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## **The relationship between hospital discharge readiness and transition outcomes in total hip or knee arthroplasty patients**

**Objective:** The main objective of this study is to investigate the hospital discharge readiness and transition outcomes in total hip/knee arthroplasty patients, and to analyze the relationship between the two.

**Methods:** Use the convenience sampling method to select patients with total hip arthroplasty (THA) or total knee arthroplasty (TKA) from January 2018 to July 2018 in a tertiary hospital in Sichuan Province. Use general information of patients, discharge preparation scale (RHDS) and Care Transition Measure (CTM-15) to investigate patients' hospital discharge readiness (2-4 hours before discharge) and transition outcomes (30 days after discharge).

**Results:** A total of 352 patients were enrolled in this investigation, with an average age of (59.56±12.69) years old. The average RHDS score was (177.08±19.41), which was at a moderate level. The average quality of transition outcomes was (37.37±7.50), which was at a medium level. The RHDS score was positively correlated with the transition outcomes and the RHDS score could explain 51.3% of the variation of transition outcomes.

**Conclusion:** The patient's hospital discharge readiness is closely related to the transition outcomes and has a predictive effect on the transition outcome. It suggests that clinical medical staff should pay attention to the patient's hospital discharge readiness and improve the transition quality of patients after discharge so as to promote the improvement of patients' quality of life after discharge.

### **Biography**

Jingying Xie is a Post-graduate student major in Surgical Nursing in West China Medical School of Sichuan University, China. Her main research direction is surgical nursing and wound care. She won a second-class scholarship of Sichuan University, and she is expected to graduate as a Master of Science in Nursing in June 2021. Her main research direction is Orthopedic Nursing and Wound Therapy. She has published one paper in 2019 and now she is participating in some research work on wound dressings, advanced nursing practice in orthopedic department, enhanced recovery after surgery in orthopedic department, prevention and treatment of deep vein thrombosis.

13320116855@163.com



**Jingying Xie**

Sichuan University, China