

Hip Today *Home Tomorrow:* INNOVATING HIP REPLACEMENT

By Carrie Frye

SYRACUSE ORTHOPEDIC SPECIALISTS (SOS) AND CROUSE HOSPITAL HAVE TEAMED UP TO PROVIDE A LEADING-EDGE PROGRAM THAT PERMITS PATIENTS TO RETURN HOME THE DAY AFTER UNDERGOING HIP REPLACEMENT.



Dr. Izant and the very first Hip Today Home Tomorrow patient.

MULTIDISCIPLINARY APPROACH

THE SUCCESS OF Hip Today Home Tomorrow is due to the multidisciplinary approach deployed by providers from Syracuse Orthopedic Specialists and Crouse Hospital. Surgeons, operating room staff, nurses, physical therapists, nurse navigators and ancillary staff collaborate to ensure care throughout the continuum.

Nurse navigators guide patients throughout the process, from presurgical consults to postsurgical follow-up appointments.

“Thanks to our nurse navigators, the experience of hip replacement is significantly simplified,” says Seth Greenky, MD, board-certified, fellowship-trained Adult Reconstruction Specialist at SOS, Associate Clinical Professor of Orthopedics at State University of New York Upstate Medical University and Chair of the Musculoskeletal Services Department at St. Joseph’s Hospital Health Center. “Patients have a point person who coordinates hospital and home care services and makes arrangements for home nurses or home physical therapy.”

A **NOVATIVE ALTERNATIVE** to traditional inpatient joint replacement, Hip Today Home Tomorrow leverages the expertise of SOS joint replacement surgeons, who employ minimally invasive techniques that reduce postoperative pain and facilitate faster recovery times and next-day discharge.

“Traditionally, patients stayed in the hospital for four days after hip replacement,” explains Timothy Izant, MD, board-certified, fellowship-trained surgeon and Partner at SOS, Medical Director of SOS Plus, and Chief of Orthopedics at Crouse Hospital. “Muscle-sparing, minimally-invasive techniques have significantly improved the operation and changed the way we think about rehabilitation. Hip Today Home Tomorrow is a testament to what’s possible on the leading edge of medical practice.”

Sparing Muscle, Reducing Pain

Postoperative pain can limit mobility and expeditious rehabilitation after hip replacement, but SOS surgeons mitigate the risk of pain by using an innovative technique for hip replacement. The direct anterior approach permits surgeons to access the hip joint from the front, separating proximal muscles rather than resecting and repairing them. This significantly reduces blood loss and postoperative pain and promotes faster recovery.

“Although we perform each type of hip replacement and select the most appropriate procedure based on patient-specific criteria, the direct anterior approach requires markedly less soft tissue injury,” says Stephen Bogosian, MD, board-certified, fellowship-trained Adult Reconstructive Specialist at SOS. “That’s a critical factor for beginning rehabilitation sooner and encouraging patients to ambulate on their own or with an assistive device.”

The direct anterior approach also reduces dislocation rates following surgery, so patients face fewer postsurgical mobility restrictions.

SOS relies on its expert surgeons, who collaborate to provide the full benefits of the Hip Today Home Tomorrow program.

Dr. Seth Greenky and Dr. Bogosian perform a direct anterior hip replacement.



“Dr. Bogosian and I have performed more than 200 anterior joint replacements together, and between the two of us, we’ve performed more than 10,000 joint replacement procedures,” says Seth Greenky, MD, board-certified, fellowship-trained Adult Reconstructive Specialist at SOS, Associate Clinical Professor of Orthopedics at State University of New York Upstate Medical University and Chair of the Musculoskeletal Services Department at St. Joseph’s Hospital Health Center. “But while surgical excellence is a necessity, patient selection is also a critical component to the Hip Today Home Tomorrow.”

Identifying Candidates

SOS surgeons have identified characteristics that make patients excellent candidates for the program.

“The ideal patient is motivated and healthy, with no medical comorbidities or other major joint problems that may restrict him or her from recovery,” says Dr. Izant, who is also Associate Clinical Professor of Orthopedics at State University of New York Upstate Medical University. “In addition to having the use

of their arms and other leg, patients also need optimal support at home to facilitate next-day discharge.”

Although Hip Today Home Tomorrow seems ideal for younger patients, it is not a protocol limited by youth. Emphasis is on patients’ health — not age — Dr. Izant notes.

Pain Management and Physical Therapy

But even ideal candidates can face postoperative challenges, especially when opioid pain relievers cause nausea, which can disrupt rehabilitation activities. To prevent such complications, SOS and Crouse Hospital providers have established pain management protocols that utilize alternatives to narcotics and can be tailored to each individual patient.

Via intravenous administration or injection, skilled Crouse Hospital nurses provide pain medication that enables patients to ambulate and engage in physical therapy just a few hours after they return from the operating room the day of surgery.

After three physical therapy sessions — two conducted the day of surgery and one the following morning — patients who are able to climb up and down stairs, can use a walker, and are comfortable with oral pain medications are discharged. If patients are uncomfortable leaving the hospital, they are welcome to continue inpatient therapy.

Paradigm Shifting

Promoting mobility soon after hip replacement is a novel practice in orthopedics, but it represents the latest phase of an ever-evolving discipline.

“Hip Today Home Tomorrow represents an innovative protocol, but it will soon evolve to even more expeditious treatment regimens,” Dr. Izant says. “Five years from now, I foresee the ability to perform outpatient hip replacement. There will likely always be patients who need longer recovery times, but in the near future, as many as 50 percent of these procedures will be performed in an outpatient setting.”

For more information about SOS’ and Crouse Hospital’s Hip Today Home Tomorrow Program, visit hiptodayhometomorrow.com or call 315-883-5880.

A TAILORED PROCESS

DISCHARGING PATIENTS FROM the hospital the day after hip replacement requires highly individualized care, and the success of the Hip Today Home Tomorrow program — a collaborative effort launched by Syracuse Orthopedic Specialists and Crouse Hospital — is predicated upon customized treatment plans.

Beginning with the initial consultation, orthopedic surgeons use imaging studies, laboratory tests and medical histories to identify optimal patients who may be candidates for the Hip Today Home Tomorrow program.

Once enrolled in Hip Today Home Tomorrow, patients attend an educational seminar that specifically prepares them for the operation and rapid postsurgical rehabilitation protocols and accentuates the support necessary for their return home the day after hip replacement.



One of the first Hip Today Home Tomorrow patients, just hours after surgery.