

What is Rapid Recovery

The Enhanced Recovery After Surgery (ERAS®) Society outlines recommendations for the perioperative care pathway for patients undergoing hip and knee replacement surgery.^{1,2}

Rapid Recovery is an evidence-based programme like ERAS that combines fast-track surgery principles, process optimisation and patient engagement aiming to improve patient outcomes. Have better care team and patient experiences^{3,4} and drive faster and more efficient care.⁴⁻⁷



What You May Expect with Rapid Recovery

- ◇ Fast and safe recovery after surgery¹
- ◇ Lower treatment costs^{6,7}
- ◇ Increased patient and employee satisfaction through information transparency³
- ◇ Improved interdisciplinary collaboration with standardised and optimised treatment pathways for pre-, peri-, postoperative care⁴
- ◇ Reduced complication rate¹

Rapid Recovery Insights

- ◇ For over 25 years, Zimmer Biomet has been committed to improving quality and efficiency in the treatment of joint replacement patients
- ◇ 250 implementations in Europe, with over 100 in Germany, Austria and Switzerland

Increase in Efficiency

-1.5 days	Average length of stay reduction in Rapid Recovery clinics (n=15) from 7.4 to 5.8 days between 2021 and 2024. ¹⁰
-1.4 days	Rapid Recovery clinics (n=15) be below the mean average for primary hip- and knee arthroplasty of 7.2 days in 2024. ⁸
-3.8 days	TOP Rapid Recovery Clinics (orthopedic specialist clinic and maximum care clinic) be below the mean average for primary hip- and knee arthroplasty of 7.2 days in 2024. ⁸
+17%	Average increase in cases per year at Rapid Recovery clinics (n=16) between 2020 and 2023 (min. 14% / max. 23%). ¹⁰
+11%	Average increase in cases per year at a maximum care Rapid Recovery clinic through reduction in length of stay and increase in operating theatre capacity from 2 to 3 operating theatres in the period 2020–2023. This corresponds to an annual increase of 200 cases per year and an estimated additional revenue of €1,200,000 per year. ⁹
+5%	Average annual increase in cases per year over a period of 6 years for an orthopedic specialist clinic. After the start of the Rapid Recovery implementation in 2017, the average increase in cases in the first three years was 5%. In the following three years, there was a continuous increase of 8%. ¹⁰

Optimisation of Treatment Outcomes

+82 PP

Increase of mobility on day of surgery from 0% to 82%

Comparison before/after implementation, self reported data of a RR hospital of maximum care, n=268, December 2024¹⁰

-4.2 PP

Reduction of blood transfusion rate from average 5.5% to 1.3%¹⁰

Improving Patient Experience and Staff Satisfaction

+6*
Points
*Before RR to two years after RR pilot

Better Patient Experience¹⁰

The patients from a primary and regular care RR hospital indicate a high level of experience with the treatment in the questionnaire with an average of 119 points. The standardised and validated questionnaire contains 33 questions to assess the quality of the perioperative phase. A total of 130 points can be achieved.

76%

76% of the employees report that job satisfaction has increased as a result of the Rapid Recovery implementation³

TOP 4

Hospital Improvements made with Rapid Recovery³

1. Understanding clinical processes (78%)
2. Understanding work instructions/ documents (76%)
3. Possibility of sharing ideas and goals (76%)
4. Interdisciplinary collaboration (75%)

1. Sauro KM et al. Enhanced Recovery After Surgery Guidelines and Hospital Length of Stay, Readmission, Complications, and Mortality: A Meta-Analysis of Randomized Clinical Trials. JAMA Netw Open. 2024 Jun 3;7(6):e2417310.

2. Wainwright TW et al. Consensus statement for perioperative care in total hip replacement and total knee replacement surgery: Enhanced Recovery After Surgery (ERAS®) Society recommendations. Acta Orthop. 2020 Feb;91(1):3-19.

3. Results of a 2023 employee satisfaction survey among employees from 33 Rapid Recovery clinics (n=63) who implement Rapid Recovery principles in their daily work. Data available upon request.

4. Noeth U et al. Fast-Track-Strategien in der Hüftendoprothetik [Fast track strategies in hip arthroplasty]. Der Orthopaede. 2019 Apr;48(4):330-336.

5. Buettner M et al. Economic analyses of fast-track total hip and knee arthroplasty: a systematic review. Eur J Orthop Surg Traumatol. 2019 Sep 11.

6. Jansen JA et al. A cost-effectiveness analysis after implementation of a fast-track protocol for total knee arthroplasty. Knee. 2020 Mar;27(2):451-458. doi: 10.1016/j.knee.2019.09.014. Epub 2020 Jan 22. PMID: 31982250.

7. Restelli U et al. Health Technology Assessment for Fast-Track Elective Knee and Hip Arthroplasty in a High-Volume Orthopaedic Hospital in Italy. Clinicoecon Outcomes Res. 2024 Aug 5;16:537-545. doi: 10.2147/CEOR.S46477.

8. Average of DRG I44C and DRG I47C. <https://www.g-drg.de/datenbrowser-und-begleitforschung/g-drg-report-browser/ag-drg-report-browser-2024>

9. Calculation of additional revenue: €6,000 revenue per case with a fictitious federal base rate of €4,000 and an average valuation ratio of 1.5. Actual financial outcomes may vary depending on hospital structure, reimbursement system, and country-specific conditions.

10. Hospital Data Calculation - on file with Zimmer Biomet.

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An evidence-based programme optimising patient care for over 20 years.

An evidence-based programme that combines fast-track surgery, process optimisation and patient engagement aiming to improve patient outcomes¹, have better team & patient experiences^{4,5} & drive faster & more efficient care⁶.



Rapid and safe recovery after surgery¹



Fast Track protocols aligned with latest evidence⁶



Improved clinical care quality and lower treatment costs^{2,3}



Improved interdisciplinary collaboration with standardized and optimized treatment pathways for pre-, peri- and postoperative care⁶



Increased patient and Employee satisfaction through information transparency^{4,5}



Reduced readmission & complication rates⁷

Working together intended to improve the quality of care, increase efficiencies, improve patient outcomes & save costs

Healthcare costs are rising globally – including a greater demand for joint replacements due to increasing life expectancies¹.

Implementing the changes necessary to achieve more requires coordinated management. With a team that is already busy, this coordination may be difficult to achieve. This is where Zimmer Biomet have developed the Rapid Recovery Programme delivered by a specialised team of consultants who have delivered impactful and sustainable change across Europe, through improving processes, increasing multidisciplinary collaboration and creating clearly defined standards. This may result in improved patient outcomes¹, improved patient & team experiences^{4,5} & faster & more efficient care⁶

96% Recommendation rate among Rapid Recovery users.⁷ | Rapid Recovery Specialists for >25 years.¹
>250 Implementations in Europe. | International Advisory Board

Change management



- Coordination in implementing the project plan
- Supervision of meetings & sharing best practice examples
- Moderating workshops according to your goals
- Support & coaching of your interdisciplinary team

Training and Education



- Workshop based training for the interdisciplinary team aligned with the latest evidence
- Support in implementation following the interdisciplinary workshops

Data Management



- Collection & evaluation of key process data
- Benchmark comparison within the Rapid Recovery network
- Support in the establishment of a data management system and reporting system

Public Relations



- Availability of a PR package

Community



- Interdisciplinary team visitation to a Rapid Recovery Hospital
- Updates from the Rapid Recovery network

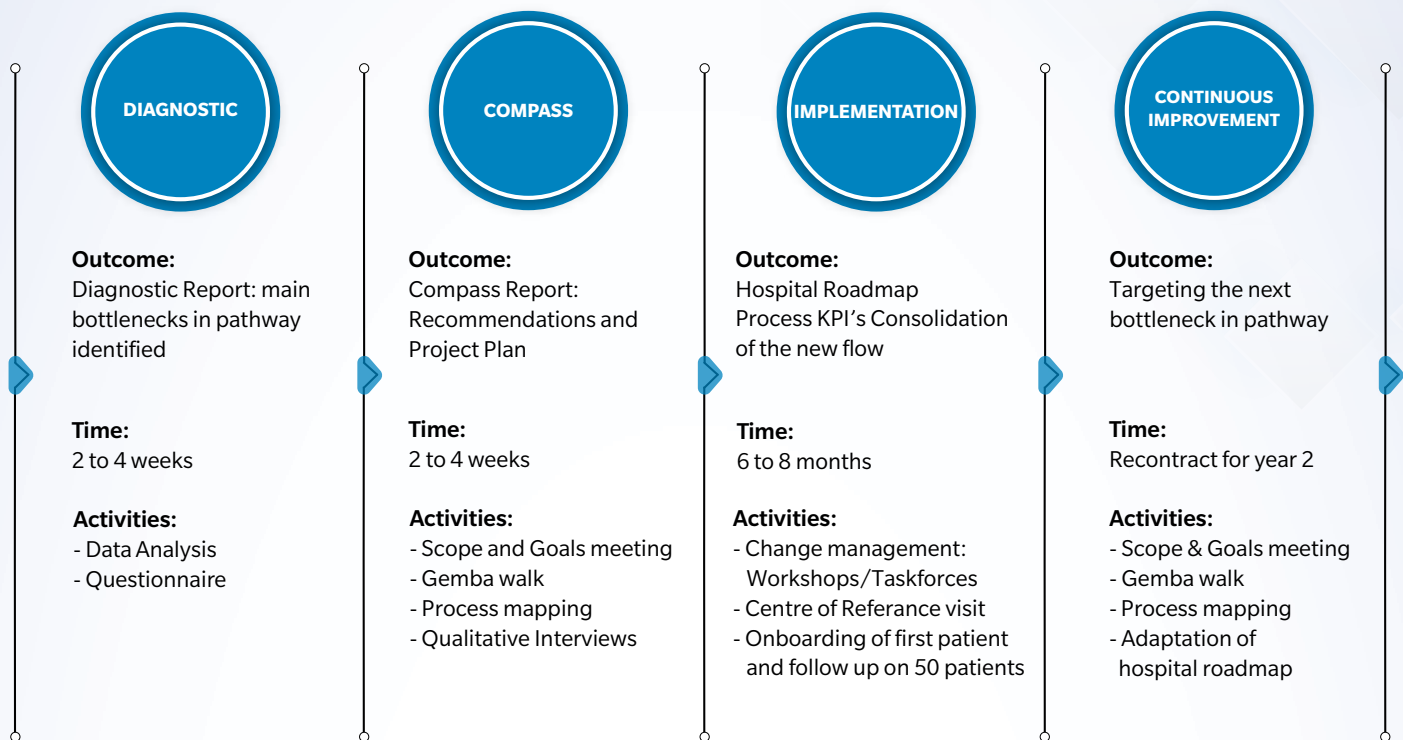
Explore more of the
Rapid Recovery programme



ZBEdge™
by  ZIMMER BIOMET

First Better, then Faster

In the 4-step implementation process, we will support you at every single step in achieving the best possible results. In practice, this means we start by analysing your individual needs and decide together with you how to make the best use of your resources.



If you would like to better understand the challenges and opportunities on your journey towards Outpatient Care, we invite you to contact us. Our team of Rapid Recovery experts can run a diagnostic specifically for you, showcasing a solution tailored to meet your specific needs.

CONTACT US



The Rapid Recovery Programme is available for following indications:

1. Rapid Recovery Hip & Knee
2. Rapid Recovery Fragility Fracture (Hip)
3. Rapid Recovery Shoulder (Shoulder & Trauma)
4. Rapid Recovery Outpatient (Hip, Knee, Shoulder)

1. Galbraith AS, et al. Enhanced recovery protocols in total joint arthroplasty: a review of the literature and their implementation. Ir J Med Sci. 2018 Feb;187(1):97-109.
2. Büttner M, et al. Economic analyses of fast-track total hip and knee arthroplasty: a systematic review. Eur J Orthop Surg Traumatol. 2019 Sep 11.
3. Wainwright TW, et al. Consensus statement for perioperative care in total hip replacement and total knee replacement surgery: Enhanced Recovery After Surgery (ERAS®) Society recommendations. Acta Orthop. 2020 Feb;91(1):3-19.
4. Specht K, et al. High patient satisfaction in 445 patients who underwent fast-track hip or knee replacement. Acta Orthop. 2015;86(6):702-7.
5. Jonsson G, and Bergh Lundgren S. Rapid Recovery - improves the work satisfaction of the staff. Presented at the 3rd European Rapid Recovery Symposium, London 2012.
6. Nöth U, et al. Fast track strategies in hip arthroplasty [Fast track strategies in hip arthroplasty]. Der Orthopäde. 2019 Apr;48(4):330-336.
7. Zimmer Biomet survey users 2015 in Germany and Austria
8. Houlihan-Burne D, Akhtar K. Optimization of the Patient Undergoing Total Knee Arthroplasty - The Rapid Recovery Program. Journal of Clinical Rheumatology & Musculoskeletal Medicine, 1(2): 1-4, 2010.
9. Three and a half years experience with outpatient total hip arthroplasty, Coenders et al, 2020
10. Aynardi M, Post Z, Ong A, Orozco F, Sukin DC. Outpatient surgery as a means of cost reduction in total hip arthroplasty: a case-control study. HSS J 2014;10:252.
11. Improved clinical outcomes of outpatient enhanced recovery hip and knee replacements in comparison to standard inpatient procedures: A study of patients who experienced both, Alexandre Hardya,b, Margaux Courgeonb, Karina Pelleib, Franc, ois Desmeulesb,c, Christian Loubertb, Pascal-André Vendittolib,d,e,© 2022 FAST TRACK SURGERY IN TOTAL KNEE ARTHROPLASTY - A REVIEW. JOURNAL OF IMAB (AUG 2015) Pencho Kosev, Tsvetan Sokolov, Ivalinka Pavlova, Boyan Valentinov, Jordan Andonov, Neli Petrova

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