 **1800 1 ORTHO**
(1800 167 846)



*SHORT STAY
JOINT REPLACEMENT
PROGRAM*

Connected Orthopaedic Care
*No need to let joint pain
slow you down...*



East Sydney
Private Hospital

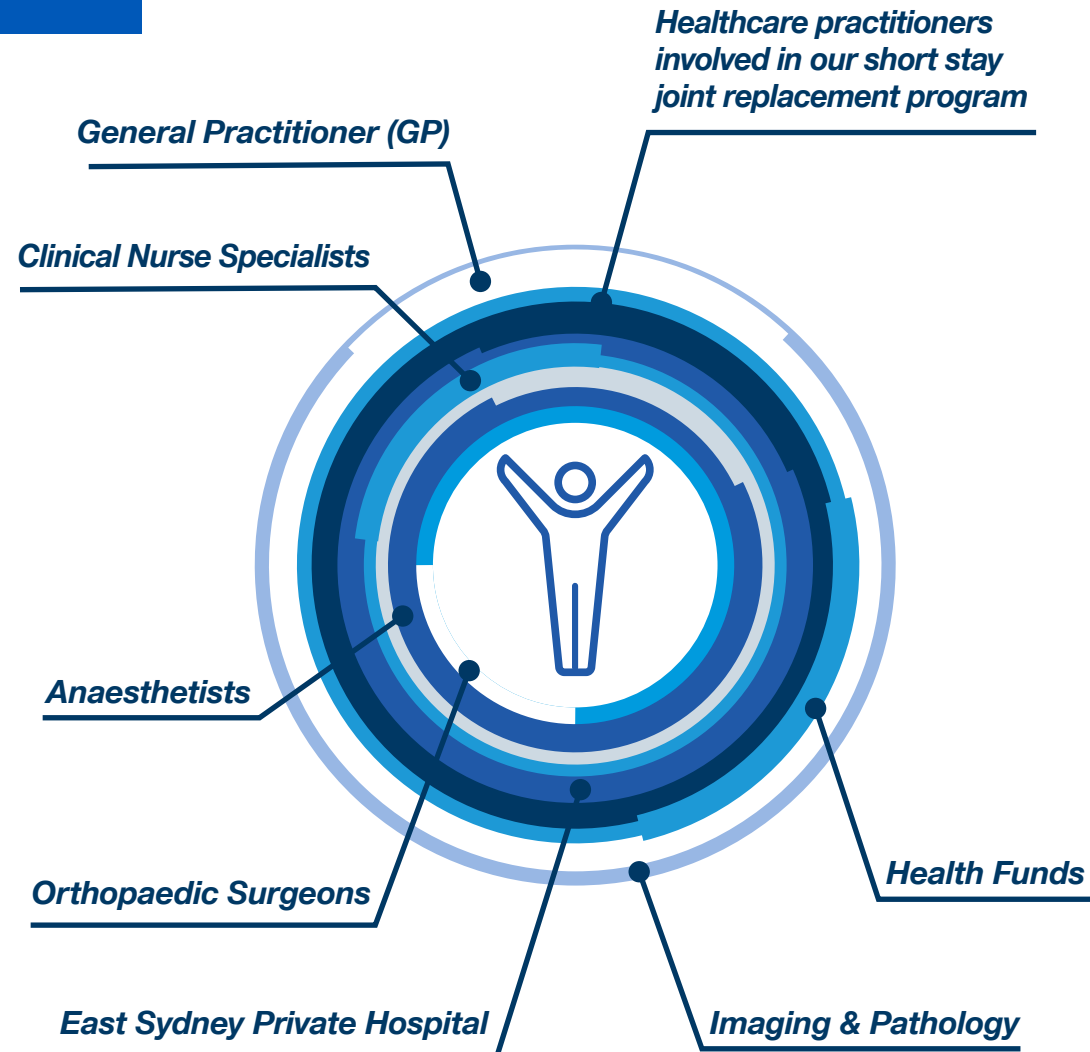
Short Stay Joint Replacement Program

Connected Orthopaedic Care *Redefining how healthcare is delivered*

East Sydney Private Hospital is proud to introduce our short stay joint replacement surgery program, one of the first Australian collaborative approaches to joint replacements of the hip, knee and shoulder with a short stay of one to three nights in our hospital and no out of pocket costs for surgical fees, for patients in participating health funds.

The hospital environment can be challenging to navigate, and this program seamlessly connects industry-leading experts, who work together in providing a personalised healthcare experience to our patients.

Through enabling cross-collaboration between healthcare practitioner's, and health funds, we provide patients with the transparency of costs and to empower patients to take action to improve their quality of life.



Program Features



Personalised prehabilitation and Early Engagement with our clinical team. The focus of this is to physically and mentally prepare patients for surgery.



Prompt mobilisation on the same day as surgery, patients may be up and walking with the support of physiotherapy and nursing staff.



Rapid Recovery Program is founded on cross-collaboration with a multi-disciplinary team; this includes orthopaedic surgeons, anaesthetists, clinical nurse specialists, physiotherapists and nursing staff who are involved in a patient's pre and post-surgery care.



Early Discharge from the hospital, sees patients being able to recover in the comfort of their own home within three days after surgery.



Supported Home Recovery Package, patients are provided with in-home physiotherapy, should their surgeon deem it necessary.



Removal of out of pocket costs makes joint replacement surgery accessible to more everyday Australians.



No Out of Pocket Expenses

The removal of out of pocket costs means that patients can now access knee, hip and shoulder joint replacement surgery with all surgeon, anaesthetist, surgical assistant, rehabilitation and hospital fees covered.

While eligible patients must be in a participating health fund that covers joint replacement surgery and are liable for any excess or co-payment costs associated with their policy, the removal of out of pocket costs makes joint replacement surgery accessible to more everyday Australians.

Connected Orthopaedic Care

Getting you back doing the things that matter.





Prehabilitation & Early Engagement

Our program is centred on preparing our patients physically and mentally for their surgery, which is achieved through early engagement with our allied health team, including physiotherapists and clinical nurse specialists. This team supports our patients by answering questions, and providing information on how to prepare for surgery, set pain expectations, develop a personalised exercise program and prepare for a return home from surgery. Once patients are home, our team are still on hand to answer questions, should a patient's treating surgeon deem it necessary, in-home rehabilitation may be organised.

Early Mobilisation

A photograph showing a female healthcare professional with dark hair, glasses, and a pearl earring, wearing blue scrubs. She is smiling warmly at an elderly patient whose back is to the camera. The patient is wearing a tan jacket. The background is a bright, out-of-focus indoor setting, likely a hospital or clinic.

On the same day as surgery, patients may be up and walking, this will be with the support of physiotherapy and nursing staff.

At East Sydney Private Hospital Sydney, our personalised and holistic approach to patient care means patients in this program, prepare for their post-surgery recovery before they are admitted to hospital for their operation. Working together, this is achieved through collaboration between our orthopaedic surgeons, clinical nurse specialists, physiotherapists, anaesthetists and nursing staff.



Rapid Recovery Program & Early Discharge

Our enhanced recovery program works together with our patients to reach the goal of being ready for their discharge from hospital and, when deemed safe, to the comfort of their own home within one to three days after surgery.

Patients who undergo knee, hip or shoulder joint replacement surgery as part of our Short Stay program will have their surgery and complete their in-hospital recovery at East Sydney Private Hospital, located centrally in Woolloomooloo, Sydney. Our hospital is a beautiful boutique-style facility, boasting 32 spacious patient rooms with a holistic approach taken to care for the physical and mental wellbeing of each patient.

Once home, patients may be supported with ongoing physiotherapy, should their treating orthopaedic surgeon deem it necessary.

Supported Home Recovery Package

Recovering in a patient's own home environment means that patients are surrounded by home comforts, maintaining privacy and are not restricted by hospital schedules such as food service times, cleaning and hospital visiting hours.

Beginning in-hospital rehabilitation with our physiotherapist within hours of surgery, sees our patients working toward their goals of care immediately.

Once home, patients may be supported with ongoing physiotherapy, should their treating orthopaedic surgeon deem it necessary.

Your treating orthopaedic surgeon will discuss your medical condition with you in detail to assess your eligibility for our short stay joint replacement program.

Patient Eligibility & Health Fund Participation

Patient Factors:

Treating surgeons and anaesthetic specialists will discuss with patients if they are appropriate for this program, conditions that may affect eligibility include;

- bleeding disorders
- high BMI
- uncontrolled cardiac history
- renal disease
- obstructive sleep apnoea
- obstructive pulmonary disease
- diabetes mellitus



Social & Home Factors:

- Inability or unwillingness to participate in preoperative counselling and pre-rehabilitation program
- Social Support at home, including:
 - Transport to and from hospital is preferable; alternatively, our hospital transport service is available should it be deemed appropriate.
 - A relative or friend support at home for recovery, particularly night one following discharge from hospital.



Health Fund Requirements:

Eligible patients must be in a participating health fund with a policy that covers joint replacement surgery; patients will be liable for any excess or co-payment costs associated with their policy.

At East Sydney Private Hospital, we have agreements with several of the major private health fund providers in Australia. Please contact our team on 1800 1 ORTHO (1800 167 846) to see if your private health fund is participating.



Shoulders

Hips

Knees



East Sydney Private Hospital

East Sydney Private Hospital is a modern boutique private hospital located in Woolloomooloo, Sydney, with arterial access to the southern, western and northern suburbs of Sydney.

Our mission is to provide consistently exceptional and personalised care to our patients, addressing not only the physical needs but also emotional and social needs, providing truly holistic care.

While our primary focus is on patient care, we have never lost sight of the fact that family and visitors are an integral part of our patients' healthcare journey. Providing professional customer service at all times and maintaining strong lines of communication is critical to achieving our patients' goals of care. We encourage our patients' loved ones and carers to participate in their healthcare; this is particularly important with our short stay joint replacement program.



Short Stay Joint Replacement Program

The Patient Journey

Symptoms



Patient Research



Call East Sydney Private Hospital / Health Fund



Investigations (Imaging/ Pathology)



GP Appointment (Referral)



Short Stay Specialist Selection

Specialist Appointment



Joint Replacement Clinic



Prehabilitation Exercise Program



Care at Home (Physiotherapy /Nursing)



Surgical Ward



Surgery

Program Overview

Specialist Appointment

Once you have spoken to one of our team members and decided on the surgeon you would like to perform your procedure, you will attend a one-on-one consultation with this surgeon in their private consulting rooms. At this appointment, there may be private consultation fees payable directly by the patient directly to the practice.

This consultation is your first opportunity to meet your surgeon and discuss the most appropriate treatment plan for your condition. You will need to bring any X-Rays and test results that you have previously had completed, along with your referral letter from your GP.

Your specialist will discuss all the surgical and non-surgical options with you and assess your current health status. If you decide to book in for surgery, you will be provided with an East Sydney Private Hospital Admission package. The practice staff will assist in booking you into the next Joint Replacement Education Clinic at East Sydney Private Hospital. If you live interstate or regionally, our team may be able to organise a virtual clinic for you. If you are not given a date for your Joint Replacement Education Clinic, please contact our team on 1800 1 ORTHO (1800 167 846).



Joint Replacement Clinic

The East Sydney Private Hospital Joint Replacement Education Clinic operates weekly on a Wednesday. It is run by our Clinical Nurse Specialists and physiotherapists to provide you with all the information and education required for your upcoming surgery.

We will provide you with exercises to perform both before your surgery and after your surgery as well as instruction on mobility aids such as crutches or anything else you may need when returning home.

Our nursing team will complete a nursing assessment with you, as well as orientate you around our hospital, and introduce you to some of the team of staff that will be looking after you during your short stay with us.



Surgery and Hospital Stay

Your hospital stay will vary depending on a number of factors but generally will range from 1-3 nights.

When you are admitted to hospital on the day of your surgery, you will be taken through to our pre-admission area, one of our nurses will complete a pre-surgery assessment with you.

When your procedure is completed, you will be taken to our recovery unit and spend some time with our team of nurses until you are ready for transfer to our surgical ward.



Surgical Ward

When you arrive on the surgical ward, our team of experienced nurses and physiotherapists will begin your rehabilitation process to get you on the path to recovering in your own home.

When you are ready, and it is safe for a return home, our team will arrange for you to be discharged with the support of in-home physiotherapy and nursing should your treating orthopaedic surgeon deem it necessary.



Care at Home

When you are discharged from our hospital, if you require additional care at home, we will continue to be involved in your recovery. Depending on your needs, you may receive rehab in the home from our team of physiotherapists.

You may even recognise some familiar faces from your stay in our hospital, and this allows us to continue a smooth transition from the hospital to the home. Your specialist will discuss your suitability for rehab in the home in more detail.



Orthopaedic Specialists



Dr Andrew Leicester
Hip & Knee



Dr Ben Schwarz
Hip & Knee



Dr Bradley Seeto
Knee



Dr Daniel Biggs
Knee & Shoulder



A/Prof Ian Woodgate
Hip & Knee



Dr Jacob Kaplan
Knee



Dr Johnathan Herald
Knee & Shoulder



A/Prof Mark Haber
Shoulder



Prof Munjed Al Muderis
Hip & Knee



Dr Mustafa Alttahir
Hip & Knee



Dr Nick Hartnell
Hip & Knee



Dr Peter Walker
Hip & Knee



Dr Sol Qurashi
Hip & Knee



Dr Vera Kinzel
Knee & Shoulder



Contact our team now

Call  **1800 1 ORTHO** (1800 167 846) or visit shortstayjointreplacement.com.au





East Sydney
Private Hospital

75 Crown Street
Woolloomooloo, NSW 2011

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