

Patient advice and liaison service (PALS)

If you have a compliment, complaint or concern please contact our PALS team on 020 7288 5551 or whh-tr.whitthealthPALS@nhs.net

If you need a large print, audio or translated copy of this leaflet please contact us on 020 7288 3182. We will try our best to meet your needs.

[Twitter.com/WhitHealth](https://twitter.com/WhitHealth)
[Facebook.com/WhittingtonHealth](https://facebook.com/WhittingtonHealth)

Whittington Health NHS Trust
Magdala Avenue
London
N19 5NF
Phone: 020 7272 3070
www.whittington.nhs.uk

Date published: 22/01/2019
Review date: 22/01/2021
Ref: SC/Orthopaed/HBARP/01

© Whittington Health
Please recycle

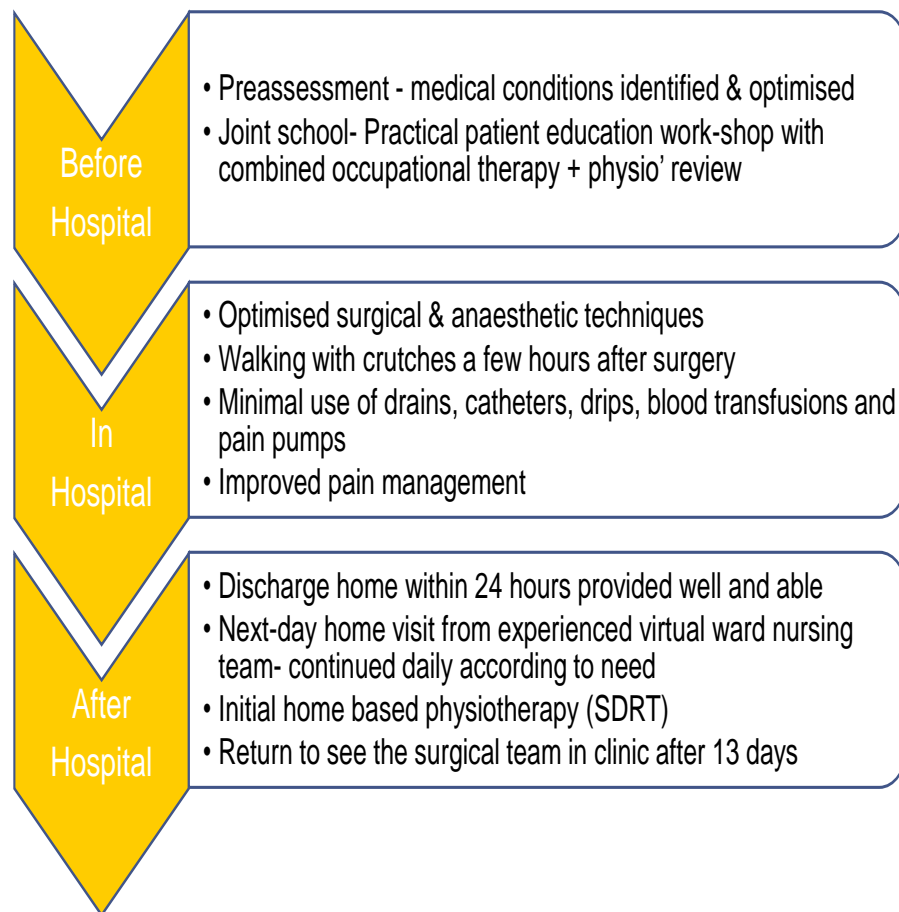


Home-Based Accelerated Recovery Programme

A patient's guide



The Whittington Hospital HARP program aims to promote rapid recovery after hip and knee replacement and to allow a safe return home within 24 hours of surgery. The program involves improvements to patient preparation and their hospital stay, combined with additional nursing and physiotherapy support at home.



Who is suitable?

- Aged under 75yrs
- Fit and healthy (without poorly controlled medical conditions)
- Living in Haringey or Islington
- Well supported at home (another adult at home all the time during the first 3-4 days)
- Patient keen to join the program
- Experienced staff will be on hand to discuss your suitability during "joint-School"

What If?

- What if I am not able to go home after 24hrs?
Patients will only be discharged home when safe and confident to go.

- What if I have a problem after going home?
The virtual ward nursing team will be able to confirm that progress is as expected. The team will also be in close communication with the Surgical Unit and an urgent or earlier review can be arranged if needed.

- What if I don't want to join the HARP program?
Only patients who are keen to be join the program will be included

Contact us

- | | |
|-------------------------|---------------|
| • Admissions | 0207 288 5861 |
| • Thorogood ward | 0207 288 5445 |
| • Virtual ward team | 0207 288 3670 |
| • SDRT | 0207 288 5613 |
| • Physiotherapy clinic | 0207 288 5660 |
| • Orthopaedic clinic | 0207 288 3799 |
| • HARP nurse | 0791 958 5930 |
| • Orthopaedic Secretary | 0207 288 5945 |