WHAT IT TAKES TO BE
America's
100 BEST HOSPITAL
Spine | Joint | Ortho

ORTHOPEDIC & SPINE
OUTCOMES REPORT 2020

HIPS page 10
KNEES page 12
SHOULDERS page 14
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Introduction

Orthopedic and Spine Outcomes Report

In 2019, the Palomar Health Orthopedic and Spine Center performed over 4,400 procedures. Our expertise 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 with you the efforts and details behind some of those awards. We are committed to providing the highest quality of care and are proud to share these outcomes with our community.

Centers of Excellence

While we serve a large patient population, each patient that puts their trust in us 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 patient condition and is designed around the needs of the patient, 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 ensure we are continuously improving.

We specialize in a spectrum of procedures including common procedures such as total joint replacement and 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.
Award-Winning Orthopedic and Spine Care

The Palomar Health Orthopedic and Spine Center of San Diego County ranks in the top 5% of U.S. hospitals

Healthgrades
We are the only hospital in SD County to win all three America’s 100 Best Hospitals for Orthopedics and Spine Surgery

- America’s 100 Best Joint Replacement 2016 – 2020
- America’s 100 Best Orthopedic Surgery 2017 – 2020
- America’s 100 Best Spine Surgery 2020

Palomar Medical Center Escondido is the ONLY hospital in San Diego County to achieve 5 stars in all 5 ortho/spine areas in 2020!

One of only 5 in the US to achieve this honor!

U.S. News & World Report
To help patients decide where to receive care, U.S. News evaluates data on nearly 5,000 hospitals. To be nationally ranked in a specialty, a hospital must excel in caring for the sickest, most medically complex patients. Hospitals were recognized as High Performing in a specialty if they received a score in the top 10 percent of all hospitals receiving a score in that specialty.
About our Patients

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 to have surgery without a lot of down time, and older patients the option to return to a higher quality of life.

- **Gen X or Younger**
  The most likely generation to need surgical repair of a sports injury. Minimally Invasive surgical techniques have opened the door for this generation to have more complex spine surgery and joint replacements without a lot of down time.

- **Baby Boomers (55-73)**
  The most common generation cohort for most orthopedic and spine specialties, especially joint replacement and spine fusions.

- **Silent Generation and Older (74+)**
  Improved surgical techniques offer less risk of complications so they can be back on their feet as soon as possible. The fastest growing segment requiring joint replacement. Also the most common generation for fractures resulting from a fall.

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### Clinical Advances

<table>
<thead>
<tr>
<th>Procedure</th>
<th>Gen X or Younger</th>
<th>Baby Boomers</th>
<th>Silent Generation and Older</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sports Medicine</td>
<td>48%</td>
<td>44%</td>
<td>8%</td>
</tr>
<tr>
<td>Spine Surgery</td>
<td>26%</td>
<td>56%</td>
<td>19%</td>
</tr>
<tr>
<td>Hip &amp; Knee Replacement</td>
<td>4%</td>
<td>58%</td>
<td>37%</td>
</tr>
</tbody>
</table>

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**AGES 32 – 94**

Age range of Palomar’s elective Joint Replacement patients in 2019

- **Patient Locations**
  Palomar’s delivery system is built primarily to serve the North County healthcare district. 2,404 district residents trusted Palomar Health to resolve their orthopedic and spine disorders.

- **An Additional 2,011 patients** traveled to Palomar from areas beyond our district.
  Including several who came from outside SD County to have their surgery.

- **From Saint Maries, ID to Ponte Verde Beach, FL**
- **From Imperial Beach, CA to Chaumont, NY**
- **...and as far away as The Netherlands**
98% of our Patients said they Felt Prepared for their Surgery

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.

<table>
<thead>
<tr>
<th>Your Best Health Before Surgery</th>
<th>Patient Education</th>
<th>Enhanced Recovery and Pain Control</th>
<th>Advanced Surgical Techniques</th>
<th>Early Mobilization</th>
<th>Care Transitions and Hand-Offs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Avoid surgery until all other conservative treatments have been exhausted. Minimize health factors that increase your risk for potential problems after surgery.</td>
<td>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.</td>
<td>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.</td>
<td>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.</td>
<td>You’ll often walk the same day as surgery to speed up recovery and improve range of motion.</td>
<td>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.</td>
</tr>
</tbody>
</table>

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.

1,033 patients have Online CarePath journey. Here’s what they are saying:

“I am a former Physical Therapist at Palomar and had my right hip done 12 years ago. This time, I thought this CarePath experience via computer was wonderful.
– Karen N.

“A wonderful experience overall! All personal care was above what I had expected staff and surgeon were “Top of the line.” Have already told friends and family, “this is the place to go for surgery.”
– Patricia S.”
6th Annual Orthopedic & Spine Symposium

As leaders in the orthopedic and spine industry, our team of experts is committed to educating our staff and the community.

A famous film producer, Samuel Goldwyn once said, ‘The Harder I Work the Luckier I Get’. Our 2019 theme, Your Lucky Day, was a reflection of all the hard work each and every one of you contributes to patient care. It’s the blend of your caring hands and advance technologies.

Over 150 nurses, therapists and case managers attended our event on September 27, 2019. The event featured an expert panel of 14 speakers from across Palomar Health who lead us in a fun-filled day of orthopedic and spine education. We explored innovative ways to get people moving and back to the lives they love.

Special thanks to our top sponsors:

= Gold Sponsorship Level  = Silver  = Bronze

The 2019 Orthopedic and Spine Symposium
Total Joint Replacement

The Palomar Health Orthopedic and Spine Center has ranked in the top 5% of U.S. hospitals for five years in a row (2016-2020), and is the top knee and hip replacement destination in North County San Diego. With our orthopedic surgeons’ pioneering efforts, surgical best practices, and ability to improve pain, our patient’s experience rapid recoveries.

As a leader in total joint replacement, Palomar Health provides:
● State-of-the-art facilities 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
● Clinical support every step of the way, from pre-operative tests, surgery, therapy and home recovery

Reducing Patient Falls

Palomar finds the right balance between helping patients quickly regain mobility after surgery, and protecting them from falling.

Patients should never fall in the hospital. Patients also need to quickly regain their mobility after surgery. In order to balance these two goals, Palomar has built a culture that encourages safe mobility in the hospital. These healthy habits follow the patient back to their home, ensuring their recovery goes smoothly.

Did You Know? Decades ago, physicians prescribed bed rest after a joint replacement. However, some patients still got up and tried to walk a day or two after surgery. To many people’s surprise, those patients often did better. That lesson has stayed with us, and now many patients start walking the day of surgery!

How Soon Can I Get Back To Everyday Activities After Surgery?

In addition to reducing arthritis pain, hip and knee replacement surgery helps people live independently and return to the activities they enjoy. Here we try to answer the most common questions people have about returning to normal activities. Do NOT attempt these activities without consulting your surgeon first.

<table>
<thead>
<tr>
<th>Hip &amp; Knee Replacement</th>
<th>Post Op – Week 3</th>
<th>Week 3 – Week 8</th>
</tr>
</thead>
<tbody>
<tr>
<td>You can:</td>
<td>You can:</td>
<td>You can:</td>
</tr>
<tr>
<td>• Ride a Stationary Bike</td>
<td>• Do Light Yardwork</td>
<td>• Sleeping on Surgical Side</td>
</tr>
<tr>
<td>• Shower</td>
<td>• Sleep on Surgical Side</td>
<td>• Air Travel &lt; 1-2 hours</td>
</tr>
<tr>
<td>• Take the Stairs</td>
<td>• Air Travel &lt; 1-2 hours</td>
<td>Avoid:</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Swimming</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Jogging</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Golf</td>
</tr>
</tbody>
</table>

Avoid:
- Lifting > 15 lbs
- Vacuuming
- Tennis

275
the number of steps older patients need to walk in the hospital to predict a better outcome

You should be able to do any low-impact activities you like!
2019 Total Joint Replacement Outcomes

Length of Stay for Hip and Knee Replacement

<table>
<thead>
<tr>
<th>Length of Stay</th>
<th>National Average</th>
<th>Top 10% In Nation</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.26 Days</td>
<td>2.18 Days</td>
<td>1.7 Days</td>
</tr>
<tr>
<td>1.03 Days</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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.

Complication Rate

<table>
<thead>
<tr>
<th>Complication Rate</th>
<th>National Average</th>
<th>Top 10% In Nation</th>
</tr>
</thead>
<tbody>
<tr>
<td>0.18%</td>
<td>3.16%</td>
<td>1.54%</td>
</tr>
<tr>
<td>0.62%</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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

Percent of Patients Discharged Home

<table>
<thead>
<tr>
<th>Percent of Patients Discharged Home</th>
<th>National Average</th>
</tr>
</thead>
<tbody>
<tr>
<td>94%</td>
<td>70%</td>
</tr>
<tr>
<td>86%</td>
<td></td>
</tr>
</tbody>
</table>

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 all designed to keep you on track in the comfort of home.

Named Among the Top 5% in the Nation for Joint Replacement for 5 Years in a Row (2016-2020).

Patients treated at hospitals that received this award have a 64.5% lower risk of experiencing a complication while in the hospital than if they were treated in hospitals that did not receive the award.

2 – 6 Months

You can:
- Bowling
- Swimming
- Dancing

Avoid:
- Skiing
- Jogging
- Motorcycle Riding

6 Mos – 1 Yr

You should be able to do any low-impact activities you like!
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 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

How Long Does a Hip Replacement Last?

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

Years of research has allowed the surgeons of the Orthopedic and Spine Center to extend the lifetime use of the implants, while helping to speed up recovery and reducing 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. Palomar’s low number of revision surgeries are an encouraging sign of long-term durability.

Volume by Procedure Type

Experience and Excellence Go Together

Hospitals that perform more than 300 hip replacements per year have significantly better patient outcomes. Patients benefit from the experience of the doctors and staff, and highly evolved processes at these high-volume hospitals. Patients and referring doctors also tend to trust high-quality hospitals more, leading to higher volumes.
Why is this Important?
Palomar Health wants to know how much surgery has improved our patient’s daily lives. That’s why we ask our patients to report on their function and pain before surgery, and again after surgery. We use a standardized survey called the HOOS Jr, which is scored on a scale of 0 – 100.

Patients report almost a full return to function one year after surgery!
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

Volume by Procedure Type

Experience and Excellence Go Together
Hospitals that perform more than 200 knee replacements per year have significantly better patient outcomes. Patients benefit from the experience of the doctors and staff, and highly evolved processes at these high-volume hospitals. Patients and referring doctors also tend to trust high-quality hospitals more, leading to higher volumes.

Median Patient Age by Knee Replacement Type

Serving Younger Patients with Partial Knee Replacements
Why 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 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.

**Patient Reported Improvement in Function and Pain**

<table>
<thead>
<tr>
<th>Level of Disability</th>
<th>Before Surgery</th>
<th>3 Months After Surgery</th>
<th>12 Months After Surgery</th>
</tr>
</thead>
<tbody>
<tr>
<td>0 – 19</td>
<td>Extreme</td>
<td>53</td>
<td></td>
</tr>
<tr>
<td>20 – 39</td>
<td>Severe</td>
<td>68</td>
<td></td>
</tr>
<tr>
<td>40 – 59</td>
<td>Moderate</td>
<td></td>
<td></td>
</tr>
<tr>
<td>60 – 79</td>
<td>Mild</td>
<td></td>
<td></td>
</tr>
<tr>
<td>80 – 100</td>
<td>Limited to No Disability</td>
<td>12-month data coming in 2021</td>
<td></td>
</tr>
</tbody>
</table>
Shoulder Replacement

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

How Soon Can I Get Back To Everyday Activities After Surgery?

In addition to reducing arthritis pain, shoulder replacement surgery helps people live independently and return to the activities they enjoy. Here we try to answer the most common questions people have about returning to normal activities. Do NOT attempt these activities without consulting your surgeon first.

### Shoulder Replacement

**Post Op – Week 1**

You can:
- Short Car Rides < 1 hr
- Shower
- Typing

Avoid:
- Overhead Activity
- Brushing Hair
- Laundry

**Week 5 - 6**

You can:
- Lift < 5 lbs
- Overhead Activity
- Air Travel < 1-2 hours

Avoid:
- Bowling
- Jogging
- Vacuuming

Named Among the Top 5% in the Nation for Overall Orthopedic Services for 5 Years in a Row (2016-2020).
Palomar Health Orthopedic and Spine Center ranks among the top 5 percent of hospitals in the nation for successful orthopedic surgery outcomes like shoulder replacement.

2019 Shoulder Replacement Outcomes

**Length of Stay**

<table>
<thead>
<tr>
<th></th>
<th>National Average / 1.45 DAYS</th>
<th>Top 10% In Nation / 1.33 DAYS</th>
</tr>
</thead>
<tbody>
<tr>
<td>PMC Escondido</td>
<td>1.23 DAYS</td>
<td>1.18 DAYS</td>
</tr>
<tr>
<td>PMC Poway</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Complication Rate**

<table>
<thead>
<tr>
<th></th>
<th>National Average / 1.72%</th>
<th>Top 10% In Nation / 1.18%</th>
</tr>
</thead>
<tbody>
<tr>
<td>PMC Escondido</td>
<td>0.93%</td>
<td>0%</td>
</tr>
<tr>
<td>PMC Poway</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Why is this Important? Achieving superior patient outcomes after surgery requires a smooth start on the road to recovery.

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**Shoulder Replacement**

**Post Op – Week 1**

You can:
- Short Car Rides < 1 hr
- Shower
- Typing

Avoid:
- Overhead Activity
- Brushing Hair
- Laundry

**Week 5 - 6**

You can:
- Lift < 5 lbs
- Overhead Activity
- Air Travel < 1-2 hours

Avoid:
- Bowling
- Jogging
- Vacuuming
Spine Surgery

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-specialty trained orthopedic and neurosurgeons covering:
- Micro-discectomy
- Motion-sparing disc arthroplasty
- Minimally invasive lumbar and cervical fusion
- Spine tumor removal

Spine Surgery by Type

Many of our patients do not need surgery at all. When surgery is necessary, our surgeons use the most minimally invasive technique possible for:
- Smaller incisions
- Quicker recovery with less pain
- Improved range of motion
- Fewer complications

Our goal is to simplify the complexity of spine care and get you back to your normal routine as quickly as possible.

Named Among the Top 10% in the Nation for Spine Surgery

PALOMAR HEALTH OUTCOMES REPORT 17
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.

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

Why is this Important? Palomar Health wants to know from our patient’s point of view, how much surgery improved our patient’s daily lives. That’s why we ask our patients to report on their function and pain before surgery, and again after surgery. We use a standard survey called the Oswestry Disability Index (lower score is better). On average, patients who have a spinal fusion at Palomar go from Severe Disability to Minimal Disability within the first year after surgery.

Spine Fusion patients report minimal disability one year after surgery!

How Soon Can I Get Back To Everyday Activities After Surgery?
In addition to reducing arthritis pain, spine fusion surgery helps people live independently and return to the activities they enjoy. Here we try to answer the most common questions people have about returning to normal activities. Do NOT attempt these activities without consulting your surgeon first.
**Hip & Knee Replacement**

**Post Op – Week 3**
- You can:
  - Ride a Stationary Bike
  - Shower
  - Take the Stairs

- Avoid:
  - Lifting > 15 lbs
  - Vacuuming
  - Tennis

**6 Mos – 1 Yr**
- Week 3 – Week 8
  - You can:
    - Do Light Yardwork
    - Sleep on Surgical Side
    - Air Travel < 1-2 hours

- Avoid:
  - Swimming
  - Jogging
  - Golf

**2 – 6 Months**
- You can:
  - Bowling
  - Swimming
  - Dancing

- Avoid:
  - Skiing
  - Jogging
  - Motorcycle Riding

**Lumbar Spinal Fusion**

**Post Op – Week 2**
- You can:
  - Lift < 10 lbs
  - Shower
  - Climb the Stairs

- Avoid:
  - Lifting > 15 lbs
  - Swimming
  - Golf

**Week 6**
- You can:
  - Walk Outdoors
  - Go to School
  - Air Travel < 1-2 hours

- Avoid:
  - Horseback Riding
  - Road Bicycling
  - Water Skiing

**3 Months**
- You can:
  - Light Jogging
  - Do Laundry
  - Swimming

- Avoid:
  - Golf
  - Skiing
  - Motorcycle Riding

**Shoulder Replacement**

**Post Op – Week 1**
- You can:
  - Short Car Rides < 1 hr
  - Shower
  - Typing

- Avoid:
  - Overhead Activity
  - Brushing Hair
  - Laundry

**Week 5 – 6**
- You can:
  - Lift < 5 lbs
  - Overhead Activity
  - Air Travel < 1-2 hours

- Avoid:
  - Bowling
  - Jogging
  - Vacuuming

**Week 9 – 10**
- You can:
  - Push up from Chair
  - Computer/Mouse work
  - Driving

- Avoid:
  - Tennis
  - Yardwork
  - Sleeping on Surgical Side

You should be able to do any low-impact activities you like!
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

Length of Stay for Hip Fractures

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

Why is this important? Our lower length of stay means our patients met their therapy goals and were ready to be discharged faster. This reduces their chance of a complication, like a fall or infection.

Five-Star Recipient for Hip Fracture Treatment for 6 Years in a Row (2015-2020)

Five-Star Recipient for Hip Fracture Treatment for 6 Years in a Row (2015-2020)

Hip fractures for seniors can be extremely painful. Our goal is to diagnose the fracture quickly so we can reduce the patient’s pain.
Rapid Recovery Pathway
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

**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

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

Reduction in opioid use through Palomar Health’s hip fracture pathway

47%
Percent of hip fracture patients that arrive in a Palomar Health ED between Friday and Sunday
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 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, Speech therapy, Pelvic Floor Therapy, Lymphedema Management and Neuromuscular Rehabilitation.
Poway:
15615 Pomerado Road, Poway, CA 92064 | 858.613.6260
San Marcos:
120 Craven Road, San Marcos, CA 92078 | 442.281.3230

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.
858.613.4503 x4503

Skilled Nursing Facility, the Villas at Poway
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.
858.613.4545

Palomar 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
442.777.0318

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Sources:

- American Joint Replacement Registry Patient-Facing Interim Report, 2019
- Continuum of Care, Advisory Board, 2019
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- Hospital Compare Preview Report, 2019
- Medicare inpatient data from the Medicare Provider Analysis and Review (MedPAR) database from the Centers for Medicare and Medicaid Services (CMS)

This Outcomes Report is dedicated to the countless individuals who cared for our patients in 2019.

Special thanks to those that contributed to this report:

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