



Abstract

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ERAS Arthroplasty Experience in Hong Kong

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Objectives:

ERAS programme was established for total knee arthroplasty (TKA) in the author's institution since 2015. The aim of the present study was to evaluate the outcome of the program.

Methods:

The clinical outcomes for patients with osteoarthritis of knee who received ERAS TKA in 2018 were compared with patients who underwent conventional TKA in 2010. To minimize the background differences for the patients, propensity score was used for matching the data for analysis.

Results:

242 patients who received ERAS TKA in 2018 were compared with 115 patients who received conventional TKA care in 2010. The ERAS TKA was associated with a clinically significant shorter length of hospital stay (LOS) (8 ± 9.7 vs 20 ± 8.5 days, $p = 0.00$) without an increase in complication rate compared to patient with conventional TKA ($p = 0.389$). With similar ERAS TKA programme involving 320 medically fitter patients running in another sister hospital, LOS was even shorter (2.72 ± 1.67 days).

Conclusions:

ERAS arthroplasty is feasible and safe.

References: