

Risk Assessment and Prediction Tool (RAPT)

Instructions for use

The RAPT form is completed by the patient.

Take the RAPT form when you:

- Visit your orthopaedic surgeon
- Attend the Pre-admission Clinic
- The form can be stored in your hospital medical record

Risk Assessment and Prediction Tool (RAPT)

Background

Developed by Dr. Leonie Oldmeadow at the Alfred Hospital in Victoria in 2001 to predict the discharge destination of patients undergoing elective hip and knee arthroplasty surgery.

Predictions based on objective factors provide confidence in decision making regarding discharge for patients and staff.

Purpose of the tool

- The ability to indicate before surgery, the most likely discharge destination after surgery, which allows appropriate patients to prepare themselves and their families for their return home.
- Assists in aligning patient's expectations about what is needed following surgery.
- Allows the acute hospital to commence early discharge planning for discharge destination goal
- RAPT helps to identify patients who will need the most help after discharge;
- Score <6—Admit to overnight rehabilitation program
- Score 6-9—Additional intervention to discharge directly home (e.g. Rehabilitation in the Home)
- Score >9—Discharge directly home.

To be completed by the patients undergoing elective Hip or Knee replacement surgery prior to discussion with your orthopaedic surgeon or attending Pre-admission Clinic

Name.....

DOB.....

Address.....

Surgeon.....

| | Value | Score |
|--|---|----------------|
| 1. What is your age group? | 50-65 years 66-75 years >75 years | =2 =1 =0 |
| 2. Gender? | Male Female | =2 =1 |
| 3. How far on average can you walk? (a block is 200 metres) | Two blocks or more (+/-rest) 1-2 blocks (+/-rest) Housebound (most of time) | =2 =1 =0 |
| 4. Which gait aid do you use? (more often than not) | None Single-point stick Crutches/frame | =2 =1 =0 |
| 5. Do you use community supports? (home help, meals on wheels, district nursing) | None or one per week Two or more per week | =1 =0 |
| 6. Will you live with someone who can care for you after your operation? | Yes No | =3 =0 |
| Your score (out of 12) | | |

Key: Destination at discharge from acute care predicted by score.

- Scores <6 — extended inpatient rehabilitation
- Score 6-9 — additional intervention to discharge directly home (e.g. *Rehabilitation in the Home*)
- Score >9 — directly home.

| Patient's preference | Prediction Score | Agreed destination |
|----------------------|---------------------|--------------------|
| | | |
| Patient Signature: | Date: | |
| | /..... /..... | |