

# My Hip Journey: Implementing a eHealth program for patients undergoing a total hip replacement

## INTRODUCTION

- Virtual eHealth programs:
- can deliver individualised pre-op preparation, post-op and home rehabilitation to patients.
  - have the potential to increase program engagement and compliance.
  - may lead to enhanced recovery outcomes and reduced risk of post-op complications.
  - complement education provided by the hospital.
  - enables patients to access information before, during and after their hospital stay without physically having to be there.

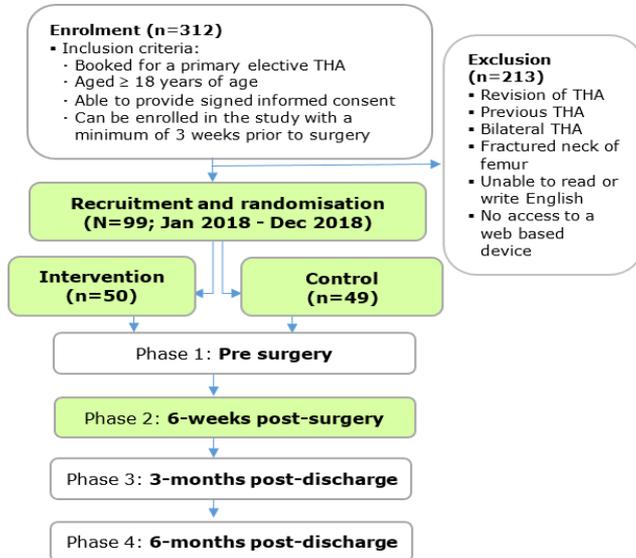
## AIM

- To compare the "My Hip Journey" Go Well Health™ eHealth program to standard care for pre- and postoperative education on patient outcomes for primary total hip arthroplasty (THA).

## METHOD

A prospective randomized controlled trial (RCT). The virtual program "My Hip Journey" was given to the intervention group, two weeks pre-operatively and encouraged to use the program on a daily basis until 30 days post-surgery and continue to have access 12 months post-surgery.

Figure 1: Study schema



## RESULTS: SATISFACTION

In phase 2, 40 (80%) participants completed the patient satisfaction survey. Positive feedback and suggestions for future improvements included:

*... I thought it was fantastic, if you use it properly & regularly it can really help in your post-op recovery ...*

*... relatively easy for older patient ...*

*... After speaking to friends who had similar operations and no program to follow, this was an excellent tool to assist my recovery...*

*... Information was provided in a timely way to reflect the precise stage of the pre op, op and post op process...*

*... The ease at which you could access the information, which I probably didn't take to it's full advantage...*

*... The excellent exercise videos and the ability to view any of the material retrospectively...*

*... Ability to inform myself about the surgery at my convenience...*

*... so easy to follow - exercise videos to remind you of the correct way to do the exercises...*

*... The clarity of the messages given by most of the speakers...*



## WHAT NEXT?

The outcomes and cost of using the eHealth program to support a patient's recovery from a hip arthroplasty will be compared with standard care.

