



**Rehabilitative
Care Alliance**

Rehabilitative Care Best Practice Framework for Patients with Primary Total Knee & Hip Replacement

Quick Reference Guide: Pre-Operative Care

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The Rehabilitative Care Alliance (RCA) released two best practice frameworks in 2017:

- *Rehabilitative Care Best Practices Framework for Patients with Hip Fractures*
- *Rehabilitative Care Best Practices Framework for Patients with Primary Hip and Knee Replacements*

While the QBP clinical handbooks for hip fracture and primary hip/knee replacements provide high-level recommendations for post-surgical rehabilitative care, the RCA frameworks provide detailed best practices for rehabilitative care, across the care continuum. These best practices ensure high quality care and improve outcomes for patients. The frameworks will also support standardized, evidence-based rehabilitative care across the province.

The frameworks were developed by provincial RCA task and advisory groups following an extensive review of the literature and existing care pathways and practices. The best practice recommendations were reviewed and supported by clinicians, rehabilitative care programs, professional associations and patient and family representatives.

The Frameworks are large comprehensive documents which describe detailed clinical best practices for different levels of rehabilitative care, including:

Hip Fracture:

- Bedded Rehabilitative Care
- Ambulatory Rehabilitative Care
- In-Home Rehabilitative Care
- Rehabilitative Care in Long Term Care

Primary Hip & Knee Replacement:

- Pre-operative Care
- Bedded Rehabilitative Care
- Ambulatory Rehabilitative Care
- In-Home Rehabilitative Care

The following Quick Reference Guide provides a concise overview of the types of recommendations included in the framework, for this level/location of rehabilitative care. Red notations indicate where detailed information on a particular recommendation or topic can be located in the comprehensive framework.

Pre-Operative Care for Patients with Primary Hip & Knee Replacement

Initiation	Screen pre-operatively to predict patients' post-operative and discharge needs, inform proactive discharge planning, identify potential post-op and/or discharge issues, and determine whether the patient would benefit from a preoperative in-home provider visit to assess the home environment.
Assessment	A variety of factors including coping skills, self-efficacy, and social support are associated with perceived well-being and satisfaction after total joint replacement (TJR) surgery and should be identified and addressed pre-operatively. Assess functional ability and cognition; confirm discharge location and identify post-operative equipment needs.
Summary of Best Practice Care	Consider referral to a pre-operative strengthening/ROM exercise program appropriate for joint replacement. <i>*9-10</i>
	Patients & families benefit from education on how to participate in a successful recovery. Provide a patient information package with standardized, consolidated information. <i>*10-11</i>
	Review pain management techniques and the importance of joint protection. <i>*11</i>
	Identify post-operative rehabilitation needs and initiate referral. <i>*11</i>
	Range of motion, strength, and gait speed should be measured, along with at least one patient reported measure and at least one performance-based outcome measure, in order to establish a benchmark for post-surgery progress. <i>*11</i>

** Refer to page #(s) indicated, in the RCA Total Joint Replacement Framework, for more information*