



## Effective Health Care Continuum of Care Rehabilitation Nomination Summary Document

- Continuum of care rehabilitation after orthopedic surgery is not feasible for a full systematic review due to the limited data available for a review at this time.
- Multidisciplinary rehabilitation after orthopedic surgery was found to be addressed by 2011 NICE guidelines on the management of hip fracture in adults and a 2008 Cochrane review titled *Multidisciplinary rehabilitation programmes following joint replacement at the hip and knee in chronic arthropathy*. Given that the existing report and guidelines cover this nomination, no further activity will be undertaken on this topic.
  - National Clinical Guideline Centre. The Management of Hip Fracture in Adults. London: National Clinical Guideline Centre; 2011. Available from: <http://guidance.nice.org.uk/CG124>
  - Khan F, Ng L, Gonzalez S, Hale T, Turner-Stokes L. Multidisciplinary rehabilitation programmes following joint replacement at the hip and knee in chronic arthropathy. *Cochrane Database of Systematic Reviews* 2008, Issue 2. Art. No.: CD004957. PMID: 18425906.

**Nominator:** Organization

**Nomination Summary:** The nominator is interested in new research testing a “continuum of care” model of rehabilitation after orthopedic surgery (especially of the hip and knee). The nominator proposes a study of this model, which involves a coordinated primary health care team (primary care provider, nurse practitioner, and social worker), in comparison to usual care, which typically involves placement in a rehabilitation facility and then home health rehabilitation after orthopedic surgery. The nominator suggests that the continuum of care model can result in fewer readmissions to the hospital or visits to the emergency room after surgery and also may result in a speedier completion of rehabilitation. The nominator states that more data is needed to support this model of care and that a new research project could aid in the design of a version of this model that is sustainable and replicable for wider implementation.

**Staff-Generated PICO:** Continuum of care rehabilitation after orthopedic surgery  
**Population(s):** Patients undergoing rehabilitation after orthopedic surgery (subgroups of interest include patients older than 65 and patients who have had hip or knee surgery)  
**Intervention(s):** “Continuum of care” model of rehabilitation  
**Comparator(s):** Usual care (rehabilitation in a rehabilitation facility followed by home

health care rehabilitation)

**Outcome(s):** Fewer readmissions to the hospital after surgery; fewer visits to the emergency department after surgery; shorter period of rehabilitation care

**Staff-Generated PICO: Multidisciplinary rehabilitation after orthopedic surgery**

**Population(s):** Patients undergoing rehabilitation after orthopedic surgery (subgroups of interest include patients older than 65 and patients who have had hip or knee surgery)

**Intervention(s):** Multidisciplinary rehabilitation

**Comparator(s):** Usual care (rehabilitation in a rehabilitation facility followed by home health care rehabilitation)

**Outcome(s):** Fewer readmissions to the hospital after surgery; fewer visits to the emergency department after surgery; shorter period of rehabilitation care

- Key Questions from Nominator:**
1. For rehab patients, what is the effectiveness of a coordinated primary health care team following the patient compared to the usual care of hospitalization to home health?

## Considerations

- The topic meets EHC Program appropriateness and importance criteria. (For more information, see <http://effectivehealthcare.ahrq.gov/index.cfm/submit-a-suggestion-for-research/how-are-research-topics-chosen/>.)
- The continuum of care rehabilitation approach appears to be in practice at the organization the nominator represents but was otherwise not described in the literature on rehabilitation after hip or knee surgery, including systematic reviews, guidelines, or recently published trials. Therefore, the topic of continuum of care rehabilitation following orthopedic surgery is not feasible for a full systematic review due to the limited data available for a review at this time.
- Multidisciplinary rehabilitation after surgery for hip fracture was found to be addressed by a 2011 NICE guideline titled *The Management of Hip Fracture in Adults*. This guideline includes consideration of rehabilitation following surgery for hip fracture and provides recommendations indicating that multidisciplinary rehabilitation should be offered to patients following orthopedic surgery.
- Multidisciplinary rehabilitation after surgery for total hip replacement or total knee replacement was found to be addressed by a Cochrane review titled *Multidisciplinary rehabilitation programmes following joint replacement at the hip and knee in chronic arthropathy*. The authors of this review conclude that there is moderate evidence that this approach can improve patient experience in activity and participation after surgery.