Home in 16 Hours

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Citation
Heligman, Jessica Lynn and Torres, Lizbeth, "Home in 16 Hours" (2017). All Publications. 2098.
http://scholarlycommons.baptisthealth.net/se-all-publications/2098

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Optimization of preoperative and perioperative care using Enhanced Recovery After Surgery (ERAS) on patients undergoing total hip and total knee arthroplasty. To use the best evidence advances in the care provision for arthroplasty patients, in the application of Enhanced Recovery After Surgery (ERAS) concepts, and in the provision of patient-centered care.

The goals of the program include:
- Providing a more comprehensive approach to the episode of care
- Minimizing surgical and metabolic stress
- Improving the recovery and convalescence processes for the patient
- Involvement of the patient and caregiver as active participants in the care processes
- Providing a same day of surgery discharge option for eligible patients
- Decrease overall length of stay for total joint arthroplasty patients

Methods of Implementation

The ERAS “Home in 16 Hours” program:
- Starts with preoperative care and detailed patient education prior to admission to hospital, well defined discharge criteria, and a pre-arranged discharge plan
- Postoperative care includes early introduction of oral nutrition supplements, early mobilization, multimodal pain management, and restricted opiate use to minimize nausea and ileus (Dwyer et al, 2012).
- Redesign of the nursing process due to compression of LOS
- Nurses amputating patients POD #0 to increase mobility
- Education provided throughout hospitalization
- Frequent reassessments of patient needs
- Patient and family as the unit of care
- Interdisciplinary approach to patient teaching and caregiver education

Discharge Criteria Must be met prior to discharge:
- Tolerance of oral fluids and solids
- Achievement and maintenance of pain control with oral meds
- Orthostatic tolerance
- Absence of unusual bleeding or swelling at surgical site
- Both patient and caregiver express comfort with discharge plan
- Voiding without urinary retention
- Physical Therapy Criteria
  - Gait distance – ambulate at least thirty (30) feet
  - Stairs/steps – independently negotiate six (6) inch step
- Transfers – perform transfers to and from a chair and bed

References


