

Faculti Summary

<https://staging.faculti.net/knee-replacement-and-the-star-care-pathway/>

This video discusses the need for knee replacements, primarily driven by pain and functional impairment often due to osteoarthritis. In the UK, approximately 100,000 knee replacements are performed annually, but about 20% of patients experience long-term pain after surgery, defined as pain persisting three months post-operation.

To address this issue, the STAR Care Pathway (Support and Treatment after Replacement) was developed to provide tailored support for patients experiencing pain after knee replacements. The intervention involves a clinic appointment for patients with long-term pain, where they engage with trained practitioners to receive assessments, recommendations, and potential referrals for further treatment.

The STAR program, a decade-long initiative supported by the UK's National Institute for Health Research, included a randomized controlled trial with 363 participants. Those receiving the STAR intervention showed improved pain management and reduced costs to the NHS compared to those receiving usual care.

The STAR Care Pathway is now available as a training package for NHS clinicians, aiming to ensure effective patient care. Future research areas include preventing long-term pain and improving communications about surgical risks to enhance patient decision-making before knee replacement surgery. The program emphasizes the importance of a collaborative, interdisciplinary approach to effectively address the complexities of post-operative pain management.