Unavoidable Stairs at Home Affect Discharge Disposition after TJA

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Background
Purpose

Are “walk-up” apartment buildings (i.e., unavoidable stairs) a risk factor for discharge to a facility after arthroplasty?
Methods

• Retrospective Case Control Study
• 1094 Patients between 2011 and 2014
• Compared home discharge to facility discharge for risk factors
• Logistical Regression
### Results

68 years +/- 12.6 yrs

<table>
<thead>
<tr>
<th>Variable</th>
<th>SE</th>
<th>p</th>
<th>Odds ratio</th>
<th>95% CI</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gender (female)</td>
<td>0.151</td>
<td>&lt;0.0001</td>
<td>2.505</td>
<td>1.864</td>
</tr>
<tr>
<td>Age</td>
<td>0.008</td>
<td>&lt;0.0001</td>
<td>1.086</td>
<td>1.07</td>
</tr>
<tr>
<td>LOS</td>
<td>0.055</td>
<td>&lt;0.0001</td>
<td>1.224</td>
<td>1.098</td>
</tr>
<tr>
<td>Stairs</td>
<td>0.007</td>
<td>0.001</td>
<td>1.023</td>
<td>1.009</td>
</tr>
<tr>
<td>ASA</td>
<td>0.141</td>
<td>&lt;0.0001</td>
<td>1.639</td>
<td>1.244</td>
</tr>
<tr>
<td>BMI</td>
<td>0.011</td>
<td>0.002</td>
<td>1.036</td>
<td>1.013</td>
</tr>
<tr>
<td>Hip vs Knee</td>
<td>0.150</td>
<td>&lt;0.0001</td>
<td>0.547</td>
<td>0.408</td>
</tr>
</tbody>
</table>
Implications

The presence of unavoidable stairs at home influences the ability to go home.
Implications

Pronounced in metropolitan cities, but really this is relevant in all geographic areas.
Implications

With focus on Bundles and home discharge, unavoidable stairs should be considered by policymakers.
Thank You