## Introduction

In 2018, more than 3,500 California residents put their trust in Palomar Health Orthopedic and Spine Center to resolve their bone, joint and spine disorders. Our expertise and commitment to providing the highest quality care has resulted in superior patient outcomes with fewer complications and readmissions. These exceptional results have earned us national recognition, and we are proud to share some of the details of our efforts through this report.

### Centers of Excellence

While we serve a large patient population, each patient deserves to be our top priority. That’s why we’ve developed a Center of Excellence (COE) model of care for patients with hip, knee, shoulder and spine disorders. Each COE focuses on a specific condition and is designed around the patient’s needs, including education, pain control, rapid recovery and rehabilitation:

- Dedicated physicians and staff members
- High-quality patient outcomes
- Personalized care at every step of the journey
- Faster recovery and less pain

Members of our COEs constantly challenge each other to improve. We rely on intensive data collection to fine tune our treatment pathways and remain steadfast in our pursuit of excellence.

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We specialize in a full spectrum of procedures from total joint replacement to spinal decompression. Our skilled surgeons also address complicated issues like hip fractures, and perform more intensive operations such as joint revision surgery and complex spine surgery.
U.S. News & World Report
To help patients decide where to receive care, U.S. News & World Report evaluates data on nearly 5,000 hospitals in 16 adult specialties, 9 adult procedures and conditions, and 10 pediatric specialties. A hospital must excel in caring for the sickest, most medically complex patients to be nationally ranked in a specialty.

- Palomar Medical Center Poway – Knee Replacement 2019
- Palomar Medical Center Escondido – Knee and Hip Replacement 2018 – 2019

Blue Distinction Center
Palomar Health is designated as a Blue Distinction Center for the following:

- Palomar Medical Center Poway – Knee and Hip Replacement 2013 – 2018
- Palomar Medical Center Escondido – Knee and Hip Replacement 2013 – 2018
- Palomar Medical Center Escondido – Spine Surgery 2013 – 2018

Aetna Institutes of Quality
The Aetna Institutes of Quality awarded Palomar Medical Center Escondido with the Quality distinction for orthopedic and spine surgery for 2013 – 2018.

Healthgrades
Palomar Medical Center Escondido was recognized by Healthgrades for superior outcomes in back and neck surgery, spinal fusion, hip fracture treatment, hip replacement and knee replacement. Distinctions include:

- America’s 100 Best Joint Replacement 2017 – 2019
- America’s 100 Best Orthopedic Surgery 2017 – 2019
- Five-Star Recipient Back Surgery 2019
- Five-Star Recipient Total Hip Replacement 2019
- Five-Star Recipient Total Knee Replacement 2019

Palomar Medical Center Poway also achieved:
- Five-Star Recipient Total Knee Replacement 2019

Women’s Choice Awards
Palomar Medical Center Escondido was named as one of America’s Best Hospitals for Orthopedics in 2018.

“Excellence doesn’t arise from the competence of any one person — not the general practitioner, surgeon, floor nurse, physical therapist or patient. They all need to be placed within a system designed for success; a complex system built on the hard work of many hours developing and improving protocols, and mountains of data. And at the center of that system must be the patient.”

– James Bried, MD
Orthopedic Medical Director, PMC Poway
About Our Patients

Patients from all across the country come to Palomar Health for their care. From Maine to Hawaii, we are known for our excellence in orthopedic and spine care.

Clinical Advances Driving Demand Across the Generations

Baby Boomers are the most common generation cohort for orthopedic and spine surgery. However, minimally invasive surgical techniques have opened the door for younger patients (Generation X) to have surgery without a lot of down time, and for older patients (Greatest Generation) to return to a higher quality of life.

While females outnumber males for joint replacement procedures, both genders report a near equal share of other orthopedic and spine issues.
Patients come first. We pride ourselves in combining the best technologies with the brightest, most caring professionals to provide you the best patient care possible. During your stay at a Palomar Health hospital, every member of our staff will treat you and your loved ones like family. Here’s what our patients told us about their orthopedic and spine experience in 2018.

<table>
<thead>
<tr>
<th>Measure</th>
<th>National Rank</th>
<th>Grade</th>
<th>National Rank</th>
<th>Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>Communication with Nurses</td>
<td>88%</td>
<td>B</td>
<td>94%</td>
<td>A</td>
</tr>
<tr>
<td>Communication with Doctors</td>
<td>98%</td>
<td>A</td>
<td>98%</td>
<td>A</td>
</tr>
<tr>
<td>Pain Always Well Controlled</td>
<td>97%</td>
<td>A</td>
<td>97%</td>
<td>A</td>
</tr>
<tr>
<td>Quality of the Food</td>
<td>98%</td>
<td>A</td>
<td>91%</td>
<td>A</td>
</tr>
<tr>
<td>Would you recommend the Hospital to Family and Friends?</td>
<td>83%</td>
<td>B</td>
<td>95%</td>
<td>A</td>
</tr>
<tr>
<td>Discharge Information and Care Transitions</td>
<td>99%</td>
<td>A</td>
<td>98%</td>
<td>A</td>
</tr>
</tbody>
</table>

I’m really proud of our success in controlling pain after surgery. This allows patients to recover faster, and even walk the very same day of surgery. We don’t want to be the hospital where your pain is ‘usually’ under control, we strive for ‘always.’ I frequently hear from my patients that they had surgery years ago, but that it’s improved so much, they wished they hadn’t waited so long.

– Thomas Knutson, MD
Orthopedic Medical Director, PMC Escondido

At Palomar Health Orthopedic and Spine Center, patient satisfaction is our greatest accolade. From communication to food quality and pain control, we strive to provide a superior experience every day in every way. This word cloud represents actual patient feedback gathered from 2018 satisfaction surveys. The bigger the word appears, the more frequently it was used by patients to describe their experience with us.
Patients can interact with their care team about their health, from sleeping and moving towards the same goals. That's why our team has designed a CarePath that keeps you and the rest of your care team connected and possible.

Our goal is to improve your quality of life, increase your mobility, and make your care experience as easy as possible. For patients who need surgery, most are leaving our facility sooner than they may have expected. That's why our team has designed a CarePath that keeps you and the rest of your care team connected and moving towards the same goals.

**Your Best Health Before Surgery**
- Avoid surgery until all other conservative treatments have been exhausted.
- Minimize health factors that increase your risk for potential problems after surgery.

**Patient Education**
- Attend a Pre-Operative Class taught by our specialized nurses.
- Engage with your personalized Online CarePath.
- A nurse is available to assist you with any questions or concerns.

**Enhanced Recovery and Pain Control**
- Our multi-modal pain control reduces reliance on opioids.
- Anesthesia protocols reduce medication side effects including nausea.
- Pre-surgery hydration helps you feel better after surgery.

**Advanced Surgical Techniques**
- Minimally invasive surgical techniques allow for faster recovery, a shorter hospital stay and fewer complications.
- Shorter surgical times reduce blood loss and risk of infection.

**Early Mobilization**
- You’ll often walk the same day as surgery to speed up recovery and improve range of motion.
- Our physical and occupational therapy team will guide you every stage, from hospital to home, to one of our outpatient clinics.

**Care Transitions and Hand-Offs**
- Coordinated care is the key to getting you home faster.
- We work to engage you and your caregiver so you feel supported at home.
- Home wellness programs, home visits, nurse check-ins, online surveys and follow-up visits are all designed to keep you on track.

**Online CarePath**
To prepare for surgery, Palomar Health offers Online CarePath, a custom roadmap to get patients prepared and organized for surgery and recovery. Patients can interact with their care team about their health, from sleeping and eating, to pain control. Palomar Health specialists can reply with recommendations.

**Steps to a Successful Surgery**

**Education and Community Events**

As leaders in the orthopedic and spine industry, our team of experts is committed to educating our staff and the community. Classes are led by physicians and health education experts who are passionate about their work.

**5th Annual Orthopedic & Spine Symposium**
More than 130 nurses, therapists and case managers attended our symposium on September 28, 2018. The event featured an expert panel of speakers from Palomar Health and Mayo Clinic who led us in a fun and informative day of orthopedic and spine education. We explored innovative ways to get people moving and back to the lives they love.

- **6.25 CEUs approved by BRN Board of Registered Nursing**
- **6.25 CEUs approved for Physical Therapy Board of California**
- **6.25 CEUs approved for Occupational Therapy of California**
- **5.75 hours approved for ONCB Category A, plus 0.5 for Category B**

**Community Classes and Events**
Our mission is to heal, comfort and promote health in the communities we serve. That’s why we offer free classes to the community. More than 1,100 guests attended our Orthopedic and Spine classes in 2018.

- **840 patients attended our Pre-Operative Joint and Spine Classes**
  - 16 Pre-Op Spine Classes
  - 44 Pre-Op Total Joint Classes

- **345 guests attended one of our 14 community education classes, including:**
  - Why Does My Hand Hurt?
  - Postural Awareness and Back Care
  - Integrative Spine Care
  - Heal Your Hips
  - Focus on Your Feet and Ankles
  - Beat Back Pain

I was very impressed with the ease and straightforward CarePath programs. It truly helped me in preparation and answered my concerns beforehand.

– Steve McCoy
Patient

98% of patients felt prepared for their surgery

Special thanks to our top sponsors:

With these classes, and our Online CarePath, patients can walk away with a better understanding of how to manage and be more proactive in their post-op care.

- Najeela Geagea, MSN, RN
Clinical Coordinator

Organization: ___________________________________________________   Phone: ______________________

Name: ___________________________________________________________________________________________

VENDORS

EXHIBITORS

CEU’s approved for Physical Therapy Board of California

CEU’s approved by BRN Board of Registered Nursing

CEU’s approved by ORCB Category A, plus 0.5 for Category B

Special thanks to our top sponsors:
Palomar Health Orthopedic and Spine Center ranks in the top 10 percent of U.S. hospitals, and is the top knee and hip replacement destination in North County San Diego. Our orthopedic surgeons are pioneers in their field, using surgical best practices and advanced pain reduction techniques to provide more rapid recoveries for patients.

As a leader in total joint replacement, Palomar Health provides:
- Leading surgeons with minimally-invasive surgery options
- Pre-operative educational classes to give you the tools you need throughout your journey
- A personalized joint replacement therapy plan with customized recommendations from your surgeon
- Comprehensive clinical support, from pre-operative tests and surgery, to therapy and home recovery

### 2018 Total Joint Replacement Outcomes

#### Length of Stay

<table>
<thead>
<tr>
<th>Excellent</th>
<th>1.58</th>
<th>National Average: 2.43 days</th>
</tr>
</thead>
<tbody>
<tr>
<td>Poor</td>
<td>1.55</td>
<td></td>
</tr>
</tbody>
</table>

2.43 days = National Average

#### 30-Day Readmission Rate

<table>
<thead>
<tr>
<th>Excellent</th>
<th>0.0%</th>
<th>National Average: 3.14%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Poor</td>
<td>2.02%</td>
<td></td>
</tr>
</tbody>
</table>

2.02% of Patients = Top 10% in Nation

PMC Poway

#### Complication Rate

<table>
<thead>
<tr>
<th>Excellent</th>
<th>0.0%</th>
<th>National Average: 2.53%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Poor</td>
<td>1.72%</td>
<td></td>
</tr>
</tbody>
</table>

2.53% Complications = National Average

PMC Poway

### Why is this Important?

In 1988, patients had a 10- to 14-day hospital stay. Today, it’s less than 2 days, with better patient outcomes. Our lower length of stay means our patients met their therapy goals and were ready to go home faster. This reduces their chances of a complication like infection.

### Why is this Important?

There is no place like home to recover from surgery. The Palomar Home Health team can provide wellness programs, home visits and nurse check-ins. Plus, our online surveys and follow-up visits are designed to keep you on track in the comfort of your own home.

### Why is this Important?

Every member of our team plays a role in reducing the likelihood of a patient needing to return to the hospital. To achieve these low rates, we focused on patient safety after discharge, and improved hand-offs from the hospital to home caregivers.

### Why is this Important?

Achieving superior clinical outcomes after surgery requires a smooth start on the road to recovery.

San Diego County is a national leader for orthopedic excellence. We’ve resolved major problems in our field, like reducing infections and avoiding complications and readmissions. Now we’re addressing a large number of smaller gaps in care, like care transitions, opioids and managing the growing list of patient risk factors like obesity, diabetes, heart disease and fragility. Palomar Health’s role as a large volume institution is to stay at the forefront of these issues and influence others around us. We have that San Diego mentality for excellence, and it drives us to be better every day.

– Brian Cohen, MHA
Director, Orthopedic and Spine Services
Palomar Health leads the region in hip replacement expertise. Years of research have allowed our surgeons to extend the lifetime use of implants while helping to speed up recovery and reduce post-operative discomfort.

**Hip Replacement**

The hip joint is one of the body’s largest weight-bearing joints. A healthy hip joint lets you walk, squat and turn without pain. With a damaged hip joint, the cartilage in the joint is worn down, causing severe pain and stiffness.

**Palomar Health Leads the Region in Hip Replacement Expertise**

Total hip replacement surgery, or hip arthroplasty, is one of the most common and effective forms of orthopedic surgery, resulting in excellent outcomes.

**What to Expect as a Hip Replacement Patient**

San Diego’s Palomar Health Orthopedic and Spine Center offers the expertise and experience of sub-specialty trained orthopedic surgeons covering:

- Partial hip replacement and hip resurfacing
- Total hip replacement
- Minimally invasive hip approaches
- Revision of hip replacement – patients come to us from all over to replace worn implants, or to correct a previous surgery

**Volume by Procedure Type**

<table>
<thead>
<tr>
<th>Year</th>
<th>Revision of Hip Replacement</th>
<th>Total Hip Replacement</th>
<th>Partial Hip Replacement</th>
</tr>
</thead>
<tbody>
<tr>
<td>2010</td>
<td>25</td>
<td>101</td>
<td>247</td>
</tr>
<tr>
<td>2014</td>
<td>19</td>
<td>108</td>
<td>671</td>
</tr>
<tr>
<td>2018</td>
<td>20</td>
<td>103</td>
<td>685</td>
</tr>
</tbody>
</table>

**How Long Does a Hip Replacement Last?**

70.2% have lasted 20+ years
57.9% have lasted 25+ years

Years of research have allowed Palomar Health Orthopedic and Spine Center surgeons to extend the lifetime use of implants while helping to speed up recovery and reduce post-operative discomfort. Wear rates can vary based on patient factors like activity and weight. The good news is that modern materials used in hip and knee implants should be even more durable than those in the study.

**Patient Reported Improvement in Function and Pain**

**Why is this Important?** Palomar Health wants to know how much surgery has improved our patients’ daily lives. That’s why we ask our patients to report on their function and pain before surgery, 90-days after surgery and again, after one year. We use a standardized survey called the HOOS Jr, which is scored on a scale of 0 – 100. 0 is the lowest score, and 100 means full function.

![Graph showing patient improvement](image)

Before Surgery

3 Months After Surgery

1 Year After Surgery

Level of Disability

Unlimited to None

Extreme

Severe

Mild

One-year results available late 2019

(n=108)

PALOMAR HEALTH OUTCOMES REPORT 15
Knee Replacement

Knee pain is a common complaint across many age groups. Due to the high amount of strain placed on the knee throughout the years, orthopedic knee surgeries like arthroscopic knee surgery and total knee replacement remain common.

Palomar Health Leads the Region in Knee Replacement Expertise

If you are faced with a knee condition, Palomar Health Orthopedic and Spine Center can help. We offer the expertise and experience of sub-specialty trained surgeons in orthopedic knee surgery covering:

- Partial knee replacement
- Total knee replacement
- Revision of knee replacement – patients come to us from all over to replace worn implants, or to correct a previous surgery

Why is this Important?

Palomar Health wants to know how much surgery has improved our patients’ daily lives. That’s why we ask our patients to report on their function and pain before surgery, and again 90-days after surgery. We use a standardized survey called the KOOS Jr, which is scored on a scale of 0 – 100. 0 is the lowest score, and 100 means full function.

Median Patient Age by Knee Replacement Type

<table>
<thead>
<tr>
<th>Procedure Type</th>
<th>Age 75</th>
<th>Age 70</th>
<th>Age 65</th>
<th>Age 60</th>
<th>Age 55</th>
<th>Age 50</th>
</tr>
</thead>
<tbody>
<tr>
<td>Partial Knee Replacement</td>
<td>55</td>
<td>65</td>
<td>70</td>
<td>75</td>
<td>65</td>
<td>60</td>
</tr>
<tr>
<td>Total Knee Replacement</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Revision of Knee Replacement</td>
<td>60</td>
<td>70</td>
<td>75</td>
<td>65</td>
<td>60</td>
<td>55</td>
</tr>
</tbody>
</table>

Serving Younger Patients with Partial Knee Replacements

Volume by Procedure Type

<table>
<thead>
<tr>
<th>Procedure Type</th>
<th>2010</th>
<th>2014</th>
<th>2018</th>
</tr>
</thead>
<tbody>
<tr>
<td>Partial Knee Replacement</td>
<td>22</td>
<td>31</td>
<td>27</td>
</tr>
<tr>
<td>Total Knee Replacement</td>
<td>504</td>
<td>1150</td>
<td>1342</td>
</tr>
<tr>
<td>Revision of Knee Replacement</td>
<td>58</td>
<td>38</td>
<td>25</td>
</tr>
</tbody>
</table>

Patient Reported Improvement in Function and Pain

Why is this Important? Palomar Health wants to know how much surgery has improved our patients’ daily lives. That’s why we ask our patients to report on their function and pain before surgery, and again 90-days after surgery. We use a standardized survey called the KOOS Jr, which is scored on a scale of 0 – 100. 0 is the lowest score, and 100 means full function.

Free your knees! Palomar Health Orthopedic and Spine Center is the top knee replacement destination in North County San Diego, and is nationally recognized for shorter hospital stays, fewer complications and faster recoveries.
Sturdy and flexible shoulders are essential to an active lifestyle and daily functions. However, shoulder functionality can be severely limited by arthritis, fractures, tears and inflammation such as bursitis.

Experts in All Types of Shoulder and Elbow Surgery

Palomar Health Orthopedic and Spine Center incorporates a multidisciplinary team that works together to provide you with a customized care plan. By using minimally invasive arthroscopic shoulder and elbow techniques, our aligned orthopedic surgeons can provide faster recovery, less pain and improved function.

- Total shoulder replacement
- Reverse total shoulder replacement

What is a Reverse Total Shoulder Replacement?

Reverse total shoulder replacement reverses the natural ball and socket anatomy of the shoulder joint which allows the stronger deltoid muscles to take over for strength and function. Reverse total shoulder replacement may be recommended for patients with:

- Completely torn or irreparable rotator cuff tendons
- Severe shoulder fracture

2018 Shoulder Replacement Outcomes

Length of Stay

<table>
<thead>
<tr>
<th>Excellent</th>
<th>Poor</th>
</tr>
</thead>
<tbody>
<tr>
<td>0%</td>
<td>8%</td>
</tr>
<tr>
<td>1.38</td>
<td>6%</td>
</tr>
<tr>
<td>1.31</td>
<td>2%</td>
</tr>
</tbody>
</table>

2.04 days = National Average
1.53 days = Top 10% in Nation

Complication Rate

<table>
<thead>
<tr>
<th>Excellent</th>
<th>Poor</th>
</tr>
</thead>
<tbody>
<tr>
<td>0%</td>
<td>8%</td>
</tr>
<tr>
<td>1.55%</td>
<td>6%</td>
</tr>
<tr>
<td>1.27%</td>
<td>4%</td>
</tr>
</tbody>
</table>

1.55% Complications = National Average
1.27% Complications = Top 10% in Nation

Why is this important? Our average length of stay ranks in the top 10 percent in the nation (less than two days), and we’re proud to report a zero percent complication rate at both hospitals.
Palomar Medical Center Escondido has been at the forefront of spine care innovation for more than 20 years. We offer advanced treatment for back and neck disorders in a state-of-the-art, patient-centered environment. Our goal is to simplify the complexity of spine care and get you back to your normal routine as quickly as possible.

A Better Approach to Treating Back and Neck Disorders

We offer the latest conservative treatments along with minimally invasive surgical options. Patients can expect prompt appointments with leading specialists and individualized attention from the entire care team. This helps to ensure that every step of your experience – from diagnosis to rehabilitation – progresses smoothly and successfully.

San Diego’s Palomar Health Orthopedic and Spine Center offers the expertise and experience of sub-speciality trained orthopedic and neurosurgeons covering:

- Micro-discectomy
- Motion-sparing disc arthroplasty
- Minimally invasive lumbar and cervical fusion
- Spine tumor removal
- Improved range of motion
- Fewer complications

Nearly a third of our surgical patients do not require instrumentation. When fusion is necessary, our surgeons use the most minimally invasive technique possible for:

- Smaller incisions
- Quicker recovery with less pain

Spine Surgery by Type

- 1% Other
- 3% Arthroplasty
- 8% Pain Pump/Neurostimulators
- 20% Cervical Fusion
- 32% Discectomy/Laminectomy
- 35% Lumbar Fusion

Our primary goal is to improve each person’s quality of life and reduce their pain. Cutting-edge technology and low complication rates are a means to that end, but not the goal itself. We remain focused on the outcomes that patients tell us are important, so together we can make more informed healthcare decisions.

— Andrew Nguyen, MD, PhD
Spine Medical Director
PMC Escondido

3D Image Guidance

Our goal is to improve surgical accuracy and reduce X-ray exposure to our patients, staff and providers. The answer is the Ziehm Vision RFD 3D, which enables our surgeons to use less-invasive surgical approaches.

2018 Spine Surgery Outcomes

Hospital Acquired Conditions per 1,000 Spine Fusion Patients

- 0% 20% 40% 60%
- Excellent
- Poor
- 1.26 HACs = National Average
- .79 HACs = Top 10% US Hospitals

Complications of Spine Fusion

- 0% 5% 10% 15% 20%
- Excellent
- Poor
- 2.33% Complications = National Average
- 3.46% Complications = Top 10% in Nation

Why is this Important? A hospital-acquired condition (HAC) is an undesirable situation or condition that affects a patient and that presented during a stay in the hospital. Palomar Health’s spine fusion patients have had zero HACs since 2016.

Why is this Important? Achieving superior clinical outcomes in back and neck surgery requires you start on the road to recovery without any setbacks.

Oswestry Disability Index

- Before Surgery (baseline)
- 3 Months After Surgery
- 1 Year After Surgery

Before surgery (baseline): 38
3 months after surgery: 22
1 year after surgery: One-year results available late 2019

Why is this Important? Palomar Health wants to know how much surgery has improved our patients’ daily lives. That’s why we ask our patients to report on their function and pain before surgery, and again 90 days after surgery. We use a standard survey called the Oswestry Disability Index (lower score is better).

- That’s a 67% improvement within the first 90 days.
- Function Levels:
  0 – 20%: minimal disability
  21 – 40%: moderate disability
  41 – 60%: severe disability
Hip Fracture Repair

Implementing a Hip Fracture Pathway to Improve Patient Outcomes

Hip fractures for seniors can be extremely painful. Without proper treatment, hip fractures can lead to a rapid loss of independence and mobility, and even a high rate of mortality.

**Speed is the Key**

Our goal is to diagnose the fracture quickly so we can reduce the patient’s pain. Then we follow evidence-based guidelines that advance the patient through their care plan, including surgery within 24 hours if necessary.

Improved patient outcomes:

- Better pain control
- Early return to activity
- Avoid adverse events (e.g., infections, falls, readmissions, revision surgery)
- Satisfied patients and family members

**Across the Nation**

258,000

The number of hip fractures reported among people 65 and older in the U.S. in 2010.

$30 Billion

The cost to the U.S. health care system for falls among older adults in 2010. Falls cause 95 percent of hip fractures.

**Length of Stay for Hip Fractures**

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>3.0</td>
<td>PMC Escondido</td>
<td>PMC Poway</td>
</tr>
<tr>
<td>3.3</td>
<td>4.5</td>
<td>4.7</td>
</tr>
<tr>
<td>3.6</td>
<td>4.7</td>
<td>4.8</td>
</tr>
</tbody>
</table>

Time spent in the hospital dropped by almost half a day.

**Rapid Recovery Protocol**

The care team involves everyone along the continuum, including emergency physicians, anesthesiologists, hospitalists, orthopedic surgeons, nurses, pharmacists and therapists.

- **Fall Injury**
  - Ninety-five percent of hip fractures are caused by falls, age 65 and older – call 9-1-1
- **ED Arrival**
  - Clinical team mobilizes when a patient arrives with a suspected hip fracture
- **Diagnosis**
  - X-ray, labs and cardiac workup to determine fracture location and other patient symptoms
- **Pain Block**
  - Anesthesiologist performs a nerve block to reduce pain dramatically
- **Nursing Unit**
  - Multimodal approach to pain control led by anesthesiologist until patient is ready for surgery
- **Surgery**
  - Goal is to get patient ready for surgery within 24-hours of arrival
  - Palomar Health averages 19 hrs, 34 min
- **Nursing Unit**
  - Focused care to prevent post-op complications and maximize future range of motion and function
- **Discharge**
  - Discharge to most appropriate level of care – skilled nursing facility, rehabilitation hospital or home with home health services

**Palomar Health By the Numbers**

1 per day

Average frequency of patients with a hip fracture that arrive in a Palomar Health ED

70%

Palomar Health patients who said their pain was always well-controlled

47%

Percent of hip fracture patients that arrive in a Palomar Health ED between Friday and Sunday

Source: Centers for Disease Control and Prevention, Kerna Research
Where to Find Us

Palomar Medical Center Escondido
- Dedicated Orthopedic Unit – Orthopedic patients recover on the 7East Unit, featuring dedicated nursing staff and therapists
- Dedicated Spine Unit – Spine surgery patients recover on the 7West Unit, featuring dedicated neuro/spine nursing staff and therapists

Palomar Medical Center Poway
- Dedicated Orthopedic Unit – Patients recover on our 2nd Floor Center of Excellence Unit dedicated to medical surgical patients recovering from various surgeries

Rehabilitation Services
Our services span from hospital to home or outpatient clinic. The patient and the therapy team partner together to provide a seamless rehabilitation experience that begins on the day of surgery and continues until recovery goals are achieved.

Outpatient Rehabilitation Services
Diagnostic, preventive and therapeutic services designed to maximize function and return you to your physical best. Our services include:
- Physical Therapy
- Occupational Therapy
- Pelvic Floor Therapy
- Lymphedema Management
- Neuromuscular Rehabilitation.

Poway: 15615 Pomerado Road, Poway, CA 92064
San Marcos: 120 Craven Road, San Marcos, CA 92078

The Rehabilitation Institute at Palomar Medical Center Downtown
A 36-bed facility with comprehensive physical and cognitive rehabilitation programs dedicated exclusively to treating individuals who have experienced a disabling injury or illness. Stroke (CVA), Brain Injury, Spinal Cord Injury, Amputation, Major Multiple Trauma, Orthopedic Injury.

Villa Pomerado Skilled Nursing Facility
The ideal place to receive care when additional expertise is necessary to recover from an accident, illness or surgery. For patients recovering from stroke, cardiac, orthopedic surgery, traumatic injury, chronic or acute pulmonary conditions, brain injury, complex wounds and other conditions.

Home Health
After illness or injury, Palomar Home Health Services brings licensed and certified healthcare services to you in the comfort of your home.
- Nursing care
- Physical, occupational & speech therapy
- Telehealth monitoring
- Personal care services
- Homemaker/companion services

As the patient transitions out of the hospital to skilled nursing, home health, or outpatient therapy, our entire team provides hands-on care with a focus on clinical excellence and high-quality outcomes to help patients improve their mobility and regain independence.

– Amy Walsh
Physical Therapist
Manager, Rehabilitation Services
This Outcomes Report is dedicated to the countless individuals who cared for our patients in 2018.

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It is an honor to be a part of such an exceptional care team. The San Diego orthopedic and spine community is watching Palomar Health! We have a great story to tell. Everyone here plays a special role in advocating for patients and helping to achieve superior outcomes for each and every one.

– Brian Cohen, MHA  
Director, Orthopedic and Spine Services

Sources:

- American Joint Replacement Registry Patient-Facing Interim Report, 2018
- Continuum of Care, Advisory Board, 2019
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- Palomar Health Administrative Data
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- Variation in the Cost of Care for Primary Total Knee Arthroplasties. Arthroplasty Today, 2017

The 2018 Orthopedic and Spine Symposium

More than 130 nurses, therapists and case managers attended our symposium on September 28, 2018.