



# Holland Bone and Joint Program Hip and Knee Arthritis Program Update

January 2024 • Information for Referring Providers

## Would you like your patient with hip or knee arthritis seen in under **4** weeks?

### Send Referrals by:

- **Ocean eReferral**  
(search under “Toronto Region”)  
To sign up for Ocean, email:  
[eReferralTorontoregion@uhn.ca](mailto:eReferralTorontoregion@uhn.ca)  
**OR**
- **Fax: 416-599-4577**  
**Toll free fax: 1-877-411-4577**  
Referral form is attached and available online at [sunnybrook.ca/HipKneeReferral](http://sunnybrook.ca/HipKneeReferral)

### Referral Checklist:

- Include any relevant medical information
- Ensure your patient’s active medical problems are controlled
- Include recent X-ray reports (within 6 months). Patient must bring images to appointment

### What X-ray views are needed?

- **KNEE:** AP weight bearing, lateral of knee flexed at 30 degrees, and skyline
- **HIP:** AP pelvis, AP and lateral of affected hip

**MRIs are not required for diagnosing hip and knee arthritis**

### Quick Access to Surgery:

The Sunnybrook Holland Centre is part of the Toronto Region Arthroplasty Collaborative (TRAC), a partnership between Sunnybrook Health Sciences Centre, Michael Garron Hospital, Sinai Health and Unity Health to improve access to hip and knee replacement surgery. For timely access for your patients, it is recommended that you choose “Next available appointment within Ontario Health Toronto” or select a specific hospital to access a next available surgeon at that hospital.

### Your patients can expect:

- Rapid Access Clinic appointment within 1-2 weeks
- Specialized assessment with an Advanced Practice Provider with personalized treatment recommendations
- Consultation with **NEXT AVAILABLE SURGEON** within 1-2 weeks
- Most patients return home the day after their surgery or the day of their surgery
- Virtual care options for follow-up when appropriate

Holland Centre  
43 Wellesley Street East, Toronto, ON M4Y 1H1  
T: (416) 967-8617 F: (416) 599-4577  
[sunnybrook.ca/holland](http://sunnybrook.ca/holland)



# Support While at Home:



## Follow-up Call

- 24-72 hours after leaving hospital



## myHip&Knee App

- Daily health check with recommendations provided (mobile & web-based)



## Patient Education Toolbox

- Patient Care Guide
- myHip&Knee app (mobile & web-based)
- Instructional videos to help prepare for surgery
- Top 10 FAQs for Pain Management

See our online resource library for details:  
[sunnybrook.ca/hollandboneandjoint/education](https://www.sunnybrook.ca/hollandboneandjoint/education)



## Telephone Support



## Post-op Follow-up

**3 visits (with virtual option) in the first year with the surgeon or Advanced Practice Provider in a team approach**

- After year 3 patients no longer require an in-person visit
- Any new issues with the operated joint do not require a new referral



## RECOVERED Program

Reclaiming **ExCess** Opioids for **VER**ified Disposal

- A program that allows patients to bring unused pain medication to their 6-week follow-up for verified disposal



## Does your patient have complex needs or require a second opinion on a prior joint replacement?

- The Holland Centre aims to provide timely, equitable care for all patients
- For patients experiencing complex issues after prior hip or knee replacement, we have established a second opinion clinic specifically designated for these patients.

**“You certainly practice patient-centred care. Every interaction was informative, supportive, caring, warm and friendly. Excellent follow up at all levels. My recovery was pretty amazing. I listened and worked with a physiotherapist and continued to exercise as much as I could and followed physio approved pre-op exercises. I believe that prep truly helped in my recovery. Hope I have as great an experience with my right knee. Excellence in practice!”**

*- Previous Patient of the Holland Centre*