

Report on an article

Hồ Quang Hưng, MD

Department of Physical Therapy and Rehabilitation, Chợ Rẫy
Hospital

Phạm Đình Ngân Thanh, MD

University of Medicine and Pharmacy

10/9/2010



THE JOURNAL OF Arthroplasty

[Register](#) or Login: Password: **SIGN IN** Auto-Login [[Reminder](#)]

Search for **GO**

[Advanced Search](#) - [MEDLINE](#) - [My Recent Searches](#) - [My Saved Searches](#) - [Search Tips](#)

JOURNAL HOME

CURRENT ISSUE

BROWSE ALL ISSUES

ARTICLES IN PRESS

SEARCH THIS JOURNAL

JOURNAL INFORMATION

- Aims and Scope
- Editorial Board
- Author Information
- Supplement Guidelines
- AAHKS Supplement Guidelines

Guidelines

- Permission to Reuse
- Info for Advertisers
- Submit Manuscript
- Contact Information
- AAHKS Information
- Pricing Information

SUBSCRIBE TO JOURNAL

CAREER OPPORTUNITIES



View Selected Periodical Abstracts

Abstract 1

The Journal of Arthroplasty

Volume 25, Issue 4, Pages 547-551, (June 2010)

Patient Education Before Hip or Knee Arthroplasty Lowers Length of Stay

[Richard S. Yoon](#), BS, [Kate W. Nellans](#), MD, MPH, [Jeffrey A. Geller](#), MD, [Abraham D. Kim](#), BA, [Maiken R. Jacobs](#), MA, OTR/L, [William Macaulay](#), MD

Received 24 July 2008; accepted 16 March 2009. published online 11 May 2009.

Abstract

From April 2006 to May 2007, 261 patients undergoing primary unilateral total hip arthroplasty or total knee arthroplasty were offered voluntary participation in a one-on-one preoperative educational program. Length of stay (LOS) and inpatient data were monitored and recorded, prospectively. Education participants enjoyed a significantly shorter LOS than

▶ ABSTRACT
FULL TEXT
FULL-TEXT PDF (228 KB)
CITATION ALERT
CITED BY
RELATED ARTICLES
EXPORT CITATION
EMAIL TO A COLLEAGUE
BOOKMARK ARTICLE

Patient Education Before Hip or Knee Arthroplasty Lowers Length of Stay

Richard S. Yoon, BS, Kate W. Nellans, MD, MPH, Jeffrey A. Geller, MD,
Abraham D. Kim, BA, Maiken R. Jacobs, MA, OTR/L, and William Macaulay, MD

From the Department of Orthopedic Surgery, **Center for Hip and Knee replacement**, New York-Presbyterian at Columbia University Medical Center, New York, New York.

Goal of study

Effect of real-time voluntary participation in a one-on-one individualized preoperative teaching program and how that affected the length of stay (LOS)

Data

Length of stay (LOS)

Materials and methods

- Primary unilateral THA or TKA between 4/2006 and 5/2007
- Voluntary participation
- One-on-one education session:
 - In person
 - Over the phone
- 60-page booklet entitled “What to expect”

Topics covered in the “What to Expect”

THA

What is THA?

- How the normal hip works

- Realistic expectations

- About the surgery / your new hip

- Preoperative checklist (i.e., medications, clothing, etc)

- Planning your hospital stay

Initial recovery in the postanesthesia care unit

Recovery & rehabilitation

Progress guidelines

Discharge instruction

Home recovery & exercise

Nutrition

Other (i.e., pastoral/religious care, hospital contact number.
Etc)

Results

- 261 eligible patients
 - 168 (64%): Education participants (EP)
 - 93 (36%): Non-participants (NP)
- Mean age:
 - EP: 66.3 +/- 11.7 years
 - NP: 66,3 +/- 11.2 years
- No significant difference in sex ratio and number of comorbid conditions

- **Length of stay:**
 - EP: 3.1 +/- 0.8 days
 - NP: 4.1 +/- 1.8 days($p < 0.001$)

- **Discharged directly home:**
 - EP: 58%
 - NP: 51%($p = 0.22$)

EP: Education Participants; NP: Non-Participants

Length of stay and Specific arthroplasty

	THA	TKA
Education Participants	3.1 +/- 0.8	3.3 +/- 0.9
Non-Participants	3.9 +/- 1.4	4.1 +/- 1.9
	p = 0.0001	p = 0.001

Length of stay and Type of Education

	In person	Over phone	
THA	3.2 +/- 0.83	3.3 +/- 1.4	p=0.85
TKA	3.3 +/- 1.2	3.2 +/- 1	p=0.6

Discussion

- **The similar result** to Canadian study:
 - A prospective randomized trial
 - One-on-one education session
- Other studies with **non significant decrease** in LOS:
 - Booklet mailer, bedside audio and ability of patients to ask question
 - Focusing on exercise education, rehabilitation but not on what to expect perioperatively

Limitation

- The participation is voluntary, then the study is not randomized
- In fact, in the non-participant group (93/261):
 - 12%: refused
 - 35%: did not return educator calls
 - 2%: failed to appear for a schedule

Summary

- A formal preoperative educational program can indeed help to lower a patient's LOS
- Consider making the preoperative patient program **mandatorily**.