

## MEDIA RELEASE

# Region's first fast-track program for hip/knee replacements opens at Hotel Dieu Hospital

(Kingston, ON, April 14, 2009) Patients in this region waiting for new hips and knees have more access to surgical care thanks to the launch of a fast-track total joint replacement (TJR) program at Hotel Dieu Hospital. Now off the ground with three hip replacement surgeries successfully completed, the innovative program is headed towards its ultimate caseload of 160 TJR cases annually.

"This is a very exciting model of care delivery because it has the potential to improve access to surgical care for patients needing hip and knee replacements, improve wait times and maximize Hotel Dieu's efficiency as an outpatient care centre," says Dr. David Pichora, interim CEO at Hotel Dieu.

"Also exciting is the fact that the model is transferable to other types of surgery. That could revolutionize the delivery of surgical care in this region."

Until now, all hip and knee replacement surgery occurred at Kingston General Hospital. By working in partnership with KGH and the South East Local Integration Health Network (LHIN), Hotel Dieu will now build additional surgical capacity into our health care system to help address wait times for TJR surgery in this region.

Three surgeries will be scheduled every Monday for the short-stay program at Hotel Dieu. Patients will have a 48-hour, post-surgery recovery period in the hospital's extended care unit. During that time, they will receive physiotherapy three times daily as well as occupational therapy as needed. When they leave the hospital, patients will continue with outpatient physiotherapy at Providence Care.

However, not all TJR candidates in the region will be eligible for the new Hotel Dieu program.

Patients referred to the program must meet specific clinical criteria that classify them as healthy individual or as someone with just mild systemic disease such

as controlled diabetes. They also need to have access to post-operative supports at home and good proximity to rehabilitation services.

“The Hotel Dieu program is ideally suited for the ‘well’ patient, who can be ambulatory on the same day as the surgery,” says Tracy Kent-Hillis, program operational director for the Hotel Dieu/KGH surgery program.

“This patient can easily manage a condensed 48-hour stay and go home much earlier compared to more acute patients, who, on average, require a stay of 5.5 days at KGH for knee surgery or 6.5 days for a hip replacement.”

In 2009/2010, the short-stay orthopedic program will be allocated \$1.4M in wait-time funding by the Ministry of Health and Long-Term Care.

The largest upfront capital cost, at \$433,000, is for basic surgical instrumentation and parallel reprocessing equipment. Operating costs include items such as additional staffing and education.

Currently, wait time for a hip replacement at KGH is 147 days, well below the provincial target of 182 days. For knees, however, the surgical wait time at KGH is 346 days, while the provincial target is 182 days.

Paul Huras, CEO of the SE LHIN, applauded the new service as an excellent example of how patients can benefit from faster access to quality care by changing the way services are structured.

“This is what integration is all about,” he says. “This service is an important step toward building a regional hips and knees program across the South East. Hotel Dieu and KGH will work closely together, as well as with the other providers of hips and knee surgery in the South East, to ensure the fast-track program is integrated as a component of an overall regional approach to improving access to these services.”

*Hotel Dieu Hospital is the ambulatory care teaching hospital for Kingston and Southeastern Ontario, providing expert care to more than 500,000 people in the region. Our specialized services include outpatient pediatrics, ophthalmology, diabetes education, breast assessment, day surgery, urgent care and mental health programs. Affiliated with Queen's University, we are partners within Kingston's university hospitals, delivering quality health care, leading innovative research and training the health care professionals of tomorrow.*

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