

PRE AND POST OPERATIVE OCCUPATIONAL THERAPY ASSESSMENT AND TREATMENT GUIDELINE FOR PATIENTS WITH TOTAL KNEE REPLACEMENT

This guidance does not override the individual responsibility of health professionals to make appropriate decision according to the circumstances of the individual patient in consultation with the patient and /or carer. Health care professionals must be prepared to justify any deviation from this guidance.

INTRODUCTION

This Occupational Therapy (OT) guideline has been agreed with the Occupational Therapy Manager for the acute hospitals NHS trust in Worcestershire and is to be used with total knee replacement patients.

THIS GUIDELINE IS FOR USE BY THE FOLLOWING STAFF GROUPS :

All Occupational Therapy staff working in elective orthopaedics

Lead Clinician(s)

Beverley Phillips	Occupational Therapy Clinical Lead, WRH
Sarah Williams	Occupational Therapy Clinical Specialist, ALEX

Approved by Occupational Therapy Team Leads
Clinical Governance Meeting on: 22nd April 2025

Review Date: 22nd April 2028
This is the most current document and is to be
used until a revised version is available:

Key amendments to this guideline

Date	Amendment	Approved by:
10 th June 2015	Changed discharge criteria Discharging patients at pre-op clinic if appropriate Changed monitoring tool to include cognitive difficulties	OT Trauma and Orthopaedics Clinical Governance Group
August 2017	Document extended for 6 months as per TMC paper approved on 22 nd July 2015	TMC
December 2017	Sentence added in at the request of the Coroner	
December 2017	Document extended for 3 months as per TLG recommendation	TLG
March 2018	Document extended for 3 months as approved by TLG	TLG
June 2018	Document extended for 3 months as per TLG recommendation	TLG
August 2018	Document extended for 6 months as per email from Julie Elliott whilst new manager is in place and new key docs page approved	Julie Elliott
August 2018	Added another intervention to preop 1:1 assessment and title of document	OT Trauma and Orthopaedics Clinical Governance Group and OT clinical governance Therapy management clinical governance group
November 2020	Document extended for 6 months as per email from Beverley Phillips	Beverley Phillips
April 2021	Document extended for 3 months whilst under review	Beverley Phillips/ Dominique Thorn
May 2021	Updated standards Updated references Document reviewed and approved for 3 years	OT and Therapy clinical governance group
June 2024	Document extended 6 months whilst under review	Beverley Phillips
April 2025	Non changes made	Beverley Phillips

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INTRODUCTION

All OT staff working in an Orthopaedic area should be aware of the existence of the guideline and the location of where a copy of the guideline is kept.

DETAILS OF GUIDELINE

Pre-op Occupational Therapy education

- Referrals generated from pre admission clinic/nurse practitioner/consultant.
- Educate patient about Occupational Therapy and how they will achieve independence with their occupations post op.
- Sign post to the OT trust website for occupational therapy advice videos and information pre surgery.

Pre-op 1:1 virtual telephone appointment

- Screening assessment of patient's occupational performance and environment. if the patient consents to intervention or contact next of kin if patient lacks mental capacity.
- Check and advise on height measurement sheet and identify equipment if needed.
- Completion of a preop home visit to assess/practice transfers in the patient's home if required.
- Completion of pre-op home visit to fit identified equipment if required.
- Advise on post-op knee precautions patients will be required to follow
- Advise patient on purchase of long handled dressing equipment if required.
- Discharge from Occupational Therapy preop service if no further problems are anticipated post operatively. Refer to the in patient elective OT team if the patient needs to be seen post op.

Post-op

(Day 1 = the first day after the operation date)

To only be seen if not discharged at pre-op. If identified to be seen post operatively, follow OT intervention plan.

Day 1 onwards

- Check consultants post operative management plan
- Complete OT intervention plan

Discharge criteria

1. To be discharged pre-op once all assessments completed and equipment in situ, no problems anticipated for discharge.
2. To be discharged from occupational therapy once the occupational therapy intervention plan is complete.

MONITORING TOOL

How will monitoring be carried out? Audit of OT notes
Who will monitor compliance with the guideline? 8a/7 OT

STANDARDS	%	CLINICAL EXCEPTIONS
Elective TKR patients will be seen pre-operatively	100%	None
Elective TKR patients are discharged pre-op when possible	95%	Patients who have significant cognitive/complex medical co morbidities impacting on ADLs

REFERENCES

- In patient Occupational Therapy Assessment and Treatment procedure WAHNSHT
- Out-patient Occupational Therapy Assessment and Treatment procedure WAHNSHT
- Joint replacement(primary):hip,knee and shoulder NICE guidelines[ng157] published 4 June 2020 www.nice.org.uk/guidance/ng157
- Osteoarthritis:care and management NICE guidelines[cg177] published 12February 2014 www.nice.org.uk/guidance/cg177

CONTRIBUTION LIST

Key individuals involved in developing the document

Name	Designation
Beverley Phillips	Occupational Therapy Clinical Lead, WRH
Karen Grinsted	Occupational Therapy Clinical Specialist, Alex

Circulated to the following individuals for comments

Name	Designation
Helen Savory	Band6
Sarah Williams	Band6
Claire Moore	Band6
Laurence Ely	Band 7

Circulated to the following CD's/Heads of dept for comments from their directorates / departments

Name	Directorate / Department
Julie Elliott	OT Manager
Charlotte Jack	OT manager from 2019
Charles Docker	Clinical lead consultant T&O

Circulated to the following committee's / groups for comments

Committee / Group
Occupational Therapy Clinical Governance Group
Therapies Clinical Governance Group
Occupational Therapy Trauma and Orthopaedic Clinical Governance Group

Supporting Document 1 - Equality Impact Assessment Tool

Pre and Post-Operative Occupational Therapy Assessment and Treatment Guideline for Patients with Total Knee Replacement and Uni-Compartmental Knee Replacement		
WAHT-OCT-015	Page 4 of 9	Version 5

To be completed by the key document author and included as an appendix to key document when submitted to the appropriate committee for consideration and approval.



Herefordshire & Worcestershire STP - Equality Impact Assessment (EIA) Form
Please read EIA guidelines when completing this form

Section 1 - Name of Organisation (please tick)

Herefordshire & Worcestershire STP		Herefordshire Council		Herefordshire CCG	
Worcestershire Acute Hospitals NHS Trust	x	Worcestershire County Council		Worcestershire CCGs	
Worcestershire Health and Care NHS Trust		Wye Valley NHS Trust		Other (please state)	

Name of Lead for Activity	BEVERLEY PHILLIPS
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Details of individuals completing this assessment	Name	Job title	e-mail contact
	Beverley Phillips	Clinical Lead OT	Beverley.phillips6@nhs.net
Date assessment completed	19/5/21		

Section 2

Activity being assessed (e.g. policy/procedure, document, service redesign, policy, strategy etc.)	<p>Title: Occupational Therapy trauma and orthopaedic guideline WAHT-OCT-015</p> <p>Pre and post operative occupational therapy assessment and treatment guideline for patients with Total Knee replacement</p>
What is the aim, purpose and/or intended outcomes of this Activity?	Review of the guideline as the date for review has expired during COVID pandemic. To establish any amendments/updates and see if it is still relevant to current practice.

Who will be affected by the development & implementation of this activity?	<input type="checkbox"/> Service User <input checked="" type="checkbox"/> Patient <input type="checkbox"/> Carers <input type="checkbox"/> Visitors	<input checked="" type="checkbox"/> Staff <input type="checkbox"/> Communities <input type="checkbox"/> Other _____
Is this:	<input checked="" type="checkbox"/> Review of an existing activity <input type="checkbox"/> New activity <input type="checkbox"/> Planning to withdraw or reduce a service, activity or presence?	
What information and evidence have you reviewed to help inform this assessment? (Please name sources, eg demographic information for patients / services / staff groups affected, complaints etc.)	NICE guidelines RCOT specialist section Clinical specialist OT s in trauma and orthopaedics WAHT OT clinical governance group	
Summary of engagement or consultation undertaken (e.g. who and how have you engaged with, or why do you believe this is not required)	OT manager OT clinical governance group	
Summary of relevant findings	Minimal changes to staff job titles and added new updated NICE guidelines.	

Section 3

Please consider the potential impact of this activity (during development & implementation) on each of the equality groups outlined below. **Please tick one or more impact box below for each Equality Group and explain your rationale.**

Please note it is possible for the potential impact to be both positive and negative within the same equality group and this should be recorded. Remember to consider the impact on e.g. staff, public, patients, carers etc. in these equality groups.

Equality Group	Potential <u>positive</u> impact	Potential <u>neutral</u> impact	Potential <u>negative</u> impact	Please explain your reasons for any potential positive, neutral or negative impact identified
Age		✓		
Disability		✓		
Gender Reassignment		✓		
Marriage & Civil Partnerships		✓		
Pregnancy & Maternity		✓		
Race including Traveling Communities		✓		
Religion & Belief		✓		
Sex		✓		

Equality Group	Potential <u>positive</u> impact	Potential <u>neutral</u> impact	Potential <u>negative</u> impact	Please explain your reasons for any potential positive, neutral or negative impact identified
Sexual Orientation		✓		
Other Vulnerable and Disadvantaged Groups (e.g. carers; care leavers; homeless; Social/Economic deprivation, travelling communities etc.)		✓		
Health Inequalities (any preventable, unfair & unjust differences in health status between groups, populations or individuals that arise from the unequal distribution of social, environmental & economic conditions within societies)		✓		

Section 4

What actions will you take to mitigate any potential negative impacts?	Risk identified	Actions required to reduce / eliminate negative impact	Who will lead on the action?	Timeframe
	None identified			
How will you monitor these actions?	Clinical lead to oversee implementation of guideline for OT staff involved with this patient group			
When will you review this EIA? (e.g in a service redesign, this EIA should be revisited regularly throughout the design & implementation)	At the next trauma OT service review			

Section 5 - Please read and agree to the following Equality Statement

1. Equality Statement

1.1. All public bodies have a statutory duty under the Equality Act 2010 to set out arrangements to assess and consult on how their policies and functions impact on the 9 protected characteristics: Age; Disability; Gender Reassignment; Marriage & Civil Partnership; Pregnancy & Maternity; Race; Religion & Belief; Sex; Sexual Orientation

1.2. Our Organisations will challenge discrimination, promote equality, respect human rights, and aims to design and implement services, policies and measures that meet the diverse needs of our service, and population, ensuring that none are placed at a disadvantage over others.

1.3. All staff are expected to deliver services and provide services and care in a manner which respects the individuality of service users, patients, carer's etc, and as such treat them and members of the workforce respectfully, paying due regard to the 9 protected characteristics.

Signature of person completing EIA	B.Phillips
Date signed	19/5/21
Comments:	
Signature of person the Leader Person for this activity	
Date signed	
Comments:	



Supporting Document 2 – Financial Impact Assessment

To be completed by the key document author and attached to key document when submitted to the appropriate committee for consideration and approval.

	Title of document:	Yes/No
1.	Does the implementation of this document require any additional Capital resources	No
2.	Does the implementation of this document require additional revenue	No
3.	Does the implementation of this document require additional manpower	No
4.	Does the implementation of this document release any manpower costs through a change in practice	No
5.	Are there additional staff training costs associated with implementing this document which cannot be delivered through current training programmes or allocated training times for staff	No
	Other comments:	

If the response to any of the above is yes, please complete a business case and which is signed by your Finance Manager and Directorate Manager for consideration by the Accountable Director before progressing to the relevant committee for approval