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| KNEE | Pre Admission | Day of Surgery | Post Op Day 1 | Post Op Day 2 | Post Op Day 3 | Outcome Indicators |
| Expected Patient Outcomes | Total Joint Class  Meet with surgeon, nurse to review your health and any concerns  Discuss Pain Management, review pain scale | You will know and be able to tell us what you know about your operation | You will work with nursing staff for pain relief  You will work with physical and occupational therapy  You will be out of bed for your meals | You will work with nursing staff for pain relief  You will work with physical and occupational therapy  You will be out of bed for your meals | You will work with nursing staff for pain relief  You will work with physical and occupational therapy  You will be out of bed for your meals  You will go home today or to rehab/skilled nursing facility if need be |  |
| Activity | You will be taught exercises in your total joint class to begin doing before surgery | SCDs/Ted hose  Cryocuff QID  Ankle pumps  \*Unicondylar arthroplasty/patellofemoral arthroplasty - POD #0 CPM  -5 - 45 degrees | CPM -5 - 45 degrees  (6 A - 9 A, 6 P - 9P)  Cryocuff QID  Physical Therapy x 2  Ambulate/mobilize as tolerated  Ankle Pumps  Gait training  Weight Bearing Status  Knee precautions  In chair for lunch/dinner  \*Unicondylar arthroplasty/patellofemoral arthroplasty - CPM -5 - 60 degrees | CPM -5 - 60 degrees  (6 A - 9 A, 6 P - 9P)  Cryocuff QID  In chair for all meals  Ankle Pumps  Advanced Knee Protocols: AROM, gait training with walker/crutches, knee precautions, stair climbing with device  Occupational Therapy evaluation ADL equipment  \*Unicondylar arthroplasty/patellofemoral arthroplasty - CPM - 5 - 90 degrees  possible discharge | CPM -5 - 90 degrees  (6 A - 9 A, 6 P - 9P)  Cryocuff QID  In chair for all meals  Ankle Pumps  Advance Knee Protocols: PROM, ambulates with walker/crutches, knee precautions, stair climbing with device,  OT review | Independent with active exercise  Demonstrates 10 - 90 degree active ROM  Demonstrates independent SLR with < 5 - 10 degree extension with leg,  Independent  transfers  Ambulation with device  Stair climbing  ADLs  Use of CPM |
| Evaluations |  |  | Specialty consults  PT evaluations  Case management  Care Conferences - (d/c rounds) | Care Conferences - (d/c rounds)  PT evaluations  OT evaluations | Care Conferences -  (d/c rounds)  PT evaluations  OT evaluations | Follow up with surgeon  Follow up with PCP |

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| Diagnostic Tests | Labs, X-rays and possibly an EKG | Post op X-ray Knee  Hgb/Hct | CBC  PT/INR if appropriate | CBC  PT/INR if appropriate | CBC  PT/INR if appropriate |  |
| Diet | Please tell us if you are on a special diet | Clears ADAT | Regular diet | Regular diet | Regular diet | Tolerating diet |
| Discharge Planning | Plan Ahead:  Ride to hospital  Ride home  Help/assistance at home  Review discharge planning in total joint binder | Identify patient's primary payor source to determine what services patient is eligible for | Briefly meet with patient/family members to explain scope of services available based on needs and payor source | Meet with patient/family members to determine which home health agency, Rehab, SNR or OP PT facility patient would prefer to use. Send appropriate order(s) to selected agency. Give patient agency name and contact information | Meet with patient /family members to remind them of appointments/chosen agency. Answer any last minute questions patient/family members may have. | Patient is discharged to appropriate level of care with appropriate service/discipline referrals.  Patient will be discharged to a safe environment with appropriate referrals. Home Health/Home PT/Outpatient PT.  Review agency name and contact information |
| Medications/IV | We will talk with you about any medical problems and what medications you take and what you can take before the day of surgery | Pain management  PCA peripheral nerve blocks  IV fluids  IV antibiotics  Anti-emetics  Resume home meds | Pain management:  D/C PCA  PO/IV meds  D/C fluids  Anti-emetics  Lovenox/Arixtra/ Rivaroxaban  Bowel regimen | Pain management  PO meds  Lovenox/Arixtra/ Rivaroxaban  Bowel regimen | Pain management  PO Meds  Lovenox/Arixtra/ Rivaroxaban  Bowel regimen | Anticoagulation teaching complete  Pain level 1-3 , POD #3 pain level 2  Bowel functioning WNL |
| Respiratory | You will be shown how to use an incentive spirometer (IS) | Pulse Ox  IS O2 NC | Wean O2, continue IS,  continue monitoring O2 | IS independently | IS independently | Adequate air exchange CTAB |

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| Treatments |  | VS q 4 hours  Pain q 2 hours  Nursing assessment per protocol  NV check q 4 hours  continous pulse ox monitoring  Assess dressings  Monitor and record drains  TEDS/SCDs  I/Os Foley  Clear diet (ADAT)  IS education  Post op abx  **Hct 1800** | D/C foley 9:00 AM after CPM  VS q 4 hours  Pain q 2 hours  Oral pain management  IV meds for breakthrough  D/C PCA  D/C IV fluids  Nursing assessment per unit protocol  NV check q 4 hours  IS education  TEDs/SCDs  I/Os  DC drain  check HCT - may transfuse  Debulk/decast  CPM application & teaching  Ambulate with nurse in afternoon if PT not available  Anticoagulation teaching | VS q 4 hours  Pain q 2 hours  Nursing assessment per unit protocol  TEDs/SCDs  I/Os  IS education  De bulk dressing  NV checks q 4 hours  Oral pain management  IV meds for breakthrough  CPM application & teaching  Ambulate with nurse in afternoon if PT not available  Anticoagulation teaching | VS q 4 hours  Pain q 2 hours  Nursing assessment per unit protocol  TEDs/SCDs  I/Os  Change dressing  Shower  Oral pain management  IV meds for breakthrough  CPM application & teaching  Ambulate with nurse in afternoon if PT not available  Anticoagulation teaching | Afebrile  Incision intact  No signs and/or symptoms of infection  Absence DVT  UOP  Bowel functioning WNL  Demonstrates anticoagulation administration  Demonstrates CPM application |
| Patient/Family Education | Total Joint Class will review what to expect with surgery, pain management, anticoagulation, | Knee Precautions - PT  Bed Mobility - PT  No pillow under knee - PT/RN  Incentive Spirometer - RN  Pain Management - RN  Orient to Room - RN | Knee Precautions - PT  No pillow under knee - PT/RN  weight bearing status - PT  Post op exercises - PT  Anticoagulation education - RN | Discuss car transfers - PT  Anticoagulation education - RN  Educate use of CPM - PT/RN  ADL equipment - OT  Assistive Device - OT | Review D/C instructions - RN  Review prescriptions - RN  Provide dressing changes - Ortho team  Anticoagulation teaching - RN  TEDs teaching - PT/RN | Patient and Family verbalize understanding of discharge instructions |
| Outcomes |  | Pain level 1 - 3  VS WNL  Pulse ox > 90 %  lungs CTAB | Pain level 1 - 3  VS WNL  I/Os WNL  Ambulate | Pain level 1 - 3  VS WNL  Progress activity  Progress ambulation | Pain level 1 - 3  Progress activity  Bowel Movement  Progress ambulating | Discharge |