

# Information for Hip & Knee Replacement

## What to Expect

You and your surgeon have decided a hip or knee replacement would benefit you. The following is an explanation and a list of steps to follow as you navigate the wait time and preparation process.

1) At your appointment you will be provided with requisitions for blood work and an EKG. It is important you complete these tests before your intake visit with one of our Navigators. Our Navigators are health care practitioners-physiotherapists, nurses & OTs.

2) Within 4 weeks you will be contacted by Rebalance<sup>MD</sup> for an intake appointment with one of our Navigators. At this appointment the Navigator will ...

- a) Confirm that you wish to proceed with your surgery.
- b) Review your medical history and help to arrange any investigations or consultations necessary prior to your joint replacement surgery.
- c) Assess and assist with any physical or social concerns to assure successful surgery and return home.
- d) Review the surgery and the post-operative course with you and discuss any questions you may have.
- e) Review the FFAST 2.0 model with you and discuss options to expedite your surgery.

3) FFAST 2.0: Your surgeon or Navigator will ask if you are comfortable having your surgery performed by a surgeon other than the one who originally assessed you. If you answer yes your name will be placed on to the First Available Surgeon List. If you prefer to remain with the surgeon who assessed you, your name will be placed on their list.

## What is FFAST 2.0?

FFAST = First Available Appropriate Surgical Triage

FFAST 2.0 is a triage tool to improve and equalize wait times for patients waiting for hip and knee replacement surgery (this does not include revision surgery).

Rebalance<sup>MD</sup> is working with Island Health to improve and reduce wait times and optimize outcomes in joint replacement surgery.

## Questions:

1) What is the difference between waiting for my original surgeon and using the FFAST 2.0 waitlist?

Current waitlist time for surgery between surgeons can vary by 6-12 months. By choosing the FFAST 2.0 model you may significantly reduce your wait time.

2) If I go on the FFAST 2.0 surgical waitlist when will I find out who my surgeon is?

You will be notified and receive an appointment 8-12 weeks before your surgical date to meet and discuss your case with the surgeon.

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3) If after meeting my new surgeon I am not comfortable with the choice, what are my options?

We recognize that the choice between patient and surgeon is a personal one, and many factors go into a successful patient-surgeon relationship. All the surgeons participating in this program are capable of performing successful hip and knee replacement surgery. If however you are not comfortable please let your Navigator know. The options are to have another surgeon from the FFAST 2.0 program or to return to the original surgeon's waitlist.

We cannot give the same date for surgery if you change; however, if you choose another surgeon within the FFAST 2.0 model you will be offered the next available slot.

If you choose to return to your original surgeon, then you will wait an equal length of time as other patients on his/her waitlist.

4) The surgeon I met as part of FFAST 2.0 said I shouldn't have joint replacement surgery.

The indications for hip and knee replacement surgery are not black and white, hence there may be differences of opinion among care providers. Feel free to discuss your case with your surgeon, Navigator, and/or GP. Options include returning to the original surgeon's waitlist or receiving another opinion.

5) What if my condition changes?

If you develop significant medical or social issues while on the waitlist, please contact your Navigator to discuss these issues.

6) My hip or knee is getting much worse. What can I do?

There are a variety of medical/physical therapies to ease the pain while waiting for your hip/knee replacement. The first step is to contact your family doctor and discuss the use of medication, physiotherapy, or assists such as a cane or walker. If your GP wishes, a re-assessment may be required. The surgeon may need to reassess your pain/ function/ x-rays to reassess your urgency on the waitlist.

# The Patient Journey

Below is a visual representation of the stages involved in getting a joint replaced.

