



## What prevents early mobilisation?

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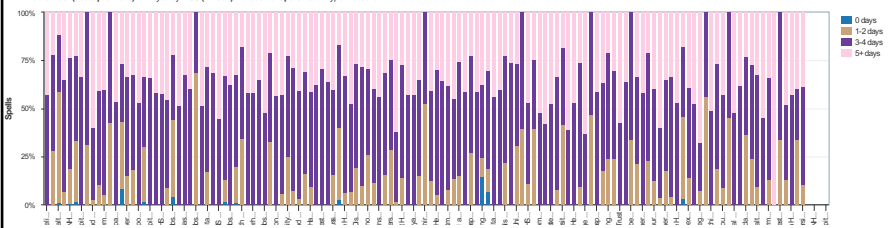
ERAS UK Congress

9th November 2017, Newcastle, UK.

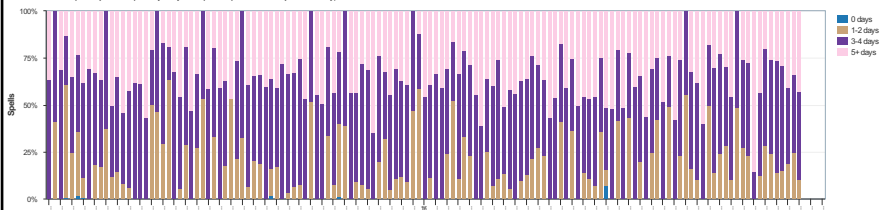


## TKR and THR LOS – all pts

Primary knee replacement and resurfacing | Length of stay (upper quartile) | Mar 2016 - Feb 2017 | Peer (acute providers) by LOS (1 week)  
Procedure subgroup: Primary knee replacement and resurfacing | Admission type: Elective | Age (5-year): 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90+  
Peer: Peer (acute providers) | Analyse by: LOS (1 week) | Measure: Spells | Chart type: Percent



Primary hip replacement and resurfacing | Length of stay (upper quartile) | Mar 2016 - Feb 2017 | Peer (acute providers) by LOS (1 week)  
Procedure subgroup: Primary hip replacement and resurfacing | Admission type: Elective | Age (5-year): 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90+  
Peer: Peer (acute providers) | Analyse by: LOS (1 week) | Measure: Spells | Chart type: Percent



## Patient characteristics for a longer LOS in ERAS pathways

- Age
- Preoperative use of walking aids
- Anaemia
- Diabetes
- Hypertension
- Use of anticoagulants
- Cardiopulmonary disease
- Psychiatric disease

(Husted et al. 2008, 2015, Jørgensen et al. 2013, 2014, 2015)

## Rehabilitation Challenges

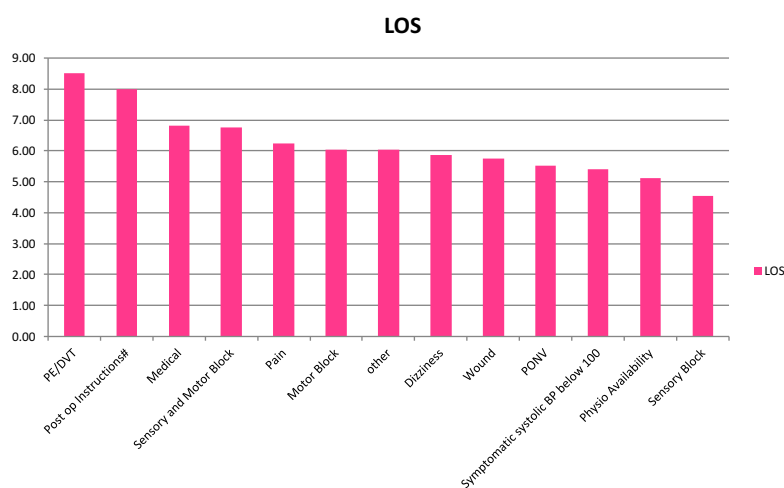
- Pre and post op reduction of inflammatory response
- Sub-acute and persistent pain
- Optimising opioid sparing analgesic strategy
- Reduction of post-op impairment and function
- Further reduction of post-op cognitive dysfunction
- Orthostatic intolerance
- Identification of high risk patients
- Anaemia and transfusion thresholds
- Post-op urine retention and urinary bladder catheterisation
- Type, timing and duration of physiotherapy
- Improving sleep quality

*Aasvang et al. (2015) Challenges in post discharge function and recovery: the case of fast track hip and knee arthroplasty. Br. J. Anaesth. (2015)*

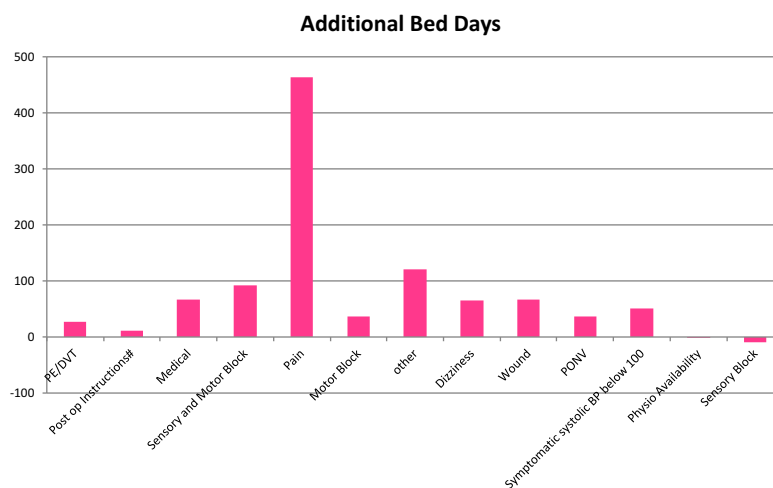
## What prevents early mobilization in your unit?

- What are the 3 most common reasons?
  - Evidence or anecdote?
- Are they the same as others on your table?
- Can you offer solutions to other people's problems?

## Reasons for delayed mobilisation



## What caused additional bed days?



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Thank you

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