



Canolfan ar gyfer Gwerthuso,
Asesu Dyfeisiau ac Ymchwil Gofal Iechyd

CEDAR

Centre for Healthcare Evaluation,
Device Assessment and Research

What is Prepare Well (Orthopaedics)?



Prepare Well (Orthopaedics) aims to support and enhance an individual's psychological and physical preparation for planned orthopaedic surgery in order to help them recover and live well with their joint replacement. It is comprised of two courses: a pre-surgery "prehabilitation" course, and a post-surgery "rehabilitation" course. This evaluation focuses on the prehabilitation course.

The six-week course takes place in leisure centres in Cardiff and the Vale of Glamorgan. Each class includes an exercise component (60 minutes) and a discussion section with advice on lifestyle adaptations (30 minutes). At each session there is also 1:1 advice available from a specialist therapist.



Aim

An evaluation was carried out to explore service users' and staff experiences of ESCAPE-pain, the impact on service users' outcomes, and the social value of the course. Methods included interviews, surveys, observations, and a Social Return on Investment (SROI).

What changed?

Physically prepared for surgery:

Service users reported experiencing changes in fitness levels in the lead up to surgery. This was as a result of doing more exercise and feeling like they had strengthened their muscles in preparation for surgery

"I felt it was stronger for doing the exercises, after the class... even though they were painful on occasions or mostly through the class to do! So I expected more pain as a result of it, but there were times when I felt really quite strong after the exercises." (PW3)

"It also reduced anxiety, I know that it sounds crazy, but if you don't know what you're expecting and you sort of get very much painful results, [you ask yourself] is that normal? Well yes, it's normal! ... It reduces certainly from anxiety levels, the constant worry of whether or not: is this normal? Am I recovering fast enough? Should I phone the doctors? Should I panic? All those things I haven't had because I felt I was prepared for that via those classes" (PW3)

Psychologically prepared for surgery:

Service users spoke of feeling less anxious about their surgery, due to feeling reassured about what to expect, and having their concerns addressed in the classes

Patient activation:

Service users reported feeling motivated to continue exercising and to attend rehabilitation classes post-surgery, due to feeling more responsible for their own recovery, and having a better understanding of the benefits of exercise on recovery

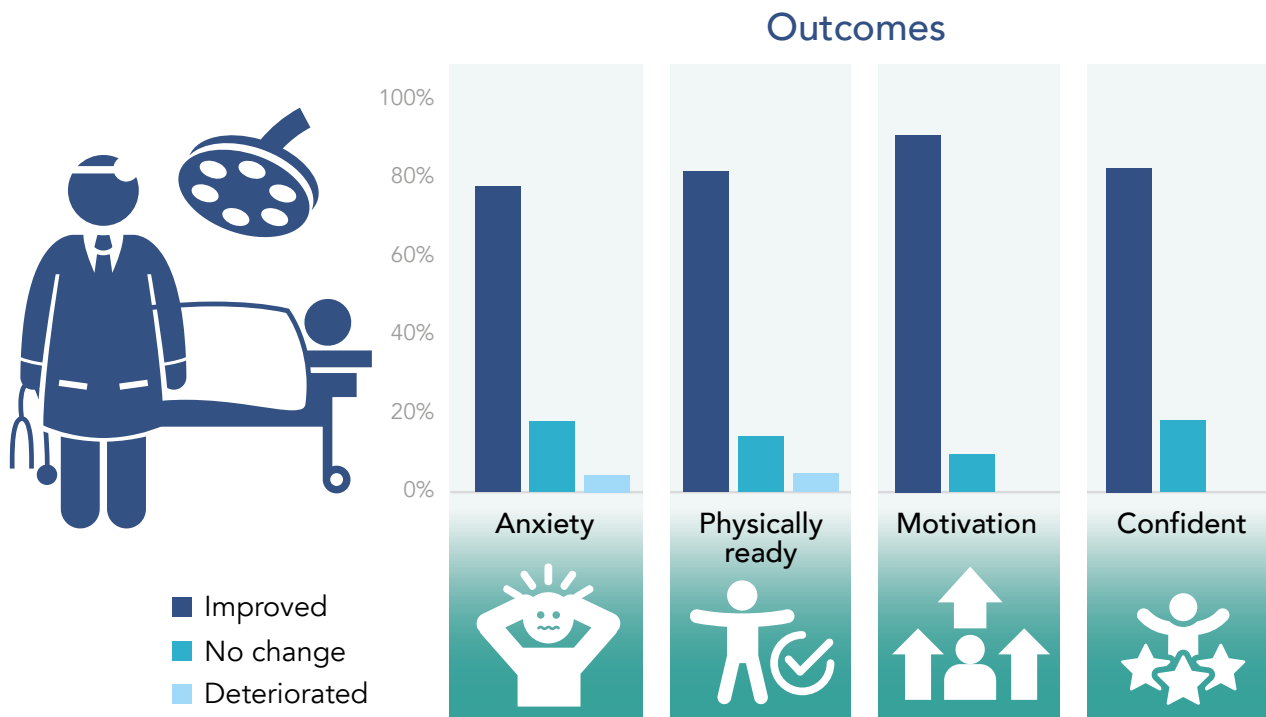
"I know this sound corny but I do want the best recovery that I can, not just for myself but my family, go back to work, I want those things back to normal. And I think that without some input – left to yourself it's going to take longer. And I think any input you get should be guided professionally and appropriately, so if you just walk around the house and just do a few lifts off the settee I don't think that's ... as much of a benefit as going into a class and learning more forms of exercise that you can do. And not pushing yourself but committing to make sure the best of your recovery." (PW3)

"I've just been up this morning, I've acquired an exercise bike this week off a friend of mine so I've got up and done my little exercises in the bed and then gone straight down on my exercise bike, sort of trying to get back to normal as quick as I can you know. As I said, I've never been one for exercise my entire life" (PW1)

More confident to manage health:

Service users described feeling more confident to manage their own health, including knowing how to manage their pain, feeling more capable of doing different exercises, and understanding how to cope after surgery

How much change?

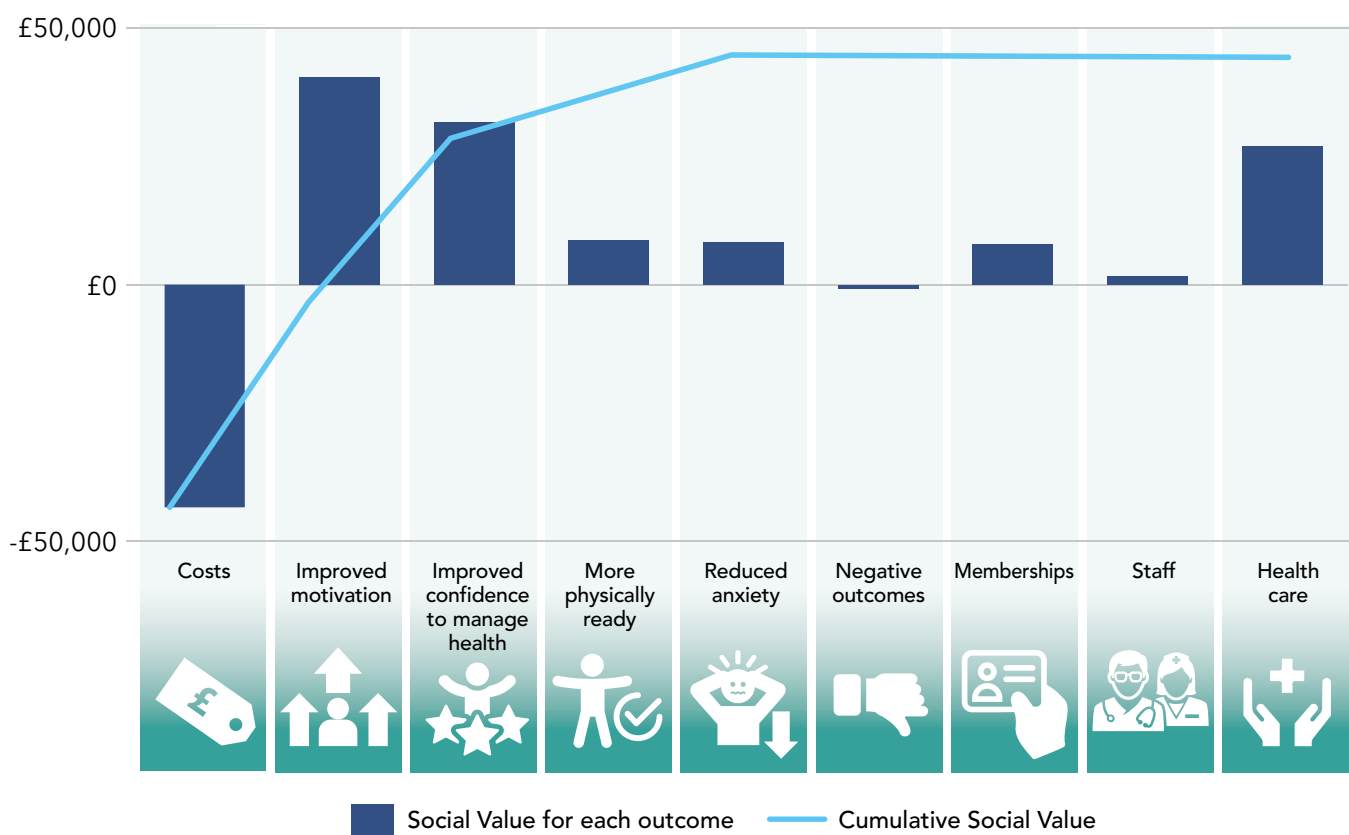


Most people reported positive changes across all the outcomes. Changes in anxiety about surgery and feeling physically ready for surgery were assumed to last only 6 months, by which time surgery would have taken place. Other outcomes are expected to last longer, but less change is attributed to Prepare Well (Orthopaedics) as time passes.



Putting a value on the changes

It is difficult to place monetary values on these outcomes, but we can approximate by looking at commercial alternatives, and relating this to the importance of the outcomes, as reported by participants. We included both the cost of the service, and a reduction in length of stay in hospital following surgery. Looking at 3 years following the intervention, there was a ratio of £2.86 social value for every £1 invested. This includes the cost of the service, and the saving in hospital stay duration.



The costs of providing the service was partially offset by a reduction in hospital stay after surgery. The service supported users to reduce anxiety and become physically ready for surgery. After surgery people reported that they were confident and motivated to manage their health and keep active. These outcomes mean that for every £1 invested in the service, £2.86 of social value was created.