

NAVIGATING CARE AMONG OLDER ADULTS WITH HIP AND KNEE SURGERY: PATIENT REPORTED OUTCOMES

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Purpose

The purpose of this evidenced based practice project is to examine whether a patient centered approach by a nurse navigator for patients who require hip or knee surgery can promote care coordination.

Background

Degenerative hip and knee disease can cause significant functional deficits especially among older adults. Older adults may present with limited functional abilities prior to a proposed surgical intervention. To ensure patient coordination and continuity of care for patients who require hip or knee surgery, the Orthopedic Institute (OI) was developed with a patient centered approach to provide care for older adults who have orthopedic concerns. A nurse navigator provides care coordination guiding the patient and family throughout their care.

Methods

To monitor and improve patient's quality of care, the OI measures the patient experience and outcomes using a self-reported and performance based function questionnaire among older adults who require hip and or knee arthroplasty.

Intervention

To measure patient reported functional recovery following hip and or knee arthroplasty, patients were asked to complete the Hip Dysfunction and Osteoarthritis Outcome Survey (HOOS) or the Knee Injury and Osteoarthritis Outcome Survey (KOOS) over three different time periods; pre-operatively, three months and one year after surgery. Both are self-reported questionnaires measuring patient perception in five different subscales; 1) pain, 2) symptoms, 3) activity of daily living, 4) function, and 5) quality of life.

Results

A total of 140 patient's age 50 years and older with hip arthroplasty and 161 patients with knee arthroplasty, who completed the HOOS and KOOS for the three periods of time. A one way repeated measures ANOVA was calculated comparing HOOS and KOOS scores, preoperatively, three months, and one year after surgery. A significant effect was found overall ($F(2,159) = 166.47, p < .000$) in the KOOS group and in the HOOS group, $F(2,137) = 401.20, p < .000$).

Conclusion

Measuring patient's perception can lead to a successful program. Nurse navigation provides a patient centered approach to enhance care coordination to promote patient recovery over time.