

# A CAUTIONARY TALE

A KINNINMONTH

# ER PROGRAMME

- 59 YEAR OLD WOMAN
- CONSTANT PAIN FROM ARTHRITIC KNEE
- RECURRENT SWELLING
- FEAR OF KNEE GIVING WAY
- VARUS DEFORMITY OF 15 DEGREES
- FIXED FLEXION 15 DEGREES

= CANDIDATE FOR KNEE REPLACEMENT



# SUCCESSFUL TKR

- WOUND DRY
- MINIMAL SWELLING
- XRAY FINE
- STATED TO HAVE IMPROVING MOBILITY



# ER ASSUMPTIONS

## TOTAL KNEE REPLACEMENT

- MEDIAN LENGTH OF STAY = 3-4 DAYS
- MOBILISATION WITHIN 24 HOURS
- GOOD PAIN RELIEF
- NO WOUND PROBLEMS
- HOME DISCHARGE PLANNING IN PLACE

# ER REALITIES

- PRE-EMPTIVE DAY OF DISCHARGE
- ASSUMED PROGRESS
- ASSUMED DAY OF DISCHARGE
- ‘NOTHING CAN GET IN THE WAY OF DISCHARGE’

# PATIENT POST TKR

- DISCHARGED ON DAY 4
- STANDARD PAIN PRESCRIPTION
- NO POST DISCHARGE PHYSIO REQUIRED AS MILESTONES ACHIEVED
- “ALL IS WELL”

# 6 WEEK FOLLOW-UP

- CAN'T SLEEP
- PAIN +++
- ROM 25 -70 DEGREES
- ON CRUTCHES
- “WORSE THAN BEFORE OPERATION”

WHY??



# HINDSIGHT

## REVIEW OF NOTES

- PAIN CONTROL DIFFICULT FROM ONSET
- SUB-OPTIMAL AT DISCHARGE
  
- PHYSIO NOTES – SLR DIFFICULT BUT “OK”
- FLEXION - ACHIEVED 70+ DEGREES WITH DIFFICULTY
  
- SUB-OPTIMAL AT DISCHARGE

# READMISSION AT 3 MONTHS

- INTENSIVE IN-PATIENT PHYSIO FOR 1 WEEK WITH SOME IMPROVEMENT
- LIMITED PROGRESS TO 1 YEAR
- ROM 30 -70 DEGREES
- STILL ON CRUTCHES

## 1 YEAR

- SURGICAL EXPLORATION WITH FIBROLYSIS
- EXCHANGE OF ARTICULATING POLYETHYLENE
- ACHIEVED IMPROVED MOTION FROM 10 -100 DEGREES
- SHORT TERM IMPROVEMENT ONLY
- CONTINUES TO HAVE PAIN

# LESSONS

- POOR PAIN CONTROL
- DIFFICULTY IN ACHIEVING RANGE OF MOTION
- = PROBLEM WITH PATIENT VS SURGERY VS REGIME
  
- IDENTIFY EARLY AND REMOVE FROM PROGRAMME
- DELAY DISCHARGE UNTIL MILESONES EASILY ACHIEVED