

After surgery for your fractured hip

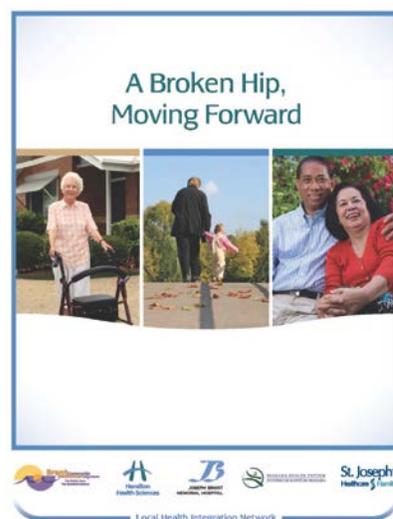
Juravinski Hospital Hamilton Health Sciences

Welcome to the Fractured Hip Unit. The information provided is to help you:

- have a successful hospital stay
- prepare for going home

During your stay, our team of health care providers will help you learn how to care for yourself after surgery to repair your broken hip. We encourage you and your family to participate in your care.

We ask that you, your family and friends refer to our book “A Broken Hip, Moving Forward”. If you do not receive one when you arrive on the unit, please ask us for it.



If you have any cultural or religious practices that may need our help, please let your nurse know.

Meal times

7:30 am – breakfast
12:00 pm – lunch
5:00 pm – supper

Meals served are foods high in protein. These meals help with healing and recovery after surgery. Please check with your nurse before family/friends bring in special foods and tell us if you have any food allergies.

Visiting hours

Visiting hours **are flexible** to meet your needs.

If you have more than 2 visitors, or if your roommate is not feeling well, we ask that you go to the Healing Garden, weather permitting.

Falls prevention

Please use your call bell to get help when you need to get in or out of bed.

Your therapist or nurse will let you know when you are safe enough to get in and out of bed on your own.

Please ask your family/friends to bring in a pair of non-slip shoes with a back and a rubber sole (running shoes).

Let us know if you wear glasses or a hearing aid. Keep them within your reach.

Review the “**Tips for reducing your risk for falls**” handout provided in your package of information.

Activity

Our goal is that you:

- have your surgery within 48 hours after an x-ray confirms that you have broken your hip.
- be ready to safely leave our unit within 5 days after surgery.

Before surgery we will:

- ask you and your family many questions to help us plan for your care while in the hospital and after your hospital stay.
- check you often and provide you with medication to control your pain.
- give you fluids by mouth and with an intravenous (IV).
- turn and move you from side to side, often in your bed.

After surgery we will:

- check you often and provide you with medication to control your pain.
 - give you fluids by mouth and with an intravenous (IV).
 - help set you up for meals.
 - help you to do deep breathing and coughing, leg and ankle exercises.
 - help you to sit up at the side of the bed and perhaps take a few steps within 12 to 24 hours after surgery.
 - ask and **encourage** family help in your care to prepare for after your hospital stay.
 - expect that you will be able to return home, the facility from where you came from or to the rehabilitation unit within 5 days after surgery.
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What is delirium?

Delirium is a sudden confused state of mind. It may occur during an illness or after an operation.

Please review the “**Preventing delirium while in the hospital**” booklet provided in your information package.

What does delirium look like?

People with delirium can act confused and restless then suddenly okay.

They may become very agitated and start pulling out their intravenous (IV) lines or urinary catheter.

They may be forgetful and have trouble concentrating.

They may see and hear imaginary things, as well as mix up days and nights.

What causes delirium?

Some of the causes of delirium are medications, infection and being in the hospital, an unfamiliar place.

It may be caused by memory or thinking problems, severe illness, dehydration, or problems with seeing and hearing.

How is delirium treated?

We need to find the cause of the delirium before we begin treatment.

We will be doing some tests and asking questions. Treatment may include a small amount of medication.

What can your family do to help?

- **Be involved in the care.** If you see that your family member is agitated and trying to pull out intravenous (IV) lines – **stay calm and get help** from a nurse.
- Reduce noise and distractions.
- Keep lights low.
- Add comfort with a pillow, blanket, a warm drink or back rub.
- Talk with us about how you can help with exercises, safe activities, sitting and walking.
- Work with us, we do not use restraints unless there is absolutely **NO OTHER CHOICE** and with family involvement.
- Offer fluids often and help with eating.
- Encourage the wearing of hearing aids and amplifiers when needed.
- Encourage the use of glasses and keep them clean.
- Encourage familiar people to visit often.
- Talk about current events and surroundings.
- Read out loud; try a large print or talking book.
- Bring in familiar blankets, pictures, favourite items.

After your hospital stay – going home

1. Plans for after your hospital stay start when you first come to the hospital.
2. Our nursing and therapy teams will work with you and your family to help you prepare for leaving the hospital. We will provide you with a list of needed equipment and review how to take your medications safely.
3. We will work with you and your family to make sure that your home is ready and safe. We will make sure that plans are in place for follow up in the community by CCAC services for home care, physiotherapy and occupational therapy.
4. We will work with you to make arrangements for your ride home or to another facility such as an out of town hospital, long term care, rehabilitation or retirement home.

Plans after your hospital stay

Your plans for when you leave the hospital start when you arrive for your surgery. This is called discharge planning. You and your family will be a part of this planning.

A social worker will assist and work closely with you and your family to figure out what will work best for your recovery.

On the day you go home or to another facility, the time you leave will be confirmed by 9:00 am. If you are going home, we will help you prepare and call your driver. You need to be picked up by 10:00 am.

We will make sure that you take some pain medication before you leave so that you will be comfortable for travel.

We are smoke-free

Hamilton Health Sciences is smoke-free. This means that smoking is not allowed anywhere on the grounds, including parking lots, garages and vehicles.

Please let us know if you are a smoker so that we can provide you with nicotine replacement therapy if you wish, to make you more comfortable during your stay.

For support or help to stay smoke-free:

- talk to a member of your health care team at Hamilton Health Sciences
- contact Smokers' Helpline toll free at 1-877-513-5333 or www.smokershelpline.ca

Fragrance restricted

We are a fragrance restricted hospital. Please do not wear or bring perfume, cologne, after shave, scented hair spray or other scented products.
