

Clinical Spotlight



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Orthopedics Chief Oversees Robust Program

Steven Hollis, MD, chief of orthopedic surgery at Beverly Hospital, knows what it's like to have joint replacement surgery — he's had two hip replacements. “The results of joint replacement surgery today are significantly better than two decades ago,” he said.

Materials used in artificial hip and knee joints have improved, along with the design of the implants.

“Twenty years ago, when we did hip replacements on 45-year-olds, by the time they were 60, it was common for the joints to have worn out and need replacement,” he said. “Today, out of every 100 hip replacements that we do, I would assume that every single patient would be doing fine 15 years later — that’s a big change.”

The improvement in joint replacement results come at a time when Beverly Hospital is doing more of these procedures than ever. The number of these surgeries rose 47 percent from 2013 to 2017 — to 1,031 procedures.

The numbers are expected to grow even more now that Beverly Hospital has become a clinical affiliate of New England Baptist Hospital. “Our two hospitals will be collaborating on clinical protocols and sharing data, which will benefit patients’ quality of care,” Dr. Hollis said. “What we’ve found so far is that the way we do joint replacements is already very similar. It’s a good fit. So much of what we are doing at Beverly Hospital is comparable to what’s happening in big successful high-volume programs around the country.”

Better Pain Control

Dr. Hollis says his experiences as a patient have made him appreciate the importance of pain control in joint replacement surgery.

"When I had my first hip replacement in 2003, patients could control their own pain after surgery through patient-controlled analgesia. It turns out that wasn't the best approach," said Hollis, who has been practicing at Beverly for 30 years. "Several years ago, Beverly Hospital joined a growing national trend to inject a cocktail of pain relievers and anti-inflammatory medicines during surgery. That has made a huge difference. Now patients are using fewer narcotics after surgery. They're getting up and walking sooner, and they're being discharged more quickly. When I see a patient soon after

surgery, they're sitting up in a chair, with a relaxed look on their face — not lying in bed in pain."

Joint Replacements on the Rise

There are several reasons for the growth in joint replacement procedures at Beverly Hospital, Dr. Hollis said. The hospital has a large orthopedics department, with about 30 physicians. "People in this community know Beverly is a good place to go for orthopedics — our patients frequently recommend us to their friends," he said. "With such

a big orthopedics department, our entire procedure — from pre-op to post-surgical care — is well honed. The more procedures you do, the better and more efficient you are."

Beverly also is part of a nationwide trend. "Joint replacements are increasing because Baby Boomers are getting older, and they're not resigned to accept the aches and pains of osteoarthritis," he said. "They want to continue doing their thing — and I'm one of them."

Two New Hips Bring a New Lease on Life

When Yoanna Osborne was diagnosed with degenerative arthritis in her hips, she wasn't surprised. Her father had both hips replaced in the 1980s. An avid motorcyclist, shooting sports enthusiast and home school teacher to her five children, Yoanna found it increasingly difficult to perform even basic daily functions.

"I'm also a colonial reenactor, which requires a lot of marching and walking," said Yoanna, 57. "I was starting to lose my ability to walk, and I couldn't swing my leg over the motorcycle." When she first consulted Dr. Hollis in 2017, she asked whether she could wait to have her left hip replaced

until the end of motorcycle season. "But by July, I told him I couldn't wait. He moved my surgery from November up to September."

After her left hip was replaced, she was up and walking the next day. "I had in-home physical therapy for three weeks, and after that I was able to drive and swim," she said. But her right hip was deteriorating quickly, so Dr. Hollis booked her second hip replacement for December.

Within three months of the second operation, Yoanna was back on her motorcycle. This summer,



she completed a 2,000-mile motorcycle trip to Ohio and back. "When I tell people I've had two hips replaced, they can't believe the difference," she says. "Dr. Hollis is amazing. His approach of reattaching tendons to the bone and securing against dislocation is what intrigued me. He listened to me and treated me like someone who matters. He restored my life to full capacity."