



How Digital Engagement and RTM Can Save \$600+ Per Total Knee Patient

By MedBridge

Overview

Total knee arthroplasty (TKA) is the most commonly performed total joint replacement surgery, with over 600,000 surgeries occurring annually.

Under value-based care, hospitals and health systems are challenged to manage high volumes of TKA patients in a way that reduces costs, balances clinical capacity, and maintains quality of care. Yet patients often receive varied and incomplete education and support across multiple providers, leaving them inadequately prepared for surgery and recovery, increasing complications and readmissions.

Implementing a **digital therapy program** that includes remote therapeutic monitoring (RTM), telehealth, and patient education can help your clinicians better manage and motivate patients throughout their total joint episode, reducing the cost of care, boosting outcomes, and elevating patient satisfaction.

Digital Therapy Programs Improve Outcomes and Reduce Costs

A recent study published in The Journal of Arthroplasty reported that digital patient engagement platforms for total joint patients **reduced readmissions** and resulted in a **mean savings of \$656.52 per patient**.¹

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Provide Better Guidance with Patient Education

Patients undergoing total knee replacement surgery need support throughout the treatment and recovery process as they deal with common challenges such as:

- Underestimating the amount of time it takes for the joint to heal, and learning to be patient about not returning to activities too soon.
- Not getting enough information from the surgeon and/or feeling like the information provided was unrealistic or inaccurate.
- Physical difficulties: Pain, swelling, getting comfortable for sleep, navigating showering with bandages, and navigating stairs.
- Comparing themselves to others and where they think they “should” be.
- Difficulty communicating with the surgeon’s office.
- Not having access to or enough information about physical therapy.

Providing information targeted towards these concerns can help patients feel prepared for surgery and better able to successfully navigate the recovery phase.

Targeting pain issues with patient education

Recent research has shown that various pain issues surrounding orthopedic surgery—central sensitization, fear avoidance, and catastrophizing—play a significant role in postoperative outcomes. Growing evidence supports the use of pre-op **pain neuroscience education** to help patients understand the physiology of their pain and better manage it after surgery.

Patients Share Their TKA Experiences

Statements from members of the MedBridge Patient Advisory Board



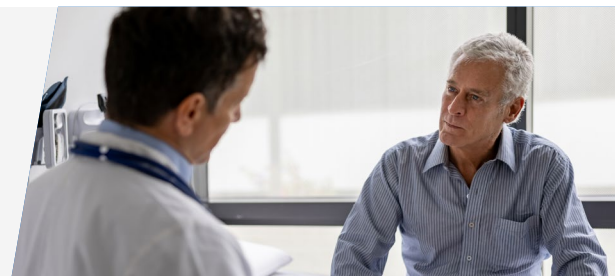
"I didn't have PT the first time, which was a mistake." - Katy

"It takes at least a year for your muscles and ligaments to heal fully. I expected my recovery to be quicker because I'm healthy and active." - Mary



"It would have been helpful to have more guidance and information. I didn't know which questions to ask beforehand. I could have prepared better with more information." - Renee

"Communication with my surgeon's office was difficult. They wouldn't respond to anything" - Newell



"You always want to beat the normal expectation but I took longer to achieve my ROM goals." - E.G.



Motivate Patients with Engagement Technologies

Communicating with and monitoring patients throughout the care journey using tools like telehealth and RTM helps clinicians:

- Gain key insights into patient adherence and satisfaction.
- Significantly improve patient activation, engagement, and rapport.
- Provide early intervention based on how the patient is doing with their care program.
- Gain better data and visibility, leading to improved decision-making for care.
- Improve patient functional outcomes and pain levels.
- Reduce costs as patients improve faster.
- Cultivate a better provider-patient connection over a longer period.
- Improve patient self-efficacy as patients learn how to better manage their condition.



Motion PT increased patient engagement by **11x** with the **MedBridge Remote Therapeutic Monitoring Solution**.

After Alliance Physical Therapy Partners began using **MedBridge Virtual Visits**, **93% of patients reported less pain** and **98% reported improved functional outcomes**.

How MedBridge Can Help

With MedBridge, organizations can build effective digital therapy programs using our engaging Patient Education alongside our industry-leading Remote Therapeutic Monitoring and Telehealth Virtual Visits solutions.



MedBridge Patient Education

Help patients better understand their diagnosis and rehabilitation plan with engaging and effective education accessible in and out of clinic. Save time explaining complex conditions or extend your reach beyond rehab with lifestyle and discharge education.

- Use standardized, evidence-based education programs for common diagnoses, including TKR.
- Promote lifestyle changes through resources for body mechanics and posture, as well as preventative care videos.
- Reduce readmissions through education on wound care, transfers, and fall prevention.



MedBridge Remote Therapeutic Monitoring

Our Remote Therapeutic Monitoring Solution includes everything you need to digitally assign programs, monitor patient progress, communicate with patients, and accurately track for efficient RTM billing. Our solution allows you to integrate RTM directly into your existing workflows and quickly document and report on RTM patients with built-in analytics and dashboards.



MedBridge Telehealth Virtual Visits

Our Telehealth solution is optimized for ease of use by both clinicians and patients, offering a simple way to care for and engage patients remotely while sharing personalized Home Exercise Programs and Patient Education resources.

“Partnering with MedBridge for Remote Therapeutic Monitoring (RTM) is a key part of our strategy at MOTION PT Group to engage our patients in their care. Our patients enrolled in RTM have an 1,100% higher level of engagement than patients who are not yet enrolled. We are incredibly excited to continue to develop our approach to this new service and for our patients to enjoy the benefits of that engagement: improved adherence, enhanced outcomes and the highest quality of care.”

— Mike B. Fox, PT, SCS | Chief Clinical Officer, MOTION PT Group

References

- 1 B.I. Rosner, M. Gottlieb, W.N. Anderson. Effectiveness of an automated digital remote guidance and telemonitoring platform on costs, readmissions, and complications after hip and knee arthroplasties. J Arthroplasty, 33 (2018), pp. 988-996 e4.



ABOUT MEDBRIDGE

Founded in 2011, MedBridge is an innovator at the intersection of healthcare technology, education, and patient engagement. We have helped more than 2,500 healthcare organizations grow their business, elevate their workforce, and deliver exceptional patient experiences. For more information, visit [medbridgeeducation.com](https://www.medbridgeeducation.com).

See how MedBridge can help your organization.

[Contact us to request a demo.](#)