

Hip Fracture Rehab Pathway in Forth Valley



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"You don't have to take your clothes off..."

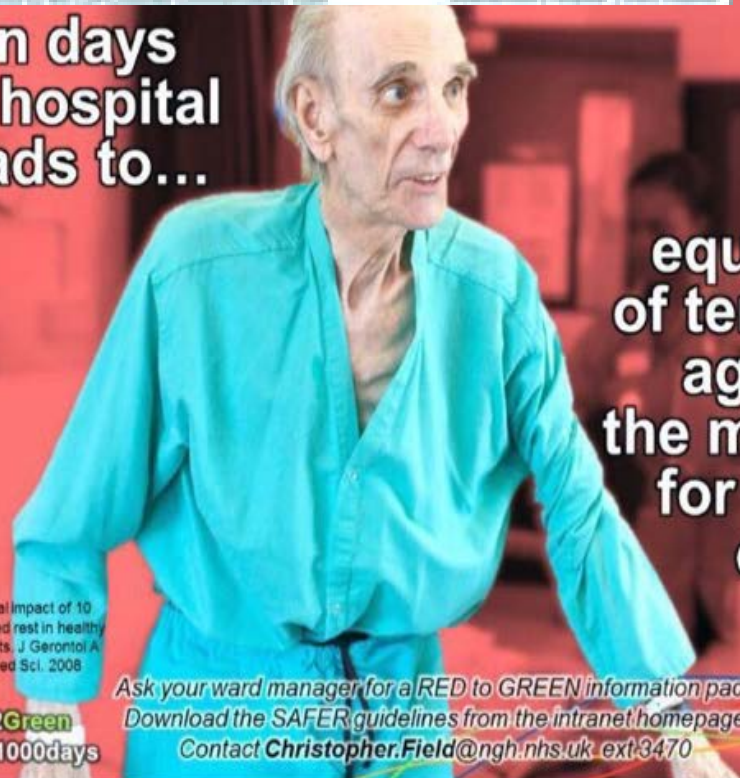


Get dressed – Get moving!
 #endPjparalysis [Additricks](#)

Every patient (relative / carer) should know the answer to 4 key questions:

- What is the matter with me? (Main diagnosis)
- What is going to happen today?
- What is needed to get me home? (Clinical criteria for discharge)
- When am I going home? (Expected date of discharge)

Ten days in hospital leads to...



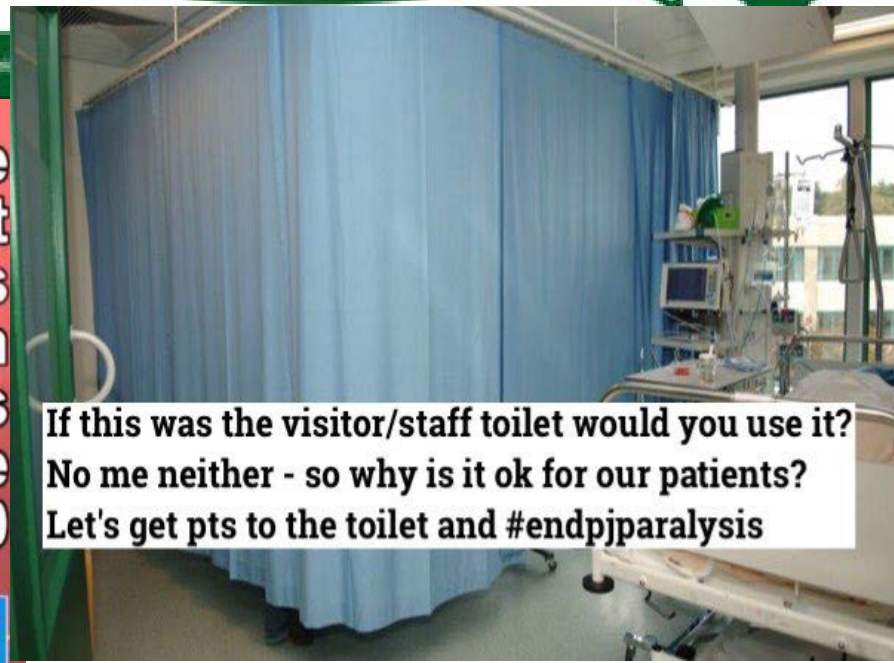
...the equivalent of ten years ageing in the muscles for people over 80

*Functional impact of 10 days of bed rest in healthy older adults. J Gerontol A Biol Sci Med Sci. 2008

#Red2Green
 #Last1000days

Ask your ward manager for a RED to GREEN information pack
 Download the SAFER guidelines from the intranet homepage
 Contact Christopher.Field@ngh.nhs.uk ext:3470

Providing the Best Possible Care



If this was the visitor/staff toilet would you use it?
 No me neither - so why is it ok for our patients?
 Let's get pts to the toilet and #endpjparalysis



What are we doing?

Orthogeriatric nurse practitioner post

4 rehab assistants

Information folder for patients and families

Scoping current acute to community pathway

Introducing community staff into MDT meeting

What is risk?

Risk is a compound estimate of the ***likelihood*** and the ***severity*** of an undesirable outcome.

Risk is a ***subjective*** multi dimensional construct.



What are thresholds?

Thresholds link risk assessment to different courses of action.

They explain inconsistency and conflict in decision making.

