

# Rapid Recovery Knee Programme

## Case Study

University Hospital for Trauma, Innsbruck

### Hospital Data

#### Innsbruck regional hospital (data for 2014):

- 38 university clinics
- 62 operating rooms
- 1,548 beds
- 51,550 patients

#### University Hospital for Trauma:

- 96 beds
- 5 operating rooms
- about 6,800 in-patients
- about 117,000 outpatient contacts
- Rapid Recovery Programme implementation started in June 2013

### Objectives for the Implementation of the Rapid Recovery Knee Programme

- Earlier mobilisation of the patient
- Improve pain and anesthetic protocol
- Earlier involvement of social services
- Active engagement of the patient in the care process
- Creation of a transparent care path
- Increase in patient satisfaction
- Increase in case numbers
- Reduction in recovery time



*We would like to make it possible that the convalescence time for our patients is reduced so that they are mobile again with their new knee replacement as quickly as possible. (...) Success is only possible if patients and the care team are working well together.*

*Dr. med. René El Attal, Innsbruck,  
Priv.-Doz. Dr. Ralf Rosenberger, Innsbruck*

## How did Zimmer Biomet provide support?



### Process optimisation

- Analysing the current patient pathway and make it transparent to all stakeholders, guided by two Rapid Recovery managers
- Introducing standardised clinical patient treatment protocols
- Optimisation of the discharge process
- Forming an interdisciplinary team and moderating steering group meetings



### Clinical enhancement

- Implementing clinical improvements in the anesthetic and analgesic area, amongst others, based on:
  - Fast-Track protocols
  - a visit in a Rapid Recovery Reference Centre



### Active patient engagement

- Introducing an interdisciplinary patient school, taking place every two weeks
- Preparing/producing materials for a better overview in patient treatment



### Data collection and evaluation

- Providing support in developing a process for collecting and evaluating data with reference to patients before and after surgery (Womac for example)



### Strategy and Marketing

- Providing support in internal and external communication of the results of the programme via media like newspapers and TV

## Results

### Length of stay

14  
days

5  
days

65%

Reduction in  
length of stay

Pre-RR\* 2012    Post-RR\* 2014

### Satisfaction with pain management

Assessment period: 25.03.2014–31.08.2015

54%

39%

6%

1%

very satisfied    satisfied    not very satisfied    not satisfied

### Satisfaction with stay in hospital overall

86%

89%

93%

Recommendation rate  
for the hospital

2014    2015

### Number of cases

51%

Increase in number of cases between 2013 and 2015

\*Rapid Recovery Programme

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