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8 February 2016

Freedom of Information Act 2000

I am writing in response to your request for information made under the Freedom of Information Act 2000 in relation to Enhanced Recovery Protocol (ERP) for Knee Replacement Surgery.

In the Trauma & Orthopaedic surgery department in your trust, I would like to know if you have a printed ERP (Enhanced Recovery Protocol) for Knee Replacement Surgery. This can be for Total Knee Replacement, Unicompartmental Knee Replacement or Patellofemoral Replacement.

If you do have a printed ERP Protocol, can you please send me a copy of it to this address?

Please find attached the Trust's leaflet regarding ERP.

Enhanced Recovery Programme for Elective Hip/Knee Replacements

Information for patients

What is the Enhanced Recovery Programme?

Enhanced recovery, often referred to as rapid recovery, is an evidence based model of care that helps people recover faster from major surgery. It is the modern way for treating patients where day surgery is not appropriate.

You will be fitter sooner and ready to go home earlier with reduced complications. The model of care is safe and effective, focusing on less invasive surgical techniques, modern anaesthetic and pain relief methods, with an emphasis on early mobilisation. Importantly, patients are partners in their care.

These outcomes help you to recover better post-operatively, allowing you to go home and fully enjoy the use of your new knee or hip.

Before your surgery: being prepared

You will be seen in the Pre-assessment Clinic to make sure you are medically fit for surgery, and given two pre-op drinks to drink at 6.00am on the morning of surgery. The Enhanced Recovery programme also includes attendance at Hip and Knee School to fully prepare you for your operation.

This includes initial assessments by an Occupational Therapist to determine if you need any equipment at home. The physiotherapist will give you exercises to work on at home prior to admission, and information regarding surgery and post-op care.

During surgery: lessening the impact of anaesthesia

The Orthopaedic Team have developed an anaesthetic standard for all hip and knee replacement patients. This will involve a spinal anaesthetic and local infiltration of anaesthetic into either the hip or knee which will allow you to mobilise within hours of surgery with a minimum of pain.

After surgery: improving care

Resumption of normal diet and fluids after your surgery as soon as possible means a prompt recovery.

Effective pain relief will be prescribed as standard to enable early mobilisation.

Urinary catheters are not routinely used. This means less chance of infection and easier mobilisation.

You will be expected to mobilise as soon as possible after the operation and progress from frame to crutches/sticks before returning home safely.

Home early

All elective hip and knee joint replacements are included within the programme and should safely return home within three days.

If you are not fit to go home due to medical reasons or needing Social Services then discharge will be delayed until the needs are met to enable a safe discharge.

Organise who will be taking you home before you come into hospital. Discharges are planned for 10.00am and you could be required to wait in the Discharge Lounge for your transport home. The Discharge Lounge is next to the Reception desk on Level 0 at the front of the hospital.

Wound care

The original dressing stays in place for five days and will be changed by a Practice Nurse/GP or a District Nurse if you are unable to attend the GP.

Two weeks after your operation your clips will be removed by either of the above. Your wound will then be left without a dressing. This is perfectly safe.

If you have a problem with your wound you should contact your GP.

Follow up phone call

Following discharge from the Enhanced Recovery Programme (within three days) you will receive a follow-up telephone call from the Orthopaedic Ward to check progress or discuss any issues you have.

Medical follow-up

You will be seen routinely six weeks after your operation by your consultant or one of the Orthopaedic Team. This appointment will be issued by the ward on discharge or posted to you.

Please use this space to write any notes or questions you may have.

Further information and advice can be obtained from:

Elective Orthopaedic Ward

☎ 01892 635868

☎ 01892 634892

If for any reason you need further information or advice at home, you can ring the Elective Orthopaedic Ward at Tunbridge Wells Hospital from 8.00am to 5.00pm.

MTW NHS Trust is committed to making its patient information accessible in a range of languages and formats. If you need this leaflet in another language or format please ask one of your clinical care team or the PALS Team. We will do our best to arrange this.

Patient Advice and Liaison Service (PALS)

If you would like to raise any concerns, make comments and suggestions or require information on Trust services, you can contact **PALS**. Office opening times are Monday to Friday 10.00am to 4.00pm. Both offices offer a 24 hour answering machine. Messages will be responded to within one working day, so please do leave a contact number.

PALS Maidstone Hospital

☎ 01622 224960

PALS Tunbridge Wells Hospital

☎ 01892 632953

PALS Email

mtwpals@nhs.net

PALS SMS

☎ 07747 782317

PALS Maidstone Fax

☎ 01622 224843

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