



TOTAL JOINT ASSESSMENT CLINIC

Catherine McCarthy, PT
Queensway Carleton Hospital
Ottawa, Ontario

Introduction

- **Queensway Carleton Hospital**
 - 262 beds of which 66 are designated surgical
 - 7 OR's, 7 of the 8 orthopaedic surgeons perform hip/knee replacement (TKR, THR)
 - 1200 TKR / THR surgeries projected in 2008
- **Needs identified:**
 - Increase efficiency in use of resources
 - Improve patient access to services
 - Provide comprehensive care, with surgical and non-surgical options for patients



Why TJAC?

- **MOHLTC Wait Times Priority for hip and knee replacement provided a funding opportunity**
- **Total Joint Assessment Clinic concept: based on North York General and Sunnybrook-Holland**
 - **More effective use of available human resources, decreased patient wait time for initial assessment**



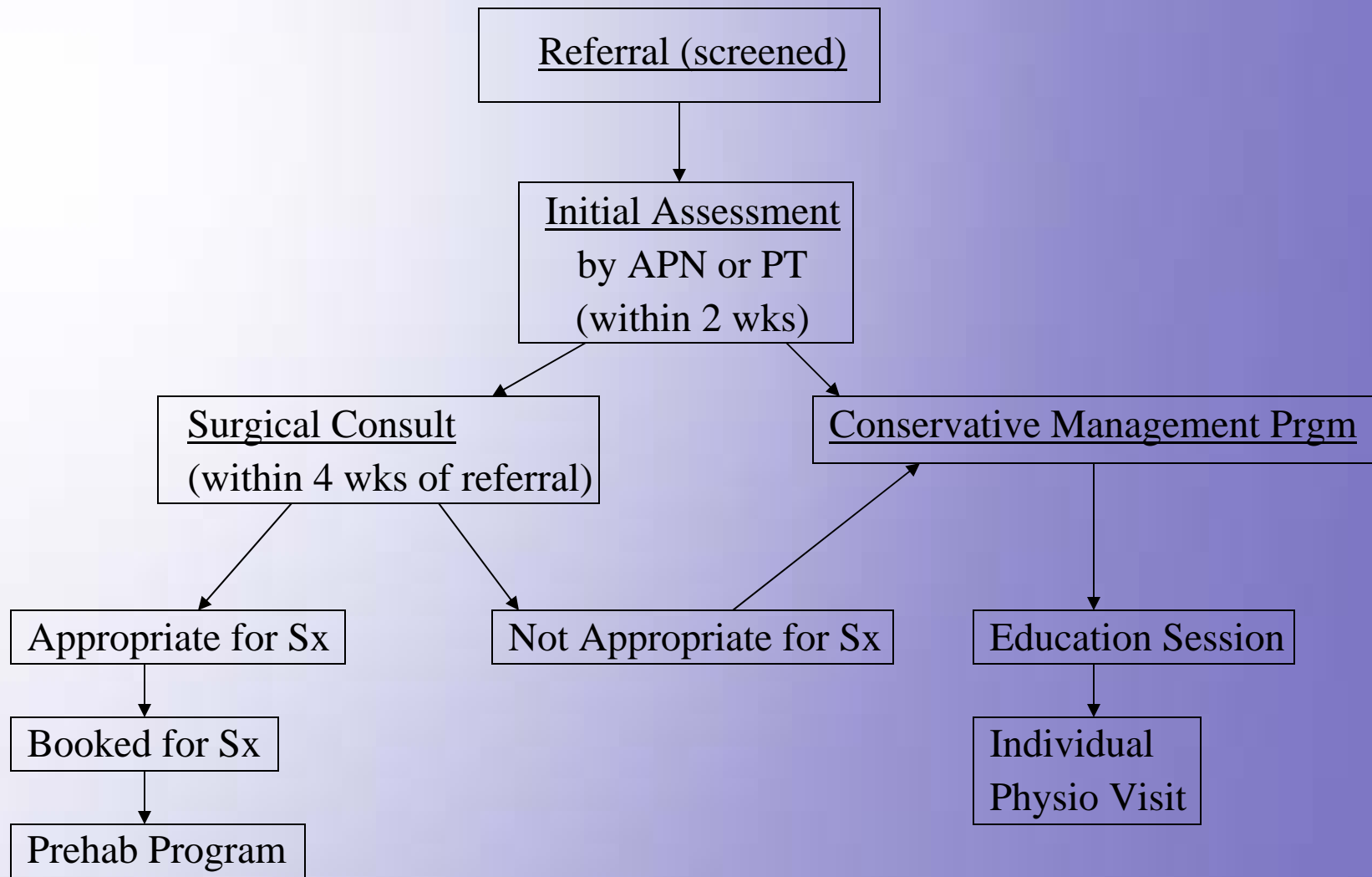
How Does the TJAC Function?

- **Staff:**
 - **1 Advanced Practice Nurse (APN)**
 - **1 Physiotherapist (PT)**
 - **1 Secretary**
 - **APN and PT can perform up to 6 assessments (1hour) each per day**



Functioning of TJAC cont'd

- **7 Orthopaedic Surgeons**
 - **Each surgeon is scheduled for an am or pm clinic 1-2x per month**
 - **Potential surgical candidates are presented to the surgeon by the TJAC assessor**
 - **Appointments are 15 minutes for each patient**
 - **If the patient is proceeding to surgery, consent forms are completed and the patient is scheduled for the Prehabilitation Program**



TJAC Statistics

Since opening October 1st, 2007 to February 12, 2008

# of Initial Assessments:	320
# of Surgical Consults:	149 (47%)
# of Surgical Patients	105 (70%)
# of Patients Directed to Conservative Mgt Program	271 (85%)

5/1/2008



Conservative Management Program

- **Developed to offer non-surgical patients treatment options for hip and knee arthritis.**
- **Available to patients who are not appropriate for surgery or who do not wish to have surgery at that time.**
- **Patients are referred to CMP by the TJAC assessor following the initial visit or after the surgical consult.**



Conservative Management Program

- **Includes a group Education Session and an Individual Physiotherapy visit**
- **Education Session**
 - **75-90 minutes long**
 - **Taught by PT, OT, Dietitian and Pharmacist**
 - **Topics covered are mobility aids, importance of proper exercise, energy conservation, role of food as energy source, how to approach weight loss and pharmacological management of pain**
 - **Handouts given including local recreation guide for pool schedules, etc**



Individual Physiotherapy Visit

- **Based on TJAC assessment**
 - Includes full history, physical exam (alignment, gait, ROM, myotomal strength, leg length, special tests), review of x-rays
- **Includes further detailed assessment of:**
 - Patient's exercise habits, home equipment
 - Standing balance and gait, muscle balance/recruitment patterns, flexibility, patellar mobility and core strength (if appropriate)



Individual Physiotherapy Visit cont'd

- **Exercises prescribed depending on assessment findings**
- **Exercises are performed during the session to ensure correct execution**
- **Hand-out with detailed pictures and instructions (Physio Tools by Tools RG) is given to each patient**
- **A contact number is provided if questions or problems arise**



Impact thus far

- **Positive feedback from all parties**
 - Referral sources(family physicians and rheumatologists)
 - Orthopedic surgeons
 - Patients
- **Improved access to services**
 - Initial assessment within 2 weeks then surgical consult (if indicated) within 4 weeks of referral



Impact thus far cont'd

- **Improved chronic condition management**
 - **Access to Conservative Management Program**
 - **Liaison with referral source through letter outlining assessment findings and recommendation**
- **Effective distribution of patient referrals to orthopaedic surgeons**
 - **Patients offered choice of first available surgeon or any specific surgeon**
 - **Allows for decreased surgical wait time**
 - **Surgeons able to see 4 patients per hour**
 - **Conversion rate for surgeons is 70% as opposed to office conversion rate of 30%**

What's Next

- **Satisfaction surveys**
- **Womac mail-out for Conservative Management Patients**

Summary

TJAC model with Conservative Mgt:

- Offers care options across the continuum
- Allows for more efficient use of resources
- Is effective in eventually equalizing wait times among orthopaedic surgeons at QCH
- Improves patient access to services

To contact the QCH Total Joint Assessment Clinic:
Maureen Sly-Havey, APN, or Catherine McCarthy, PT
613-721-2000 ext 3550
cmccarthy@qch.on.ca

