Physiotherapy and the Hip Fracture Patient

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July 2013
Local Demographics

- 21.9% of the population over 65yrs

- Number of over 65’s:
  - **25,500** (2010)
  - **31,000** by 2021

- Scarborough Clinical Commissioning Group
The Challenge???
Main Aims and Goals

• Perform a physiotherapeutic assessment and begin a mobilisation / walking re-education programme within 24hrs post-op

• Offer at least one session of physiotherapy intervention daily

• Work with the MDT on appropriate case management
Models of Joint Care

• General Trauma Ward

• Specialised Trauma Ward

• Elderly Care Ward

**SCARBOROUGH**
• Trauma ward

• Variety of pathways for rehabilitation
Physiotherapy

• Assessment

• Mobilisation

• Exercise Therapy
Physiotherapy Programme

WHAT DO WE DO?!

• Use our skills to re-establish pre injury level of mobility, common barriers include:
  - Weight bearing status
  - Pain
  - **FEAR OF FALLING**
  - Co-morbidities – including cognitive status

• Teach, supervise and monitor an appropriate exercise programme:
  - ROM affected hip
  - Strengthening exercises – large lower limb groups, core stability and postural muscles
  - Exercise tolerance/ stamina
  - Balance work

• **Functional activity**
  - joint working/ collaboration with OT and nursing staff
Dementia:
EHE Environmental Assessment Tool

1. The environment promotes meaningful interaction between patients, families and staff

2. The environment promotes wellbeing

3. The environment encourages eating and drinking

4. The environment promotes mobility

5. The environment promotes continence and independence

6. The environment promotes orientation

7. The environment promotes calm and security
How Can We Improve?

- All staff wearing black on yellow name badges ✔
- Red place mats and beakers ✔
- Improve signage
- Memory box / reminiscence activities - work in progress
- Create a space for social dining
- Involve the voluntary sector
The Way Forward:

• Early supported discharge?

• Falls service – no integrated service at present

• CREATE AN EXERCISE AREA ON TRAUMA WARD – work in progress – finished!

• Speed up the discharge process to nursing/residential homes

• PATIENT INFORMATION – work in progress
Any Questions?
References:
