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 HealthTM 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.

**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 ...
- 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.