

Background

- Enhanced Recovery Programmes (ERP) were introduced to the NHS in 2010 ⁽¹⁾
- This provided a driver for improved efficiency and outcomes for patients undergoing joint replacement surgery
 - One of the key components of the ERP was early mobilisation of patients following surgery ^(1,2)
 - For purpose of this work early mobilisation defined as;

'Patient at least able to sit on the edge of the bed for 5 minutes within 4 hours of surgery.'

Method

Initial retrospective review of data for 163 patients

8.6% of patients mobilised on Day 0!

Length of Stay; THR = **8.1 days** TKR = **6.9 days**



Introduce a Therapy Twilight Service?

Aims

1. To enable at least 70% of joint replacement patients to mobilise on Day 0
2. To reduce mean length of hospital stay by 1 day for joint replacement patients
3. To maintain patient and staff satisfaction levels
4. To ensure adequate pain control for patients

Results

Impact on number of patients mobilised day 0	
Pre implementation	8.6% (n=163. 95% CI; \pm 4.6%)
Post implementation	89% (n=173. 95% CI; \pm 5.5%)

Impact on Length of stay (LOS) in days				
Procedure	Number of patients	LOS Pre implementation	LOS Post implementation	Reduction
THR	78	8.1	4.1	4
TKR	95	6.9	4.4	2.5

Additional Benefits
<p><i>Day case</i></p> <p>362 Day Case patients were discharged by the twilight service</p>
<p><i>Weekend services</i></p> <p>A reduction of 4 hours (10%) in demand of weekend service per weekend</p>

Potential financial impact

Potential cost savings (£300 per day)				
Patient group	Bed days saved over 7 months	Financial savings over 7 months (£)	Annual costs	Annual financial savings (£)
THR	312	93,600		160,457
TKR	237.5	71,250		122,142
Day case	362	108,600		186,171
Weekend	NA	10,920		18,720
Total	911.5	284,370		487,490
Staffing cost of twilight	-	-	10,000	-
Balance	-	-	<u>477,490</u>	

Conclusion - A Therapy Twilight Service;

- Is cost effective with potential to save a significant number of bed-days
 - Improves bed utilisation and bed capacity
 - Improves patient experience with reduced pain scores
 - Reduces LOS
- May have a direct impact on cancellations on the day of surgery, theatre utilisation and potentially reduce waiting times for surgery.

