

BEYOND HOSPITAL TO COMMUNITY

Well and Active Living after Knee-replacement IN Community (WALKINC): A Community-based Knee Replacement Rehabilitation Program

Team Members

Wong JY | Neoh EC | Dr Tan KGP | Pan MWW | Phua SY | Cheng M |
Vitullala J | Nurul A | Liew S | Atienza S | Tan XV | Tay C



Ren Ci 仁慈



Tan Tock Seng
HOSPITAL



Started from January 2021, 56 TKR patients were referred to community rehabilitation centre. The goal is to right site 70% of TKR cases in TTSH.

Future plans are (1) Include NTUC Health as community partner to expand existing coverage areas, (2) Involve community partners in providing home supported services for TKR Day Surgery patients, (3) Co-develop advanced rehabilitation programmes eg. Returning to work, Reintegration into community.

Total Knee Replacement (TKR) is the gold standard for managing pain, restoring function and improving quality of life for patients with severe knee osteoarthritis. The number of TKR performed globally is steadily increasing, same in Singapore.

Being an elective surgery, most TKR patients are generally mobile pre-morbidly and can recover well post-operatively. Carrying out rehabilitation in acute tertiary hospital is not cost-effective and uses up precious resources. Given the relatively homogenous patient profile, most can be rehabilitated via a protocolised centred-based rehabilitation in the community.

WALKINC Community Rehabilitation Programme

Well and Active Living after Knee replacement IN the Community





TTSH co-developed a new shared care model named “WALKING” with 4 community partners with below key strategies:

(1) Structured co-learning framework

(2) Fast Track referral pathway

(3) Escalation pathway

(4) Harmonised rehabilitation program, discharge criteria & outcome measures to ensure seamless transition from acute to community and maintaining high standard of rehabilitation care concurrently.