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PATIENT INFORMATION TO ASSIST INFORMED CONSENT

- Information to assist the informed-consent process
- Enhances the surgeon-patient relationship
- Enhance the process of communication



Surgical Replacement of the Knee Joint



Patient education pamphlets

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**NEW
EDITION**

AUSTRALIAN AND NEW ZEALAND ORTHOPAEDIC PATIENT EDUCATION

Surgical Replacement of the Knee Joint

PATIENT INFORMATION TO ASSIST INFORMED CONSENT



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About one in four patients over the age of 65 years has some form of arthritis. Arthritis of the knee is usually osteoarthritis, which is due to wear and tear. Surgery of the knee is usually to replace part or all of the joint. This surgery has a high success rate in relieving pain and restoring mobility. About 95 out of every 100 procedures can be confidently predicted to be successful. The medical term for this surgery is "knee arthroplasty", and it may be partial or total. The operation has become common due to:

- major improvements in surgical techniques and better outcomes
- better materials and designs of artificial knee joints (prostheses)
- the increasing number of older people.

Knee structure and arthritis

The knee is the largest joint in the body and carries almost half of your weight. In a healthy knee, the ends of the femur and tibia, and the inner surface of the patella, are covered with cartilage, as shown in the illustration (top right). The cartilage acts as a cushion, giving the bone ends a smooth surface to allow easy movement. The bones are held in place by muscles, tendons and ligaments.

Arthritis destroys the cartilage covering the ends of bones. The normally smooth joint surfaces become rough and uneven. As a result, the joint cannot move smoothly. It becomes stiff and limited movement. Causes of knee joint arthritis: (wear-and-tear arthritis)

- age-related osteoarthritis
- chronic inflammatory disease (rheumatoid arthritis)
- traumatic arthritis, which can

occur after a fracture or other bone injury

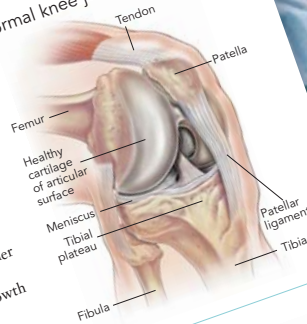
- some birth defects and growth disorders.

Reasons for arthroplasty

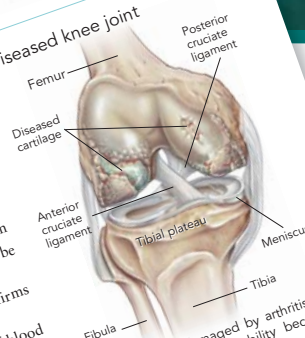
Your general practitioner and orthopaedic surgeon may recommend knee replacement surgery in the following cases:

- chronic pain that has not been relieved by anti-inflammatory medications, physical therapy, and the use of a cane or other devices
- pain is so severe that it restricts work, walking, recreation and daily activities
- sleep is disturbed due to night pain
- the knee is very stiff and may be swollen
- X-ray examination confirms advanced arthritis
- avascular necrosis (a lack of blood supply to the ends of the bones) has damaged the joint; it is usually caused by trauma.

Normal knee joint



Diseased knee joint



Joint surfaces damaged by arthritis are rough and uneven. Mobility becomes limited and painful.



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TREATMENT INFORMATION PAMPHLET

PROCEDURE: _____
PATIENT'S NAME: _____
DOCTOR'S NAME: _____
EDITION NUMBER: _____

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Your orthopaedic surgeon

This patient education has been reviewed by orthopaedic surgeons in Australia and New Zealand.

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