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Outpatient surgery as a means of cost reduction in total hip arthroplasty: a case-control study.

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**BACKGROUND:** The current healthcare market coupled with expedited recovery and improvements in analgesia have led to the development of total hip arthroplasty being performed as an outpatient procedure in selected patients.

**QUESTIONS/PURPOSES:** The purpose of this study is to compare outcomes and cost-effectiveness of traditional inpatient THA with outpatient hip replacement at the same facility.

**PATIENTS AND METHODS:** This observational, case-control study was conducted from 2008 to 2011. One hundred nineteen patients underwent outpatient THA through a direct anterior approach. These cases were all performed by a single surgeon. Outpatient cases were then compared to inpatient hospital controls performed by the same surgeon at the inpatient hospital facility.

**RESULTS:** Complications, length of stay, demographic data, and overall costs were

compared between groups. There was no difference in complications or estimated blood loss between groups. Most notably, the average overall cost in the outpatient setting was significantly lower than inpatient, \$24,529 versus \$31,327 ( $p = 0.0001$ ).

**CONCLUSIONS:** This study demonstrates that appropriately selected patients can undergo THA in an outpatient setting with no increase in complications and at a substantial savings to the healthcare system.

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