



### Q. What are the frameworks?

The Rehabilitative Care Alliance (RCA) released two best practice frameworks in 2017:

- *Rehabilitative Care Best Practices Framework for Patients with Hip Fractures*
- *Rehabilitative Care Best Practices Framework for Patients with Primary Hip and Knee Replacements*

The frameworks support implementation of QBPs with detailed best practices for rehabilitative care across all care settings: pre-operative (TJR), bedded, ambulatory, in-home and long-term care (hip). Quick reference guides for each setting provide a concise summary of best practices to guide clinical practice.

### Q. Why do we need them?

The QBP clinical handbooks for hip fracture and primary hip/knee replacements provide high-level recommendations for post-surgical rehabilitative care. The frameworks provide detailed **best practices** for rehabilitative care **across the care continuum**. These best practices ensure high quality care and improve outcomes for patients. Use of the frameworks will also support standardized, evidence-based rehabilitative care across the province. For organizations participating in the MOHLTC bundled funding pilot for primary hip and knee replacements, the frameworks will help you design and implement the pilot in a way that aligns with best practices.

### Q. How were they developed?

The frameworks were developed by provincial RCA task and advisory groups following an extensive review of the literature and existing care pathways and practices. The best practice recommendations were reviewed and supported by clinicians, rehabilitative care programs, professional associations and patient and family representatives.

### Q. How does the hip fracture framework relate to HQO's new hip fracture quality standards?

The RCA's framework complements HQO's new quality standard by providing a set of detailed best practice recommendations specific to rehabilitative care.

### Q. We have already implemented best practices in our program. Has something changed?

Best practices continue to evolve. The frameworks reflect the latest research and are designed to improve outcomes and patient experience. Programs are encouraged to complete the RCA's self-assessment to determine if there are areas where care can be improved and to identify opportunities for your organization/program to be a leader in implementing rehabilitative best care practices.

### Q. What is the self-assessment process? Why should we do it?

The self-assessment provides immediate, useful feedback to help improve care in your program. You will assess how well the care provided in your program aligns with the best practices detailed in the frameworks. Based on your answers, you will be able to quickly see if, and where, implementing a change could improve care. The tool generates a list of quality improvement priorities.

### Q. How much work is the self-assessment process?

Completing the self-assessment tool is a simple three-step process: 1. Convene a group of clinicians and administrators associated with the program being assessed. 2. Hold a meeting to complete the easy-to-use self-assessment tool. 3. Submit it to the Rehabilitative Care Alliance.

The self-assessment will take approximately 30-60 minutes to complete. The spreadsheet presents best practice statements in areas such as screening, assessment and treatment interventions. Organizations/programs simply indicate whether their practices align, partially align or don't align. More detailed instructions are included in the self-assessment tools. (See links below.)

### Q. Why do we have to submit our results to the RCA?

The RCA is committed to strengthening and standardizing rehabilitative care across the province. We will collate, analyze and share results with each LHIN to identify areas where quality can be improved. Specific organizations will not be identified. The RCA's analysis will also identify where system level changes are required to support quality improvement across the province.

**Questions?** Please contact [info@rehabcarealliance.ca](mailto:info@rehabcarealliance.ca)

## Online Resources

### Hip Fracture

- [Rehabilitative Care Best Practices Framework for Patients with Hip Fractures](#)
- *Quick Reference Guides*  
[Bedded](#) [Ambulatory](#) [In-home](#) [Long-term care](#)

### Primary Hip and Knee Replacements

- [Rehabilitative Care Best Practices Framework for Patients with Primary Hip and Knee Replacements](#)
- *Quick Reference Guides*  
[Pre-operative](#) [Bedded](#) [Ambulatory](#) [In-home](#)

### Self-Assessment Tools

- *Hip Fractures*  
[Bedded](#) [Ambulatory](#) [In-home](#) [Long-term care](#)
- *Primary Hip and Knee Replacements*  
[Pre-operative](#) [Bedded](#) [Ambulatory](#) [In-home](#)

**Toolkit for Implementing Best Practice Frameworks** [Toolkit](#)