Occupational Therapy
Post Acute Rehabilitation Program for patient after Total Knee Replacement in PYNEH

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Rehabilitative journey for patient after TKR in PYNEH

ERAS program

Pre-operative phase

In-patient phase

Ambulatory phase
(Multidisciplinary Day Ward)

OPD

Post acute phase

Basic ADL

Advanced ADL
Objective & Methodology

**Objective:**
- To evaluate the effectiveness of a comprehensive OT rehabilitation program for patients after TKR during post acute phase

**Method:**
- Patients were referred to OPD after discharged from ERAS program
- 8 - 10 sessions of training were provided
- Clinical outcomes were collected before operation, 4th week and 8th week post operation respectively

**Outcomes:**
- Modified Barthel Index (MBI)
- Knee Injury and Osteoarthritis Outcome Score (KOOS)
- Fall Efficacy Scale (FES-I (CH))
OT interventions
Results

- From 5/2017 to 10/2018
- N = 131 (95 F + 36 M), mean age: 69.67

**Functional aspect**

**Improved MBI**
- Pre-op: 93.95
- Post-op 4/52: 97.56
- Post-op 8/52: 94.18

**Improved KOOS-ADL**
- Pre-op: 52.01
- Post-op 4/52: 76.07
- Post-op 8/52: 82.27

**Well-being aspect**

**Improved KOOS-QoL**
- Pre-op: 31.6
- Post-op 4/52: 52.9
- Post-op 8/52: 59.8

**Reduced FES-I**
- Pre-op: 18.31
- Post-op 4/52: 13.75
- Post-op 8/52: 12.32

• From 5/2017 to 10/2018
• N = 131 (95 F + 36 M), mean age: 69.67
Conclusions

• Occupational Therapy rehabilitation program for patients after TKR in post acute phase enhance / optimize ADL functions and fall efficacy as well as improve QoL.

• Although these initial results supported the effectiveness of this program, the effect from multidisciplinary contributions should not be excluded.