



Grey Bruce Health Network

EVIDENCE-BASED CARE PROGRAM

FRACTURED HIP PATIENT PATHWAY

PROCESS	WAITING FOR SURGERY
ASSESSMENT	You will have your blood pressure and pulse checked, and other test completed to see if you are ready for surgery.
TESTS	You will have a hip x-ray, a chest x-ray, a heart reading (EKG) and some blood tests done. You will be fitted with elastic stockings and will be billed for theses.
MEDICATIONS	Any drugs you are taking will be reviewed; some of them may be stopped. You will ge given medication for your pain.
TREATMENTS	You will have an IV to prepare for surgery. The nurse will put elastic stockings on your leg to help prevent complications after surgery. You may have a catheter.
NUTRITION	You will be able to eat and drink until the day of your surgery.
ACTIVITY	You will have complete bed rest until after your operation, to prevent any further problems with your hip.
EDUCATION	You may be educated on pain control and how to do deep breathing, coughing, and calf pumping. You and/or your family will need to sign a consent form for surgery.
DISCHARGE PLANNING	Together with your family, we will assess where you will go following discharge from hospital.

PROCESS	DAY OF SURGERY
ASSESSMENT	Your blood pressure and pulse will be checked. Following your operation, we will monitor your condition regularly and check your drains and dressings.
TESTS	Any tests needed will be done after the operation (e.g. blood sugars).
MEDICATIONS	Any drugs you have taken will be reviewed. If you have pain, tell your nurse.
TREATMENTS	You will have an IV and possibly oxygen after surgery. You will be helped to bath in bed. You may have a catheter.
NUTRITION	After surgery, you will start with sips of fluid and increase to your regular diet.
ACTIVITY	The day of surgery, you will remain in bed with assistance from the nurses to move around.
EDUCATION	You are taught to turn and move with a pillow between your legs. Deep breathing, coughing and calf pumping is reviewed to promote circulation.
DISCHARGE PLANNING	

PROCESS	DAY 1
ASSESSMENT	A nurse will check your drain, dressing, blood pressure, pulse and temperature regularly.
TESTS	Blood tests will be done and you may have a hip x-ray.
MEDICATIONS	You will receive antibiotics, stool softeners and a drug to prevent blood clots. Tell the nurse if you feel pain.
TREATMENTS	You will be helped to bath in bed. Your elastic stockings will be removed for skin care. If you have a catheter, it will be removed today. Your drain will be removed as well.
NUTRITION	You may eat a regular diet. Fluids are important.
ACTIVITY	You will try standing with a walker today. Someone will help you with this. You will be told how much weight to put on your leg.
EDUCATION	The Physiotherapist may visit you and teach you exercises for your hip. Deep breathing, coughing and calf pumping will be reviewed.
DISCHARGE PLANNING	The plans for where you will go after discharge from hospital will be discussed with you and your family. An Occupational Therapist may visit you to review your precautions and home equipment needs.

PROCESS	DAY 2
ASSESSMENT	<p>Checks will continue, but will become less frequent as you improve.</p> <p>Notify the nurse if you have trouble passing your urine.</p>
TESTS	<p>Blood tests will be done.</p>
MEDICATIONS	<p>Pills can be given to you for pain control. This is very individual and will be discussed with you daily.</p> <p>The drugs you take at home are reviewed.</p> <p>Tell the nurse if you feel pain.</p>
TREATMENTS	<p>A nurse will help you with your morning routine as needed.</p> <p>Your wound dressing will be changed.</p>
NUTRITION	<p>You may eat a regular diet.</p>
ACTIVITY	<p>You will walk with the Physiotherapist and review exercises for your hip.</p>
EDUCATION	<p>Education about your hip will continue throughout your stay.</p>
DISCHARGE PLANNING	<p>A discharge destination will be determined.</p>

PROCESS	DAY 3
ASSESSMENT	Your dressing will be checked regularly.
TESTS	Blood tests will be done.
MEDICATIONS	Tell the nurse if you have pain.
TREATMENTS	
NUTRITION	You may eat a regular diet.
ACTIVITY	You will be encouraged to sit out of bed for all meals and encouraged to walk to the toilet with assistance. You will gradually increase your walking and exercises for your hip.
EDUCATION	If you require instructions about using bathing equipment or managing in your home, you may request to speak with an Occupational Therapist.
DISCHARGE PLANNING	

PROCESS	DAY 4
ASSESSMENT	Your wound dressing will be checked regularly.
TESTS	Blood test will be done.
MEDICATIONS	Tell the nurse if you have pain.
TREATMENTS	Report any bowel movements to your nurse.
NUTRITION	You may eat a regular diet.
ACTIVITY	You will practice stairs in preparation for discharge, if needed.
EDUCATION	You should understand what precautions to take with your hip and know your hip exercises.
DISCHARGE PLANNING	Final discharge plans will be confirmed.

PROCESS	HOSPITAL DISCHARGE
ASSESSMENT	
TESTS	You will be given a follow up appointment with your doctor.
MEDICATIONS	You will be given a perscription for any drugs you need.
TREATMENTS	You will be taught about your incision and checking for signs and symptoms of infection. You will continue to become more independent in your self-care.
NUTRITION	Choose foods high in fibre to promote bowel movements.
ACTIVITY	
EDUCATION	
DISCHARGE PLANNING	Any Community Services required will have been arranged.