



Fractured Hip Repair: Patient Pathway

BEFORE SURGERY

DAY _____ **DATE** _____

Things to Expect Today

- You will be evaluated by doctors in the Emergency Room.
- You will have various blood tests, EKG, and X-rays.
- You will have pain medication to make you comfortable. If the nurse does not mention it, ask for it.
- From the Emergency Room, you will be admitted to a surgical unit where nurses will be closely monitoring your condition.
- Usually, you will not be allowed to eat or drink since surgery may be done today. After surgery, you will be allowed clear liquids and your diet will be advanced as tolerated.
- You must stay in bed until the fracture is repaired. Nurses will help you turn and position while you are on bed rest.
- You will be seen by the orthopedic resident who will monitor your progress throughout your stay.
- You may have consultations with other medical doctors such as an internist, physiatrist (specialist in rehabilitation), and an anesthesiologist.
- Your nurse will encourage you to cough, deep breathe, and use your incentive spirometer.
- The social worker may meet with you and your family to discuss your specific needs, including a tentative discharge plan.
- When you go to the operating room, you will receive pre-medication to help you relax.

Things to Do Today

Take pain medication as needed to be comfortable. Tell the nurse if you are having pain.

You will be given an information packet. Try to start reading the packet.



Fractured Hip Repair: Patient Pathway

Day

- You will need to stay in bed. The nurses will help you feel as comfortable as possible.
- Use your incentive spirometer 10 times every hour while you are awake. How high did you get the spirometer this time? _____
- Do your breathing exercises (coughing and deep breathing). These activities are a very important part of your recovery.
- Your nurse will help you turn and reposition you every 2 hours.

Evening/Nights

- Use your incentive spirometer 10 times every hour while you are awake -- follow with coughing and deep breathing exercises.
- Begin to learn about your medications from the nurse. Ask questions!
- The nursing attendants will be making evening rounds. If you need something, please ask.
- Take pain medication as needed.

Sleep well!



Fractured Hip Repair: Patient Pathway

DAY 1 - AFTER SURGERY

DAY _____ DATE _____

Things to Expect Today

- You will be in a room on a surgical unit where the nurses will closely monitor your condition.
- You will have morning blood tests.
- Your nurse will inspect your operative dressing, assess your circulation, assess your level of comfort and response to pain medication, and help you change position frequently in bed to help make you comfortable.
- You will need to take your pain medication to make coughing and moving easier. If the nurse does not mention it, ask for it.
- You will be helped out of bed. You may not be hungry, but try to eat -- the better you eat, the better you feel.
- Your nurse will encourage you to cough, deep breathe and use your incentive spirometer.
- Your physical therapist will meet with you to begin to instruct you about after surgery exercises and help you get out of bed. You may begin walking if you feel up to it.
- The Foley Catheter may be removed.
- You will meet with a social worker today who will begin discussing your discharge options.

Things to Do Today

Begin reviewing your Patient Information Packet.

Morning

- Eat your breakfast.
- Use your incentive spirometer 10 times every hour while you are awake. How high did you get the spirometer this time? _____
- Do your after-surgery exercises as instructed by your physical therapist.



Fractured Hip Repair: Patient Pathway

Afternoon

- Take your pain medicine before getting out of bed. It will help make moving easier.
- Get out of bed to the chair with the help of your physical therapist. Begin walking with help if tolerated.
- Use your incentive spirometer ten times every hour. Continue to do your coughing and deep breathing exercises.
- Do your after-surgery exercises.

Evenings/Nights

- Continue to learn about your medication. Ask your nurse what you are taking.
- Continue to use your incentive spirometer and do the coughing and deep breathing exercise 10 times an hour. This breathing exercise will help prevent lung problems.
- Do the exercises the physical therapist taught you.
- Remember to take your pain medication as needed.
- The nursing staff will be making evening and night rounds. They will be helping you turn every two hours. If you had a partial hip replacement, you will have a special pillow between your legs to prevent your new hip from being dislocated. If you need something, please ask.

SLEEP WELL!



Fractured Hip Repair: Patient Pathway

DAY 2 AFTER SURGERY

DAY: _____ DATE: _____

Things to Expect Today

- You may have morning blood tests.
- Your usual diet will be resumed if not already.
- Pain medication in a pill form to be ordered.
- You will continue to receive instructions by physical and occupational therapists. You will be seen twice by the physical therapist.
- The Foley catheter may be removed today if not already.
- Your social worker and other team members will continue to discuss your discharge plan. You may be discharged tomorrow. You can confirm this information with your medical team.

Things to Do Today

Read the section in your Information Packet on **Going Home**.

Morning

- Sit in the chair and wash up.
- Eat breakfast.
- Use your incentive spirometer 10 times an hour and do the coughing and deep breathing exercises.
- Continue instruction by the physical therapist (and in some cases with an occupational therapist) for after-surgery exercises, and what adaptations to make related to daily activities such as grooming, etc.
- Walk farther than you did yesterday. You may begin to learn how to climb stairs using crutches under the supervision of the physical therapist.
- Remember to take your pain medication to make moving easier.
- Start thinking about your needs at home once you are discharged.
- Ask your physical and occupational therapists and nurse about what equipment you may need when you get home. Discuss with the



Fractured Hip Repair: Patient Pathway

occupational therapist any devices needed to make getting washed and dressed easier.

Afternoon

- Sit in the chair and eat lunch. The longer you are out of bed, the better. It helps improve your lungs and circulation.
- Ask your nurse any questions you have about your medications. Ask for the information sheets if you did not receive them yet.
- Discuss plans for discharge with your nurse, doctor, therapists, and social worker. Confirm with the team concerning your discharge day.
- Review your discharge instruction sheet. Ask questions!
- Needed equipment will be ordered and confirmed with the vendors. Make sure you have the phone number of the vendor.
- Walk around the hallway with your physical therapist. Visit the Nurses' Station.
- Let your nurse know when your last bowel movement was.
- Continue using the incentive spirometer and doing your after-surgery exercises.
- You may learn to climb stairs using crutches. Ask your physical therapist.

Evening/Nights

- Sit in the chair and eat dinner.
- Walk along the hallway with help. How far did you walk? Remember your pain medication.
- Use your incentive spirometer, cough and deep breathe, and do your exercises.
- Think about additional preparations you might need to make at home.
- The nursing staff will be making rounds. Ask if you need anything, including a sleeping pill.

SLEEP WELL!



Fractured Hip Repair: Patient Pathway

DAY 3 AFTER SURGERY

DAY: _____ DATE: _____

Things to Expect Today

- You may have morning blood tests.
- You will need to take your pain medication to make moving and coughing easier. If the nurse does not mention it, ask for it!
- Your dressing will be changed.
- You may be discharged today to home or a rehabilitation facility. Orders for any needed equipment will be confirmed.
- If you had a partial replacement, review hip precautions.
- Orders for any needed equipment will be confirmed.
- Your nurse will teach you how to care for your incision.
- If you are not discharged, you will see the physical therapist twice today for exercise, walking, and home exercise program.

Things to Do Today

Reread the section in your packet on Going Home.

Review when to call the doctor, and if you had a partial replacement, review the information on hip precautions and preventive antibiotics.

Write down any remaining questions.

If you are discharged:

- Wash up.
- Sit on the chair and eat breakfast.
- Review and sign the discharge plan with your nurse. Make sure you know when to make a follow-up appointment.
- Review tub and car transfers (e.g. getting into and out of) with the physical therapist if you are going home.
- Obtain your prescriptions.



Fractured Hip Repair: Patient Pathway

- Be discharged from the hospital (at or before 10 a.m.) or transferred to a rehabilitation facility.

If you are not discharged:

- Sit on the chair for breakfast.
- Use your incentive spirometer 10 times every hour. How high did you go? ____
- Take a walk around the hallway. See if you can go farther than you did yesterday.
- Continue working with the physical therapist and exercising on your own. Review after-surgery exercises with the physical therapist.
- Continue to meet with the occupational therapist to review techniques in performing daily activities such as dressing, bathing, etc. Discuss assistive devices you may need such as a grabber or reacher. If appropriate, review hip precautions with the physical therapist.

Afternoon

- Sit in the chair and have some lunch -- the better you eat, the better you heal.
- Use your incentive spirometer 10 times every hour. How high did you go? ____
- Continue to walk in the hallway. Try to go farther than you did this morning.
- Walk with your family or friends around "The Loop" or out to the solarium for a change of scenery.
- Let your nurse know when your last bowel movement was.
- Review your discharge instruction sheet and ask questions as needed.
- Needed equipment will be ordered and confirmed with vendors. Make sure you have the phone number of the vendor.
- Continue to work with the physical therapist.
- Learn how to get into and out of a shower and car.



Fractured Hip Repair: Patient Pathway

- Your therapist or nurse will ask you to demonstrate the after-surgery exercises you will need to continue to do at home or in the rehabilitation facility.

EVENING/NIGHTS

- Sit in the chair for dinner and eat something.
- Continue to use your incentive spirometer 10 times every hour.
- Walk along “The Loop” in the hallway. How many loops did you do today? _____
- The nursing staff will be making rounds.

SLEEP WELL!



Fractured Hip Repair: Patient Pathway

DAY 4 AFTER SURGERY

DAY: _____ **DATE:** _____

Things to Expect Today

- You may have morning blood tests.
- Continue to gradually increase your activity level.
- Continue with your incentive spirometer.
- Discharge home or to rehabilitation facility.

Things to Do Today

Ask any remaining questions.

Morning

- Wash up.
- Sit in the chair and eat breakfast.
- Review and sign the discharge plan with your nurse. Make sure you know when to make a follow-up appointment.
- Obtain your prescriptions.
- Be discharged from the hospital (at or before 10 a.m.) or transferred to a rehabilitation facility.