

Engaging Patients as Partners: Developing a Post-Operative Total Joint Surgery Rehabilitation Resource

Objective

In the current study, we examined how we can better understand the patient challenges related to recovery post joint replacement and developed ideas for interventions with our patients to address these challenges.

Practice Points

1. Providing a clear timeline for patients to better understand the requirements that must be met before total joint replacement surgery.
2. Offering additional physiotherapy to patients who struggle with mobility after surgery.

Results

- Many patients felt that the timeline for getting surgery was confusing and felt like they needed more physiotherapy than what they were originally given.

Methods

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1. Patients who have undergone total joint replacement surgery were recruited within the last two years via the Total Joint Assessment Clinic (TJAC) staff.
2. Two focus groups of 6 participants each were hosted in St. John's and in Carbonear.
3. Common themes were sought from the discussion.
4. Common themes were discussed with TJAC staff and knowledge translation ideas with graphic designer.

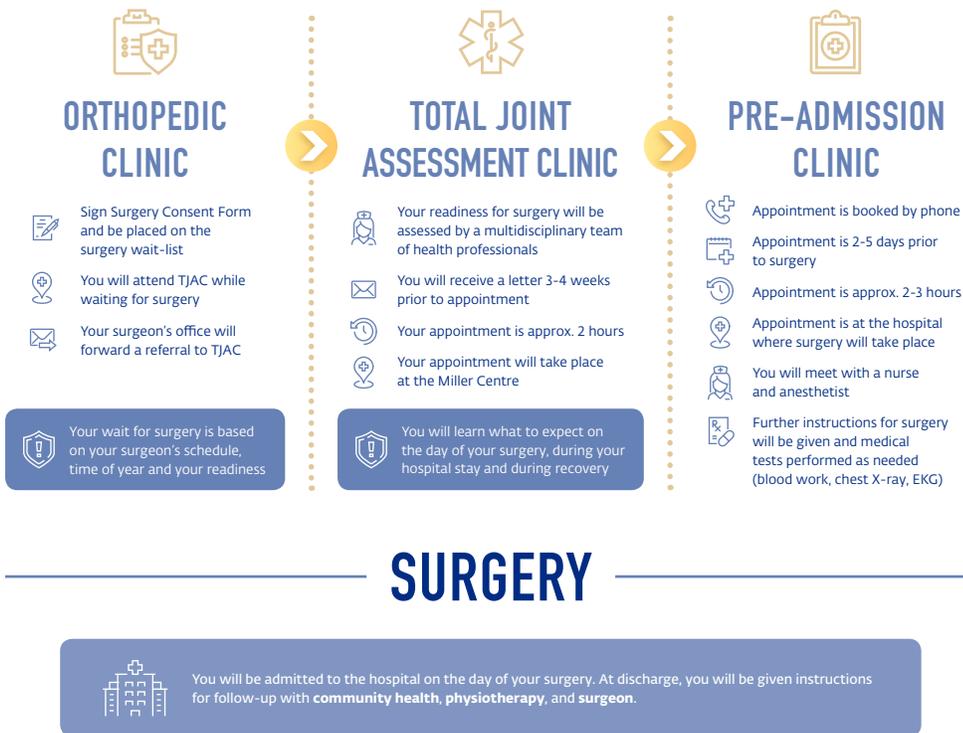


Figure 1. Timeline Excerpt from TJAC Patient Pamphlet Created as a Result of Focus Group Discussions

Conclusions

1. An easy-to-read timeline was created using the results from the focus groups.
2. The timeline has been posted on the wall at the TJAC as well as provided to patients at their initial consult with their orthopedic surgeon.
3. Additional physiotherapy is being offered for patients who request it.