



Main Line Health

Orthopedic Day Program

Outcome Report July 2012 – June 2013

The Orthopedic Day Program at Main Line Health is an innovative program located at two Outpatient Network locations. This unique program provides intensive therapy seven days per week for post surgical orthopedic patients and facilitates a faster recovery because the patients recuperate in the comfort of their own home each evening.

Patients receive individualized physical therapy, occupational therapy, and nursing services. They are monitored for pain management, medical management and incision care. Group activities are part of each day's treatment plan and patient's act as a resource to each other throughout the day.

For more information about this report or the Orthopedic Day Program, please call 484.596.5695.

STATISTICS

| | |
|---------------------|---------------------|
| Sample Size: | 306 patients |
| Average Age: | 65 years old |
| Average LOS: | 7 days |



BMRLH/13 SH

To refer patients to the Main Line Health Orthopedic Day Program, have your case manager contact the nurse case manager at either convenient location.

- 414 Paoli Pike, Malvern, PA 19335
484.596.5695
- 308 East Lancaster Avenue, Suite 100, Wynnewood, PA 19096
484.829.6003

The Main Line Health Outpatient Rehab Network offers hands-on, individualized care in 10 convenient locations throughout Philadelphia's western suburbs. Our skilled and experienced therapists utilize the latest resources and state-of-the-art equipment to help you achieve optimal function quickly and comfortably. We work closely with your primary care physician and insurance carriers to develop a treatment plan that helps you achieve the highest level of independence possible.

Each year the Main Line Health Outpatient Network sees more than 100,000 outpatient visits, making us one of the largest providers of physical medicine and rehabilitation services in the region.



Main Line Health
Well ahead.®

Results

Functional Outcomes

The Orthopedic Day Program was developed in response to a need for an outpatient program that offers intensive physical therapy for post surgical orthopedic patients. Patients who undergo joint replacement surgery are referred to the Orthopedic Day Program following discharge from the acute care hospital. Upon admission, they are evaluated by nursing and physical therapy and an individualized treatment program is developed that includes medical management by a registered nurse and rehabilitation services from licensed therapists.

The 7-day program is structured to ensure patients receive physical therapy and medical management services 6 hours each day. The treatment team provides incision care, pain management and tracks other potential medical issues on a day-to-day basis.

Result:

Patients achieved an average 21 degrees of total range of motion improvement in just seven days.

Result:

99% of our patients finished the program by the seventh day of treatment. The average pain rating on the day of discharge is 3 out of 10.



The care provided to patients helped them achieve their goals and helped ensure their well being.

Result:

Patient reported outcomes averaged a 16% increase in functional ability by day 7. Gait speeds increased an average 42% to a rate that reflects a lower risk for hospital readmission and a significantly lower risk for falling. By day 7, the average walking speed is nearly what is required for functional community mobility.

Patient Satisfaction

Patient satisfaction is measured for all inpatient and outpatient programs offered by Main Line Health. Results help facilitate program improvements and enhance our services and program offerings.

Result:

The overall patient satisfaction rating for the Orthopedic Day Program was in the 99th percentile.