

Maui Experience
Maui Health System
JULY 2017 - PRESENT

Warren "Vic" Ayers, MD
Orthopaedic Surgery

Why Do We Care As Orthopaedic Surgeons?

ORTHO GIVE-A-\$@*! METER

Better Outcomes, Shortened LOS, Reporting Agencies

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Cost of Health Care Today (2016)

- **\$3.3 trillion dollars**
 - \$10,348 per person
 - 17.9 % of GDP
- Cost of hospital stay:
 - \$1,800 - \$3,000 per day
- TKA per year in U.S. is 700,000
 - By 2030 = 3.5 million
- THA per year in U.S. is close to 350,000
 - In 1984 was 9,000



Safe Progression to Outpatient Total Joint Surgery

- Prevent 30-day ER visits and 90-day readmits
- Optimization before scheduling
- Prehab
- Education



ERA in Integrated System vs. Community Hospital System

- Putting together a team
- Barriers



Current Status Quo vs. Change for the Better



Andy Warhol

"They say that time changes things, but you actually have to change them yourself."



Nelson Mandela

"Education is the most powerful weapon which you can use to change the world."



Heraclitus

"There is nothing permanent except change."

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Need to Optimize Host

- BMI
- Dental
- Education
- Hb1Ac
- Nutrition
- Prehab
- Sleep Apnea
- Smoking



Key Players for Educating and Leading Change

- Anesthesia
- Nursing
- PT (OT / Nutrition / Pharmacy)
- Social Services / Case Management
- Administration (\$ / Patient Educator)
- Surgeons

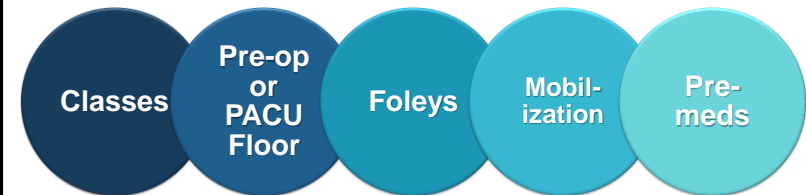


Anesthesia – Big Key to ERAS

- **Pre-op POM:** Carb load, lower catabolic stress, decrease n/v
- **Intra-op:** Beta blockade, NSAID/steroids, propofol/ketamine, Zofran
- To lessen stress, lower catabolic activity, decrease nausea & delirium
- **Post-op:** Help direct pain management (multimodal)



Nursing Education & Change Regarding ERAS



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Physical Therapy Also Key

- Educate nursing on safe mobilization
- Prehab
- Immediate post-op patient evaluations
- Shifts for late day (until 2000)



Early Mobilization

- Challenges: age, pre-op status
- Stress on staff
- Within two hours of surgery
- Orthostasis / oxygen saturation levels
- Multimodal pre- and intra-operative benefits
- Lower pain or opioid requirement
- Don't give opioids before physical therapy



Pharmacy

- Education
- Order set designed to assist with multimodal
- Orders



Social Services or Case Management

- Surgery-day evaluations
- Rapid discharge dispositions (including minor trauma)
- DME closet
- Education: help with pre-op education



Surgeons

- Status quo has to go
- Responsibility for pre-op education
- Optimization is now and will be demanded in future
- Multimodal pain control
- Immediate mobilization
- Carbohydrate drink up to two hours prior to surgery



Questions?