

# EVALUATION OF THE EFFECTIVENESS OF THE 365-DAY PHYSIOTHERAPY RESTORATIVE REHABILITATION PROGRAM FOR GERIATRIC HIP FRACTURE PATIENTS

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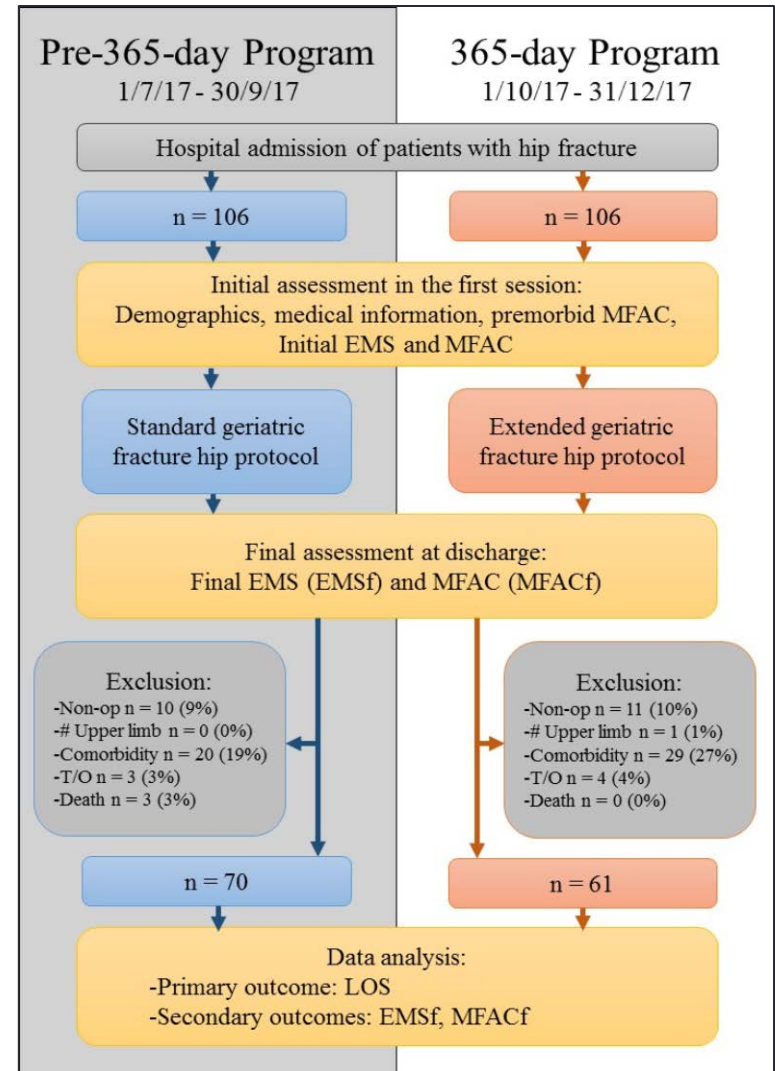
(Speed presentation in HA convention on 7 May 2018)

# 365-day physiotherapy restorative rehabilitation program for lower limb fracture and arthroplasty

- 365-day physiotherapy restorative rehabilitation program in acute ward setting was started since 1 October 2017 in Tuen Mun Hospital. Service is provided to patients in the 1st week post-operation.
- Service target group:
  - Hip fracture patients (within 7 days post-op)
  - Patients with joint replacement (within 7 days post-op)
  - Patients with lower limb fracture with surgery (within 7 days post-op)

# Objective and Methodology

- To evaluate the effectiveness of the 365-day physiotherapy restorative rehabilitation program for hip fractures in TMH
  - Primary outcome
    - Length of Stay (LOS)
  - Secondary outcomes
    - (1) Elderly Mobility Scale (EMS);
    - (2) Modified Functional Ambulation Category (MFAC) on discharge



# Results

- There are no significant differences in baseline characteristics between both pre-365-day and 365-day program groups.

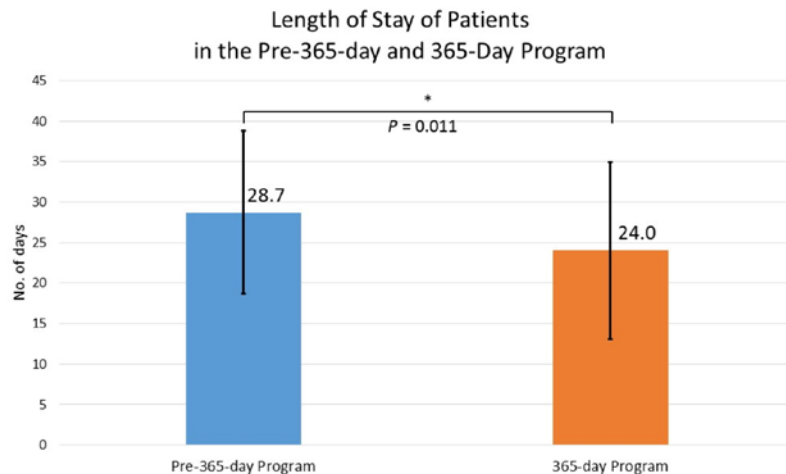
	Pre-365-day Program Group (n = 70)	365-day Program Group (n = 61)	p-value
Age, years	82.8(8.3)	83.9(8.0)	0.581
Gender (male), n (%)	26(37.1%)	15(24.6%)	0.122
Placement prior to admission, n (%)			0.067
Home	22(31.4%)	31(50.8%)	
OAH	41(58.6%)	27(44.3%)	
Others	7(10.0%)	3(4.9%)	
Premorbid MFAC	5.8(1.7)	6.4(1.0)	0.131
Initial EMS	0(0)	0(0)	1.000
Initial MFAC	1(0)	1(0)	1.000
Time from hospital admission to surgery (days)	1.41(0.8)	1.6(1.1)	0.713

Data is presented as mean (SD) unless stated otherwise. The comparison of age, premorbid MFAC, initial EMS, initial MFAC and time from hospital admission to surgery in the pre-365-day and 365-day program group were calculated by Mann-Whitney U test. The comparison of gender and placement prior to admission in the two program groups were calculated by Chi-square test. A p-value < 0.05 indicates a statistical significant difference. EMS Elderly mobility scale; MFAC Modified functional ambulatory category; OAH Old age home; SD Standard deviation.

# Results

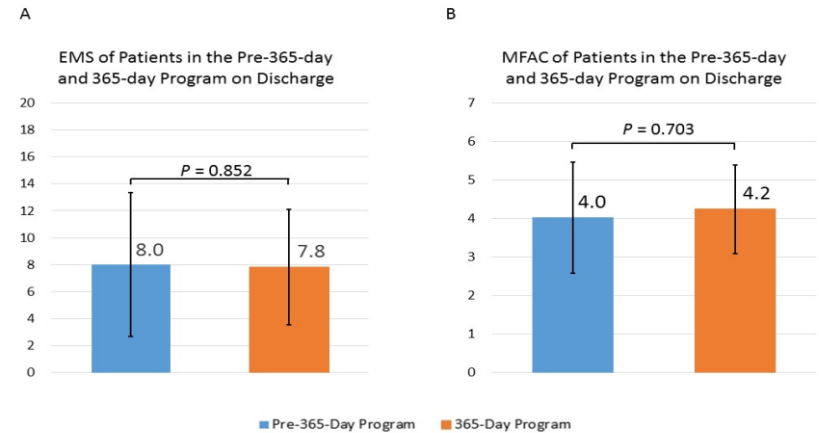
## 1) Primary Outcome

Length of stay: ↓4.7 days



## 2) Secondary Outcomes

EMS(A) and MFAC(B) on D/C: Similar



## Conclusion

365-day physiotherapy restorative rehabilitation program in TMH **statistically significantly decreased the length of stay** of hospitalization without compromising the physical and functional outcomes as reflected from EMS and MFAC values.