

OUTPATIENT JOINT REPLACEMENT: A GROWING TREND

BY KEITH HOLLEY, M.D.

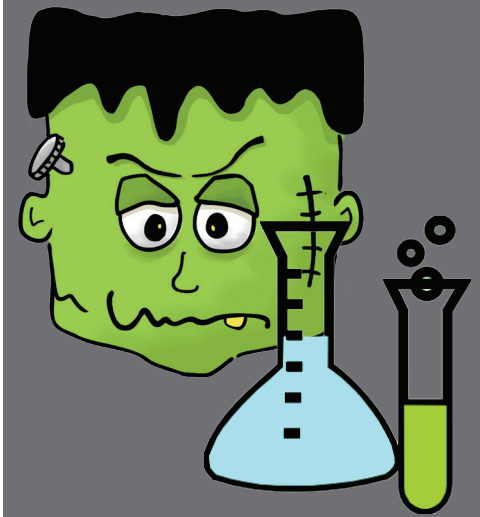
Historically hip and knee replacement surgery has been associated with admission to the hospital for several days and a prolonged recovery of several weeks. These procedures are well accepted and proven effective for relief of pain from end stage arthritis and improvement in quality of life measures. However, the early recovery period has frequently not been a pleasant experience for patients. Post-operative pain, nausea, bowel/bladder issues, and even altered mental status were common and resulted in a typical length of hospital stay of four to seven days.

However, this has all been gradually changing as perioperative treatment protocols have evolved. The most significant advance in joint replacement surgery in the last five years, in my opinion, has been the development of clinical pathways that promote rapid recovery and discharge after surgery. These pathways include such things as pre-operative patient education programs, multi-modal management of post-operative pain/nausea, regional anesthesia, and early mobilization with physical therapy to get patients moving. The combined effect of these improvements has been a steady decrease in the average length of hospital stay over the last 10-15 years from four to seven days to one to three days, depending on the procedure and type of patient.

As a natural extension of this, some surgeons and facilities began to try to send patients home on the day of surgery. This idea comes with some trepidation to most surgeons, given the potentially serious complications known to occasionally occur after joint replacement, such as bleeding, venous thromboembolism (blood clots), and infection. However, multiple centers across the country have now been performing joint replacements on selected patients on an outpatient basis for the last few years and have clinical data to show that not only is it safe, but is associated with high patient satisfaction scores. Most patients, given the choice, would rather recover at home than in the hospital. Currently, partial knee replacement is the most commonly performed joint replacement procedure as an outpatient, but total hip and total knee replacement are becoming more common as well.

Also driving this phenomenon are economic factors. Under bundled-payment models, doctors and surgical facilities can financially benefit if the cost of the total episode of care can be decreased. There is no conflict of interest or impropriety in this, rather incentives are aligned to improve clinical outcomes and decrease cost. This benefits the patient, the providers of surgical services, and the payers. While not likely to become universal, look for this trend to become more common in the future, as the number of joint replacements in this country is projected to steadily increase for the next decade. Don't be surprised if your friend or neighbor goes in for a hip replacement in the morning and is home later that day!

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OCTOBER 2016

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ABOUT THE AUTHOR



Dr. Holley has been performing IMEs exclusively for OMAC since 2005 in Washington State. Shortly thereafter, he obtained licensure in Alaska and Oregon, and subsequently in Idaho, and played a significant role in our expansion in

those regions. He accepted the position of OMAC Medical Director in 2011. Dr. Holley is well versed in the fifth and sixth editions of the AMA Guides to the Evaluation of Permanent Impairment and is a seasoned evaluator of Alaska, Idaho, Oregon and Washington workers' compensation claims. In addition, he has a strong background in federal longshore, disability, casualty and complex legal cases. Dr. Holley is fellowship trained in adult reconstructive surgery and is certified by the American Board of Orthopaedic Surgery (ABOS). He maintains a full-time surgical practice in Idaho.

Dr. Holley's Upcoming Availability:
October 21st – Twin Falls, Idaho
October 22nd – Portland, Oregon

ALASKA

Date	Physician	Specialty
Anchorage		
10/12	Youngblood	Orthopaedic Surgeon
10/20	Bauer	Orthopaedic Surgeon, Spine Surgery
10/21	Bauer	Orthopaedic Surgeon, Spine Surgery
	Rivera	Chiropractor
	Wong	Neurologist
10/27	Chong	Physical Medicine and Rehab, Physiatrist
10/29	Fraser, Jr.	Orthopaedic Surgeon

Fairbanks		
11/3	Craven	Orthopaedic Surgeon

Juneau		
10/19	Bauer	Orthopaedic Surgeon, Spine Surgery

IDAHO

Date	Physician	Specialty
Boise		
10/6	Bauer	Orthopaedic Surgeon, Spine Surgery
10/8	Chong	Physical Medicine and Rehab, Physiatrist
10/20	Tallerico	Orthopaedic Surgeon, Osteopath

Idaho Falls		
10/7	Chong	Physical Medicine and Rehab, Physiatrist
10/21	Tallerico	Orthopaedic Surgeon, Osteopath

Lewiston		
10/22	Lynch	Orthopaedic Surgeon

Twin Falls		
10/21	Holley	Orthopaedic Surgeon

MONTANA

Date	Physician	Specialty
Bozeman		
10/28	Hofmeister	Orthopaedic Surgeon, Hand Specialist

OREGON

Date	Physician	Specialty
Bend		
10/10	Nye	Hand Specialist
10/20	Wells	Orthopaedic Surgeon
10/21	Erkkila	Orthopaedic Surgeon
	Skrzynski	Orthopaedic Surgeon

Eugene		
10/4	Erkkila	Orthopaedic Surgeon
10/25	Erkkila	Orthopaedic Surgeon

Medford		
10/13	Teed	Orthopaedic Surgeon

Newport		
Call for availability		

Portland/Tigard		
10/5	Bauer	Orthopaedic Surgeon, Spine Surgery
10/6	Baldwin	Orthopaedic Surgeon
10/10	Lynch	Orthopaedic Surgeon
	Wong	Neurologist
10/13	Youngblood	Orthopaedic Surgeon
10/17	Button	Orthopaedic Surgeon, Hand Specialist
10/18	Smith	Orthopaedic Surgeon
10/19	Bell	Neurologist
	Arbeene	Orthopaedic Surgeon
10/22	Holley	Orthopaedic Surgeon
10/25	Berselli	Orthopaedic Surgeon

WASHINGTON

Date	Physician	Specialty
Bellevue		
10/5	Ward	Psychiatrist
	Reiss	Orthopaedic Surgeon
10/13	Joe	Orthopaedic Surgeon
	Almaraz	Neurologist
	Hamilton	Chiropractor
10/29	Wong	Neurologist

Everett		
10/4	Wong	Neurologist
	Reiss	Orthopaedic Surgeon
	Hamilton	Chiropractor
10/5	Brobeck	Orthopaedic Surgeon
10/14	Friedman	Orthopaedic Surgeon
	Stump	Neurologist
	Bodow	Occupational Medicine
10/17	Joe	Orthopaedic Surgeon
	Logan	Chiropractor
10/21	Tintle	Orthopaedic Surgeon, Hand Specialist
10/27	Nanos	Orthopaedic Surgeon, Hand Specialist
10/31	Joe	Orthopaedic Surgeon

Mt. Vernon		
10/4	Brobeck	Orthopaedic Surgeon
10/14	Ward	Psychiatrist
10/20	Wong	Neurologist
	Tintle	Orthopaedic Surgeon, Hand Specialist
10/25	Rogge	Orthopaedic Surgeon

Olympia		
10/4	Jones	Orthopaedic Surgeon, Hand Specialist
10/10	Schneider	Psychiatrist
10/27	Wong	Neurologist
	McFarland	Orthopaedic Surgeon
	Rivera	Chiropractor
	Ward	Psychiatrist

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Date	Physician	Specialty
Seattle Northgate		
10/3	Joe	Orthopaedic Surgeon
	Rivera	Chiropractor
10/8	Stump	Neurologist
	Bauer	Orthopaedic Surgeon, Spine Surgery
	Marson	Chiropractor
	Bodow	Occupational Medicine
10/13	McFarland	Orthopaedic Surgeon
	Wendt	Neurologist
10/19	Joe	Orthopaedic Surgeon
	Logan	Chiropractor
10/21	Klock	Pulmonary Disease
	Champoux	Orthopaedic Surgeon, Spine Surgery
10/26	Joe	Orthopaedic Surgeon
	Rivera	Chiropractor
10/27	Chatilo	Physical Medicine and Rehab, Physiatrist
10/28	Schick	Orthopaedic Surgeon, Hand Specialist

Silverdale		
10/24	Smick	Occupational Medicine

Spokane		
10/4	Rogge	Orthopaedic Surgeon
	Jukich	Chiropractor
10/11	Wong	Neurologist
	Rogge	Orthopaedic Surgeon
10/18	Chong	Physical Medicine and Rehab, Physiatrist
10/21	Sylvia	Orthopaedic Surgeon
10/22	Sylvia	Orthopaedic Surgeon
10/25	Brinkman	Hand Specialist, Plastic Surgeon
10/29	Schneider	Psychiatrist
	Hofmeister	Orthopaedic Surgeon, Hand Specialist
	Almaraz	Neurologist

Date	Physician	Specialty
Tacoma		
10/5	Joe	Orthopaedic Surgeon
	Schneider	Psychiatrist
10/6	Chong	Physical Medicine and Rehab, Physiatrist
10/7	Wray	Neurologist
	Bauer	Orthopaedic Surgeon, Spine Surgery
10/10	Joe	Orthopaedic Surgeon
	Small	Chiropractor
10/18	Jones	Orthopaedic Surgeon, Hand Specialist
10/19	McFarland	Orthopaedic Surgeon
10/22	Stump	Neurologist
	Tintle	Orthopaedic Surgeon, Hand Specialist
	Bodow	Occupational Medicine
10/24	Joe	Orthopaedic Surgeon
	Rivera	Chiropractor
10/28	Nanos	Orthopaedic Surgeon, Hand Specialist

Tri-Cities		
10/12	Gillespie	Orthopaedic Surgeon
10/14	Reiss	Orthopaedic Surgeon
	Wong	Neurologist
10/18	Rogge	Orthopaedic Surgeon
10/25	Gillespie	Orthopaedic Surgeon

Date	Physician	Specialty
Tukwila/Southcenter		
10/4	Rivera	Chiropractor
	McFarland	Orthopaedic Surgeon
	Ward	Psychiatrist
10/7	Joe	Orthopaedic Surgeon
10/12	Joe	Orthopaedic Surgeon
	Logan	Chiropractor
10/15	Friedman	Orthopaedic Surgeon
	Stump	Neurologist
10/21	Joe	Orthopaedic Surgeon
10/22	Bauer	Orthopaedic Surgeon, Spine Surgery
10/28	Joe	Orthopaedic Surgeon
	Champoux	Orthopaedic Surgeon, Spine Surgery
	Rivera	Chiropractor

Vancouver		
10/6	Crabbe	Psychiatrist
10/13	Crabbe	Psychiatrist
10/22	Perez	Orthopaedic Surgeon, Osteopath
	Wong	Neurologist
	Liston	Chiropractor
10/27	Rogge	Orthopaedic Surgeon

Yakima		
10/10	Gillespie	Orthopaedic Surgeon
10/13	Reiss	Orthopaedic Surgeon
	Wong	Neurologist
10/20	Rogge	Orthopaedic Surgeon
10/26	Reiss	Orthopaedic Surgeon



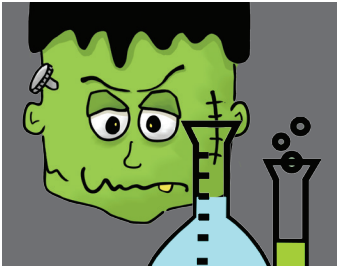
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Mark Rosen, M.D. is a board certified orthopaedic surgeon with an active practice in Las Vegas, Nevada. He completed his undergraduate degrees in chemical engineering and management at Massachusetts Institute of Technology (MIT) in Cambridge, MA. Dr. Rosen received his medical degree from Baylor College of Medicine in Houston, TX and completed his orthopaedic surgery residency at the University of Texas Health Science Center in San Antonio, TX.

Dr. Rosen practices in general orthopaedics with a special interest in total joint replacement, arthroscopic surgery and trauma. He is an authorized examiner for the Oregon Workers' Compensation Division.

Please contact our scheduling team at 800.331.6622 to schedule an exam with Dr. Rosen!