

# Bone and Joint Health SCN™

## Newsletter

July 2017



*Kyle Lang*

*“The time is right to set a new standard in Alberta.”*

### BJH SCN Raises Bar for Fractured Hip New Time-To Surgery Target is 36 Hours

Fresh off its success in consistently getting hip fracture patients into surgery within 48 hours, the BJH SCN has confidently raised the bar to a new target – 36 hours.

The BJH SCN set the 36-hour target on the strength of recommendations by the Fragility and Stability Working Group.

“Surgical teams across Alberta have worked very hard over the past few years to improve time to OR,” said Kyle Lang who leads the Fragility and Stability Working Group with Dr. Rob Stiegelmar. “Our teams have not only met the 48-hour bench-mark; they have bettered it getting around half of hip fracture patients into the OR within 24 hours in the last year.”

Alberta has taken the lead in Canada in meeting the 48-hour national benchmark. The [Canadian Institute for Health Information](#) (CIHI) released a [report](#) in March showing 91% of Albertans with a hip fracture had it repaired within 48 hours in 2016, up from 80% four years earlier. It is the biggest improvement of any province and outperforms the national average of 86%.

Getting people who have broken a hip into the operating room (OR) quickly is critical, especially for the elderly.

“Hip fracture patients are often elderly and vulnerable,” Jill Robert, the BJH SCN’s Senior Provincial Director, said. “They need the coordinated support of their health care system and of their family and friends to regain the health and level of independence they enjoyed before the fracture.”

The prospect of good outcomes is even better for patients who have surgery within 36 hours.

“An important part of our success in Alberta is the highly collaborative approach that has been established between clinicians, physicians and even departments at each site,” Rob said. “Our teams have made tremendous progress and we have the momentum we need to set the bar higher.”

“There is a strong commitment to maximizing the potential of hip fracture patients to recover their quality of life and this program shows what can be achieved when patients have the kind of support they need,” said Liz Evens, Alberta Bone and Joint Health Institute’s Project Manager for the Fragility and Stability Program.

Hip fracture can be life-altering for the frail elderly. Without appropriate, optimally timed therapy, many decline cognitively and physically, and require long-term care. Almost 30% of women, and more than 35% of men die within one year of their hip fracture.

Studies show patients who have surgery within 48 hours of first arriving in the ER and who are up and moving soon after surgery, have the best outcomes. Their risk of complications and mortality is reduced. They regain more function, are discharged from the acute care hospital sooner, and are more likely to return to where they lived prior to the fracture.



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## BJH SCN – Research Corner

### BJH SCN OA & Obesity Workshop – “Obesity – The Implications for Albertans with Osteoarthritis”

The second of a series of multi-stakeholder forums, the OA & Obesity Workshop was held June 13 & 14, 2017. Day 1 was focused on conservative management and prevention; and Day 2 was focused on surgical care, specifically arthroplasty, for the patient with OA and obesity. The workshop included a student poster competition sponsored by the Biomedical Engineering Graduate Program at the University of Calgary. The response from patients, clinicians, researchers and representatives of AHS and AH was excellent and we were at full capacity both days.



A range of topics were covered by experts from across Alberta, bringing attention to the challenges and complexity that exist at the interface of living with and/or caring for individuals with OA and obesity. The workshop also enabled rich discussions, through which a number of themes were identified relevant to next steps in Alberta. These will now be used to identify areas of activity that will be supported through the initiation of committees or action teams.

## Coming Soon!

A “*white paper*” for this workshop was prepared by Kristine Godziuk (PhD Candidate, U of Alberta) and focused on the outcomes of conservative and surgical treatments for the patient with OA and obesity. It is currently being finalized to include the outputs of the workshop, and once complete, it will be publically available on the BJH SCN website.

## BJH SCN Student Competition

In the fall of 2016, the Scientific Office of the BJH SCN launched its first student competition as a way of engaging students and to **generate ideas on potential solutions to real-world clinical problems** identified within our network.

**Problem Area 1:** Optimization of patients with obesity for arthroplasty

**Problem Area 2:** Fitness vs Fatness – Is there a better and cost-effective way than BMI to easily identify body composition in a clinical environment.

**Winning Team:** Kristen Barton, Christopher Hewison and Nicole Thompson

**Title:** *The Development of a Readiness Interview Tool for Patients to Improve Conversation on Modifiable Risk Factors Prior to Total Joint Arthroplasty*

**Runner-Up Team:** Paige Knight and Reza Ojaghi

**Title:** *Obesity, Osteoarthritis, and Arthroplasty: A Program Proposal for a Pre-Operative Optimization Program*

The winning team presented their proposed solution at the May 2017 BJH SCN Core Committee meeting and the OA & Obesity Workshop. Given the positive response, further refinement of the tool and piloting across the 13 surgical (arthroplasty) sites in Alberta is now being explored, under the leadership of Kelly Martial and Raul Kuchinad, co-leads of the BJH SCN Hip and Knee Working Group. For information about the tool, please contact [kibarton@ucalgary.ca](mailto:kibarton@ucalgary.ca).

For more information about the BJH SCN or if you would like to become more involved, please contact [bonejoint.scn@ahs.ca](mailto:bonejoint.scn@ahs.ca)

If you have any questions or comments regarding our Research Corner, please contact [anna.kania-richmond@ahs.ca](mailto:anna.kania-richmond@ahs.ca)



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