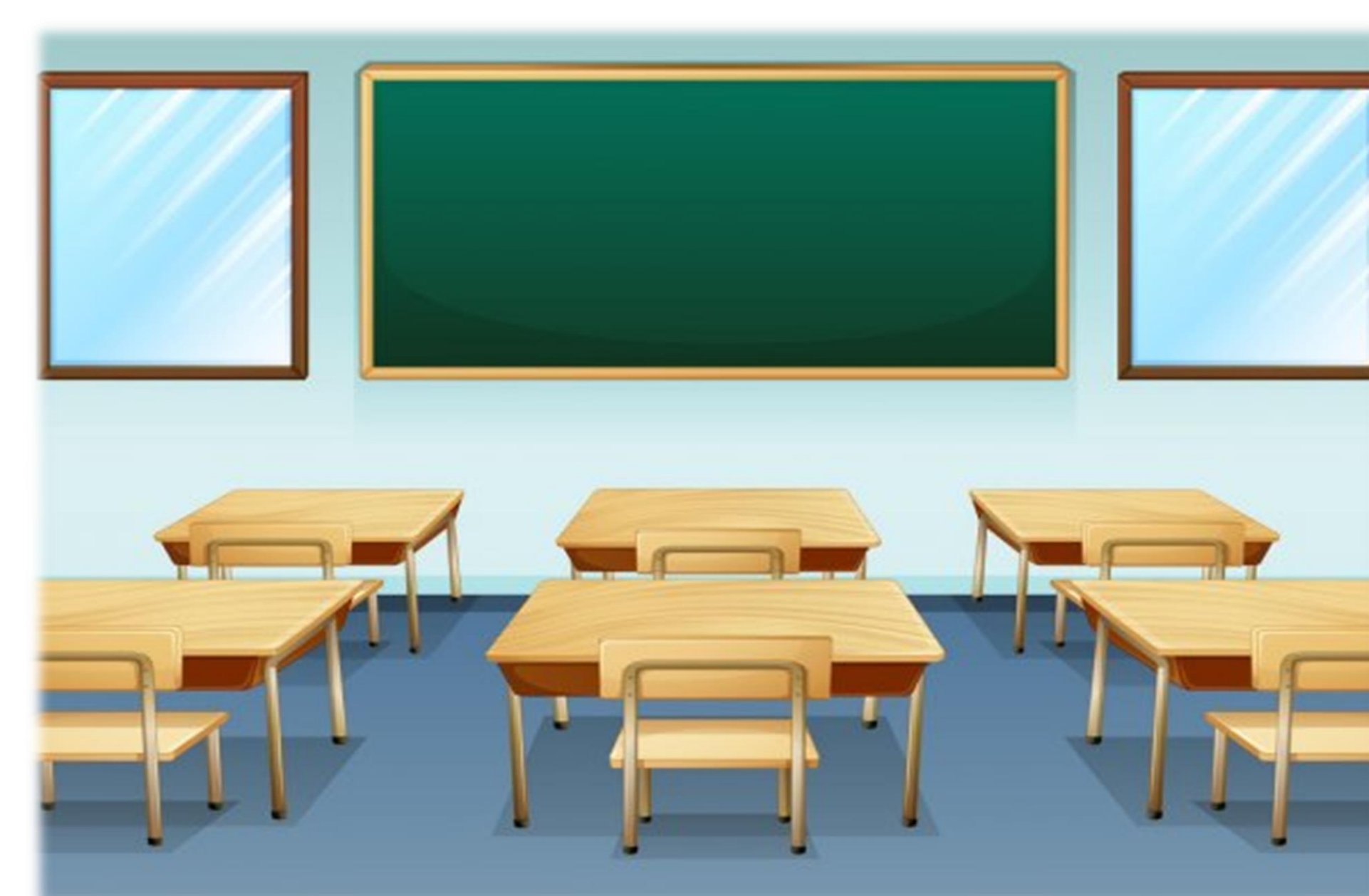A preoperative consultation ("**school of patients**") was created

Patients operated during the same week attend together the school in the previous week. They are explained about their surgery and **chronic medication is reconciled by the pharmacist**

Observational, prospective study conducted in all patients operated for TKR from March to June 2021

Health outcomes: hospital stay length, readmissions after 30 days and surgery cancellations due to a wrong chronic drug management

PROs: satisfaction about the school, pain, and quality of life (EQ-5D)

RESULTS

61 patients attended the school (March-June 2021)

Table 1. Patients characteristics. Health outcomes

Female: 60.66%

82 years (IQR=71.9-86.9)

Median number of chronic drugs: 6 (IQR=3-9)

Median hospital stay length: **4 days** (IQR=3-6)

No surgery cancellations/readmissions

7 days in 2019 (IQR 2-52)

☺ Satisfaction with pain management: 8.30

Table 2. Main PROs (EQ-5D)*

Mobility, mean (SD)	Presurgical	2.86 (0.87)	p<0.05
	Postsurgical	2.29 (0.97)	
Pain, mean (SD)	Presurgical	3.46 (1.10)	p<0.05
	Postsurgical	2.64 (1.01)	
Global health rating, mean (SD)	Presurgical	62.4 (19.0)	p<0.05
	Postsurgical	77.3 (12.3)	

* Only showed global health rating and items of EQ-5D with a significant improvement before and after the surgery

☺ Satisfaction with the school: 9.8

CONCLUSION AND RELEVANCE

The implementation of an ERAS programme has proven highly successful in accomplish a **faster recovery**, which has led to a **reduction in hospital stay length and surgery cancellations**. In addition, the programme achieved **good PROs** (high patient satisfaction and an optimal pain management)

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