Free Community Education Seminars

We routinely offer joint pain seminars to share the top things patients can do for arthritis as well as information on the newest medications and diet and exercise tips.

Learn about upcoming seminars by calling: 525-2-CARE (525-2227) or visiting: sphcs.org/jrc

A Leader in Orthopedic Care

ANNUAL REPORT
A FOCUS ON ENHANCED RECOVERY

TRANSFORMING CARE

Here Today. Home Tonight.

At St. Peter’s Hospital Joint Replacement Center, we are transforming patient care with our new Here Today. Home Tonight. initiative.

Implemented on March 30, 2017, the program represents a major shift in how we advance orthopedic care for our hip and knee replacement patients. It is based on the Enhanced Recovery After Surgery (ERAS) program, and is dramatically changing the recovery process for patients and providers.

The program focuses on several methods of care aimed at enhancing the patient’s experience. These include pre-surgery counseling; standardization of pain medications; improved hydration and diet plans, and working with therapists to get patients up and moving soon after surgery. Combined, this helps to accelerate recovery by reducing a patient’s post-surgery stress, better supporting the healing process, and enabling the patient to return home the same day as their joint replacement surgery.

A recent study shows this method helps reduce the length of hospital stay by 30 percent to 50 percent. It also reduces complications and readmissions to the hospital.

A key factor of enhanced recovery is patient and family engagement, which helps better prepare patients for surgery and discharge.

Enrollment in the program is voluntary. It currently is available to hip and knee replacement patients.

As we look ahead, our hope is that more patients will explore this method of care and the numerous benefits it provides.

ST. PETER’S HOSPITAL
JOINT REPLACEMENT CENTER

ST. PETER’S HOSPITAL
Joint Replacement Center
St Peter’s Health Partners
A Member of Trinity Health

sphp.com/joint-replacement-center
(518) 525-1445

AFOCUSENHNANCEDRECOVERY

REHABILITATION

Get Moving

Mobility, not rest. That’s the foundation of our Here Today. Home Tonight. program.

Our physical and occupational therapists work together to help patients achieve their goal of returning to doing the things they love, pain-free. This process starts with a detailed rehabilitation plan pre-surgery, and continues with an extended therapy session shortly after the procedure ends.

Family members are encouraged to participate, as they offer vital support in the recovery process.

Ideal candidates are healthy, active individuals who have both the drive and determination to begin moving and walking soon after surgery.

— Denise Morris, PT
Hospital-Based Rehab Manager

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PROGRAM OVERVIEW
St. Peter’s Hospital Joint Replacement Center

HERE TODAY. HOME TONIGHT.

340

TOTAL HIP & KNEE PATIENT VOLUMES

<table>
<thead>
<tr>
<th>Year</th>
<th>Volumes</th>
</tr>
</thead>
<tbody>
<tr>
<td>2018</td>
<td>2,479</td>
</tr>
<tr>
<td>2017</td>
<td>2,408</td>
</tr>
<tr>
<td>2016</td>
<td>2,313</td>
</tr>
<tr>
<td>2015</td>
<td>2,303</td>
</tr>
<tr>
<td>2014</td>
<td>2,185</td>
</tr>
</tbody>
</table>

These statistics place us among the top three high-volume hospitals in NYS. These figures represent hip and knee surgeries during the fiscal year, July 1 to June 30.

LENGTH OF STAY

1.24
Average days.

DISCHARGE

94%
To Home

The average number of days our patients stayed in the hospital following surgery was 1.7 days in 2017—exceeding the national average which ranged between 2.1 and 2.3 days during the same timeframe. In the first quarter of 2018, our patients’ length of stay decreased to 1.24 days while the national average was 2.13 for the same time period.*

AWARDS & ACCOLADES

A Team Effort

The enhanced recovery program has strongly reinforced the importance of team communication and collaboration. All stakeholders have practice standards and expectations to achieve while progressing the patient efficiently toward recovery. The nursing team works hand-in-hand with case managers, physical therapists and occupational therapists at the center which is located on the pavilion’s 6th floor at St. Peter’s Hospital.

The post-operative, nursing team works to ensure that patient safety, pain management, and functional goals are prioritized and achieved. Nurses make sure patients know each step of the plan too so patients are motivated to return home.

* Stryker Performance Solutions reported national average (St. Peter’s Hospital Joint Replacement Center works with 5% to deliver exceptional patient experience and proven quality outcomes.)

BERNIE WISE
Director of Orthopedics & Neurosurgery

NURSING PERSPECTIVE

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— Maggie Urquhart, RN, BSN-BC
Nurse Manager, 6 Pavilion, Orthopedics & Neurosurgery

This report contains data from 2017 and 2018.