



## EVIDENCE-BASED CARE PROGRAM

# TOTAL HIP REPLACEMENT PATIENT PATHWAY

## Important Dates to Remember:

**Pre-Surgical Screening Clinic Date:** \_\_\_\_\_

**Surgery Date:** \_\_\_\_\_

**Expected Date of Discharge:** \_\_\_\_\_

### Follow up appointments:

First physiotherapy appointment: \_\_\_\_\_

Family physician 10-14 days post-op for staple removal: \_\_\_\_\_

Surgeon appointment: \_\_\_\_\_

PROCESS	PRE-ADMISSION CLINIC
<b>ASSESSMENT</b>	<p>Your blood pressure, weight and height will be recorded.</p> <p>You will have blood tests, urine sample, chest x-ray, ECG (heart reading).</p>
<b>TESTS</b>	
<b>MEDICATIONS</b>	<p>Bring your drugs with you to the hospital.</p> <p>Any drugs you are taking will be reviewed; you may be advised to stop taking some.</p> <p>Instructions will be given for drugs taken on day of surgery.</p> <p>You will receive information on the pain medication pump.</p>
<b>TREATMENTS</b>	
<b>NUTRITION</b>	<p>You will be told when to stop ALL foods and fluids before the operation.</p>
<b>ACTIVITY</b>	<p>The Occupational Therapist will talk to you about how you will manage at home.</p> <p>You will talk to a Physiotherapist.</p> <p>You will be given a list of equipment you will need to get before your surgery.</p>
<b>EDUCATION</b>	<p>You will be given information on positions to avoid and how to move safely with your hip (e.g. how to get out of bed).</p> <p>You will be shown which walking aid you will be using and how much weight to put on your leg.</p>
<b>DISCHARGE PLANNING</b>	<p>Arrange who will pick you up on discharge.</p> <p>A nurse will go over appropriate discharge plans with you.</p>

<b>PROCESS</b>	<b>DAY OF SURGERY</b>
<b>ASSESSMENT</b>	<p>Your blood pressure and pulse will be checked. Following your operation, we will monitor your condition regularly and check your drains and dressings.</p> <p>You will be swabbed for medication resistant bacteria.</p>
<b>TESTS</b>	<p>Any tests needed will be done before the operation (e.g. blood sugars). All test results will be on your chart.</p> <p>You will be fitted with elastic stockings and will be billed for these.</p>
<b>MEDICATIONS</b>	<p>Bring your drugs with you to the hospital. Any drugs you have taken will be reviewed.</p> <p>When you wake up, you will have a pump for controlling your pain.</p>
<b>TREATMENTS</b>	<p>Shower before coming to the hospital. Do not use any talcum powder or perfume.</p> <p>Your hip may be shaved and scrubbed by the nurse.</p> <p>You may have a catheter after surgery.</p>
<b>NUTRITION</b>	<p>After surgery, you will start with sips of fluid and increase to your regular diet.</p>
<b>ACTIVITY</b>	<p>You will walk to the operating room if you are able.</p> <p>After surgery, you will remain in bed with assistance from the nurses to move around.</p>
<b>EDUCATION</b>	<p>You are taught to turn and move with a pillow between your legs.</p> <p>Deep breathing, coughing, and calf pumping is reviewed to promote circulation.</p>
<b>DISCHARGE PLANNING</b>	

<b>PROCESS</b>	<b>DAY 1</b>
<b>ASSESSMENT</b>	A nurse will check your drain, dressing, blood pressure, pulse and temperature regularly. Notify a nurse if you have trouble passing your urine.
<b>TESTS</b>	Blood tests will be done and you may have a hip x-ray.
<b>MEDICATIONS</b>	You will continue with the pain pump. You will receive antibiotics, stool softeners and a drug to prevent blood clots. If you have pain, tell a nurse.
<b>TREATMENTS</b>	Your drain and catheter will be removed today. You will be helped to bath in bed.
<b>NUTRITION</b>	You may eat a regular diet. Fluids are important.
<b>ACTIVITY</b>	You will be helped to a chair. You will be told how much weight to put on your leg.
<b>EDUCATION</b>	The Physiotherapist may visit you and teach you exercises for your hip. Deep breathing, coughing and calf pumping will be reviewed.
<b>DISCHARGE PLANNING</b>	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.

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

<b>PROCESS</b>	<b>DAY 3</b>
<b>ASSESSMENT</b>	Your dressing will be checked regularly.
<b>TESTS</b>	Blood tests will be done.
<b>MEDICATIONS</b>	If you have pain tell a nurse.
<b>TREATMENTS</b>	Your intravenous is discontinued. Your therapist will discuss any aids you may need for movement.
<b>NUTRITION</b>	You may eat a regular diet.
<b>ACTIVITY</b>	You will be encouraged to sit out of bed for all meals and encouraged to walk to the toilet. You will gradually increase your walking and exercises for your hip.
<b>EDUCATION</b>	An Occupational Therapist will teach you how to dress in ordinary clothes, if you need help. If you require instructions about using bathing equipment, you may request to speak with an Occupational Therapist.
<b>DISCHARGE PLANNING</b>	A discharge destination will be determined.

<b>PROCESS</b>	<b>DAY 4</b>
<b>ASSESSMENT</b>	Your wound dressing will be checked regularly.
<b>TESTS</b>	
<b>MEDICATIONS</b>	If you have pain tell a nurse.
<b>TREATMENTS</b>	Report any bowel movements to the nurse.
<b>NUTRITION</b>	You may eat a regular diet.
<b>ACTIVITY</b>	<p>You may have a shower if you would like.</p> <p>You will have the opportunity to dress in ordinary clothes.</p> <p>You will now be walking independently with an aid and ready for discharge.</p> <p>Any equipment required for home will have been arranged.</p>
<b>EDUCATION</b>	If needed, you will be taught how to get your elastic stockings on and off.
<b>DISCHARGE PLANNING</b>	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 prescription for any drugs you need.
TREATMENTS	You will continue to become more independent in your self-care.
NUTRITION	Choose foods high in fibre to promote bowel movements.
ACTIVITY	Any Community Services required will have been arranged.
EDUCATION	You will be taught about your incision and checking for signs and symptoms of infection.
DISCHARGE PLANNING	