



Service Priorities and Programmes Electronic Presentations

Convention ID: 1041

Submitting author: Mr Curtis WONG

Post title: Physiotherapist II, Tuen Mun Hospital

Empowerment for Post-Operative Hip Fracture Patients and Caregivers - A Journey from Acute Care to Home-based Training

Wong KH(1), Ho OL(1), Tse CW(1), Liu YT(1), Lam WS(1), Kwan CK(1), Ho SM(1), AuwYang CN(1), Poon YH(1)

(1) Physiotherapy Department, Tuen Mun Hospital

Keywords:

Hip fracture

Empowerment

Training Kit

Education leaflet

Post-operative rehabilitation

Introduction

Geriatric hip fracture is the most common type of orthopedic traumas. There were approximately 700 older adults who suffered from hip fractures with surgeries in 2016-17 in New Territories West Cluster (NTWC). Hip fracture patients are usually presented with various degrees of functional limitations post-operatively.

Comprehensive physiotherapy rehabilitation is essential to maximize patients' functional mobility and to build up their confidence in returning to the community. Moreover, active participation of the patients in the rehabilitation is crucial, a physiotherapy training kit was designed for post-operative hip fracture patients to better engage them into the rehabilitation process.

Objectives

To engage patients in the rehabilitation process through vivid leaflets

To educate the hip fracture patients on the precautions following hip replacement surgeries

To facilitate patients to perform home-based exercises and progression of walking aids upon discharge

Methodology

A physiotherapy training kit was designed by the physiotherapists working in the orthopaedic acute and rehabilitation settings of Tuen Mun Hospital (TMH) and Pok Oi Hospital (POH). A training kit composed of two educational leaflets and an exercise band for limbs strengthening training of the limbs.

The first educational leaflet focused on early post-operative exercises for hip surgeries. It aimed at providing information on mobilization exercise in the acute stage

and advices on precaution after hip replacement surgeries.

The second leaflet concentrated on the information for home-based exercises after hip surgeries including strengthening, balance, functional and aerobic training. In addition, progression of walking aids was also introduced in the leaflet.

The two educational leaflets consisted of colorful design and cartoons demonstration with a brief description in both Chinese and English versions so as to promote the patients' compliance in rehabilitation.

The drafts of the two leaflets were sent to all physiotherapists working in TMH and POH for clinical advice before publishing.

Exercise band would be given to the hip fracture patients based on individuals' ability and respective physiotherapy assessment.

Result

There were 2000 training kits prepared and ready to be distributed to the hip fracture patients in December in 2016. The preliminary feedback from the patients and their caregivers were favorable and they found that the exercise in the leaflets were easy to follow. We hope that this training kit could enhance the patients' confidence in self-care and facilitate home-based training after being discharged from the hospital.