



Rapid Recovery Programme

During the course of 2009 Mr Tony Smith, Consultant Orthopaedic Surgeon and Knee Specialist has implemented a new multidisciplinary, patient focused approach to knee joint replacement at The Spire Yale Hospital. For NHS patients, Mr Smith has implemented this programme for all patients having knee replacement surgery at Wrexham Maelor Hospital and is working towards achieving this for all patients at the RJAH orthopaedic hospital, Oswestry.



The early results of this programme have been quite remarkable, with patients mobilising within hours of their joint replacement surgery and experiencing a rapid return to full activities much more quickly than with previous methods.

Mr Smith has carefully constructed a highly motivated and professional multidisciplinary team who take great care and pride in guiding his patients through a well structured, evidence based pathway of care to achieve these excellent results.

The majority of patients are ready to go home within 24 to 72 hours, most are able to drive within 3-4 weeks and are usually experiencing the full benefit of their joint replacement soon after that.

The key principals of Mr Smiths rapid recovery programme are

1. Patient education and careful pre-operative preparation
2. Staff training and engagement
3. Pioneering surgical and anaesthetic techniques, resulting in avoidance of post operative discomfort and nausea
4. Rapid mobilisation, often within hours of leaving the operating theatre
5. Encouraging patients to dress in their normal clothes after surgery and lead as normal activities as possible



6. Early, supported discharge home

Second day after total knee replacement and ready for home



‘The benefits of this approach are enormous, as well as returning to activity as soon as possible, patients not only achieve a better result from their operation but also decrease the risk of complications such as deep venous thrombosis (dvt)’ says Mr Smith. ‘It is not often changes in surgical practice yield such huge changes in outcomes for patients, but I am convinced the rapid recovery programme is a huge step forward for my patients having joint replacement surgery’