

## Project Title

Beyond Hospital to Community: Well and Active Living after Knee-Replacement IN  
Community (WALKINC): A Community-based Knee Replacement Rehabilitation  
Programme

## Project Lead and Members

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

## Organisation(s) Involved

Tan Tock Seng Hospital

## Healthcare Family Group(s) Involved in this Project

Allied Health, Medical

## Applicable Specialty or Discipline

Surgery, Physical Medicine & Rehabilitation

## Project Period

Start date: January 2021

Completed date: Not Available

## Aim(s)

- Structured co-learning framework
- Fast Track referral pathway
- Escalation pathway

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

## **Background**

See poster appended/ below

## **Methods**

See poster appended/ below

## **Results**

See poster appended/ below

## **Lessons Learnt**

See poster appended/ below

## **Conclusion**

See poster appended/ below

## **Additional Information**

This project was featured at the Central Health Action & Learning Kampung (CHALK) Poster Showcase 2022.

## **Project Category**

Care Continuum

Rehabilitative Care

## **Keywords**

Knee-Replacement, Rehabilitation, Community-based

**Name and Email of Project Contact Person(s)**

Name: TTSH Network Development (Partnerships)

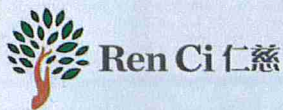
Email: [partnerships@ttsh.com.sg](mailto:partnerships@ttsh.com.sg)

# BEYOND HOSPITAL TO COMMUNITY

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

### Team Members

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Vitulla J | Nurul A | Liew S | Atienza S | Tan XV | Tay C



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.