

Post-Acute Hip Fracture Treatment Plan (Patient Information)

Self-Management Zone Tool	<p>Green Zone: Symptoms under control – Continue taking prescribed medications and keep all MD appointments</p> <ul style="list-style-type: none"> • No symptoms • Tolerating physical activity • Increasing activity daily • No or mild constipation • Bruising • Mild swell of operative leg • Dressing change with light drainage <p style="text-align: center;">Your condition is under control.</p>	<p>Yellow Zone: Worsening symptoms – Work closely with your healthcare team.</p> <ul style="list-style-type: none"> • Temperature over 100° F • Increased drainage, odor/redness, or colored/cloudy drainage from incision • Increased swelling or pain in lower leg or calf • Unmanaged pain even with medications • No bowel movement in 3 days <p style="text-align: center;">Call your physician for direction. If after hours, call Orthopedist on call.</p>	<p>Red Zone: Emergent - Need to be evaluated right away by a physician.</p> <p>CALL 911 if you experience:</p> <ul style="list-style-type: none"> • Unrelieved shortness of breath • Chest pain <p style="text-align: center;">Seek emergency care by calling 911.</p>
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	Phase 1 (POD 4-5)	Phase 2 (Week 2)	Phase 3 (Week 3-4 to DC)
How Can You Help	<ul style="list-style-type: none"> • Ask questions • Orient to new environment • Stop smoking • Eat well balanced diet. • Monitor for Fever • Monitor for infection • Rest • Participate in care 	<ul style="list-style-type: none"> • Take good, deep breaths by using your incentive spirometry, 10 times every hour • Exercise in bed by pumping your ankles up and down and squeezing your thigh and “butt” muscles • Work with nurse and therapist to get out of bed even if it hurts • Resume your daily self-care activities with the guidance of your therapist 	<ul style="list-style-type: none"> • Bring up concerns about discharge • Practice doing Activities of Daily Living (ADL) with caregiver • Practice meal preparation • Attend care planning meeting • Encourage family to come to care plan meeting • Make sure understand your medications • Make sure know all follow up appointments • Make sure you have a ride to get to your appointments
Function	<ul style="list-style-type: none"> • Walk and stand with your walker with minimal assistance • Use equipment with bathing and dressing yourself if needed • Do upper body exercises • Walking 50-100 feet with minimal assist using a walker 	<ul style="list-style-type: none"> • Continue Phase 1 goals • Walk and stand with supervision • Get in and out of the tub/shower with minimal assistance • Do your exercises in lying, sitting, and standing positions • Walking 200 feet with supervision and your walker 	<ul style="list-style-type: none"> • Continue Phase 2 goals • Have your home assessed for safety • Be Independent with all activities • Stand, bathe, and dress independently
Patient Education	<ul style="list-style-type: none"> • Potential Complications • Edema Management • Weight bearing status • Blood clot prevention • Equipment • Hip Precautions • Medication Review 	<ul style="list-style-type: none"> • Review breathing exercises • Infections • Urinary Tract Infections • Mobility • Review After A Hip Fracture 	<ul style="list-style-type: none"> • Home/Bathroom Safety • Family Training • Medication review

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Therapy	<ul style="list-style-type: none"> • Functional training • Upper and Lower body Strengthening-and increasing flexibility • Gait training • Pain management • Home exercise program (sitting and lying) • Swelling management: ankle sets, quad sets, gluteal sets, deep Breathing exercises • Incision care and scar management 	<ul style="list-style-type: none"> • Functional training • Balance training • Gait training • Resisted strength training • Pain management • Home exercise program (lying, sitting, and standing) • Incision care and scar management 	<ul style="list-style-type: none"> • Functional training • Balance training • Gait training • Resisted strength training • Pain management • Home exercise program (lying, sitting, and standing) • Incision care and scar management
Family Members	<ul style="list-style-type: none"> • Pick a spokesperson • Name and contact information • Provide encouragement 	<ul style="list-style-type: none"> • Assist with mobility • May take weeks to reach independence • Promote working with therapies • Participate in care planning 	<ul style="list-style-type: none"> • Plan care when patient get home • Set-up 24 hour supervision • Make sure your home is safe for walking
Discharge Planning	<ul style="list-style-type: none"> • Starts on day one • Talk about discharge plan • What type of living arrangements • Assistance available • Equipment needed 	<ul style="list-style-type: none"> • Will you be safe at home • Can family take care of you • Can you take care of yourself • Meal preparation 	<ul style="list-style-type: none"> • Home Health • Outpatient Therapy • Skilled Care Facility • Long Term Care • Know when to call the doctor
Pain & Precautions	<ul style="list-style-type: none"> • Pain at 4/10 or less • Demonstrate knowledge of all precautions • Rest, Ice, Compression, Elevation (RICE) • Maintain ongoing conversation about pain • Take your pain pills as necessary to help walking and activities 	<ul style="list-style-type: none"> • Pain at 3/10 or less • Verbalize knowledge of all precautions 	<ul style="list-style-type: none"> • Pain at 3/10 or less • Verbalize knowledge of precautions

Functional Mobility Indicators/Post-Hip Fracture Phases of Recovery

Level	Description	Definition
7	Complete Independence	Fully independent
6	Modified Independence	Requires the use of a device but no physical help
5	Supervision	Requires only standby assistance or verbal prompt to help with set-up
4	Minimum Assistance	Requires incidental hands-on help only (patient performs greater than 75% of the task)
3	Moderate Assistance	Patient performs 50–75% of the task
2	Maximum Assistance	Patient provides less than half of the effort (25–49%)
1	Total Assistance	Patient contributes < 25% of the effort or is unable to do the task