

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.

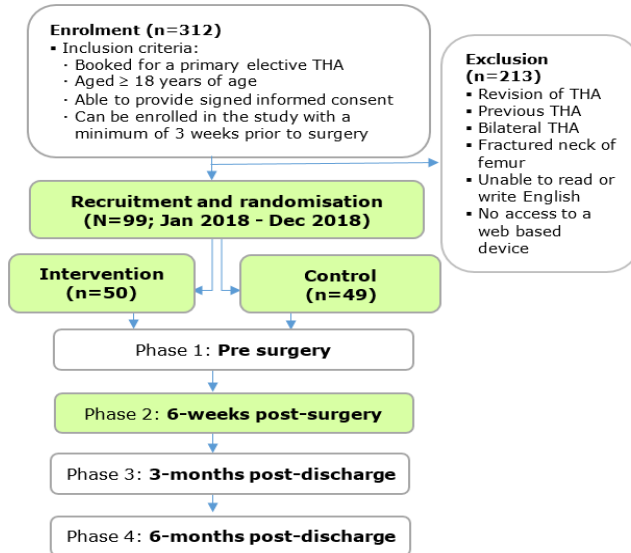
AIM

- 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.

