

Patient Education

Total Hip Replacement

*Enjoying Life Again...
Without the Pain*



SENIOR *i*NDPENDENCE
Home Health & Hospice

Home & Community Based Services



*Serving and caring for older adults
isn't just what we do...it's who we are*



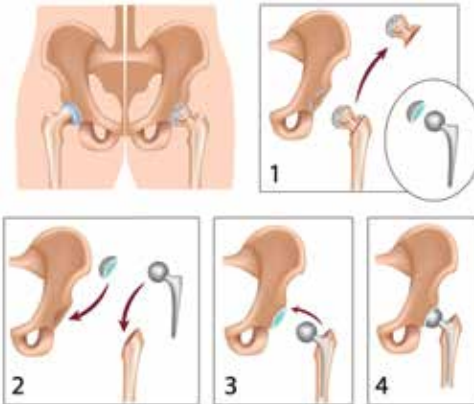
SENIOR *i*NDPENDENCE[®]
Home Health & Hospice

What is a Total Hip Replacement?

Hip replacement surgery removes a damaged hip joint and replaces it with an artificial joint (or prosthesis) in order to relieve pain caused by arthritis or injury that prior treatments have been unable to control.



Total Hip Replacement



The hip joint is made of two basic parts that move and work in tandem for motion and functionality. When arthritis sets in and the cartilage is damaged or destroyed, the hip joint must be replaced. That damaged hip joint is then resurfaced and replaced with an artificial hip joint made of metal and

plastic. Rest assured these materials are ultra strong and durable and are designed to last a very long time in the body.

Your orthopedic surgeon took many factors such as age, bone density, activity level and the shape of your joints into consideration when determining the exact kind of hip replacement procedure for your situation.

Transition Record

I was in the hospital because: _____

If I have the following problems:	I should:
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.

My Appointments

1. _____ On: ___ / ___ / ___ At: ___ : ___ a.m./p.m.
2. _____ On: ___ / ___ / ___ At: ___ : ___ a.m./p.m.
3. _____ On: ___ / ___ / ___ At: ___ : ___ a.m./p.m.
4. _____ On: ___ / ___ / ___ At: ___ : ___ a.m./p.m.

Tests and issues I need to talk with my doctor(s) about at my clinic visit:

- 1.
- 2.
- 3.
- 4.
- 5.

Other Instructions

Important Contact Information

1. My primary doctor

()

2. My hospital doctor

()

3. My Senior Independence Nurse

()

4. My Pharmacy

()

5. Other:

()

6. Other:

()

I understand my treatment plan.

Date: _____

I feel able and willing to participate actively in my care:

Patient/Caregiver Signature

Provider Signature

Managing Recovery at Home and Knowing When to Get Help

The best thing you can do to improve your healing, functionality and independence is to perform the daily exercises that your Senior Independence home health therapist has shown you.

Home Care Reminders

- Protect your new hip – for 6 to 12 months be careful not to pivot or twist on the effected side. Also be mindful of crossing your legs, bending forward at the waist and squatting.
- Keep stairs to a minimum. Make arrangements so that you will only have to go up and down the steps once or twice a day.
- Always sit in a firm, straight-back chair so you maintain a 45 degree angle in an upright seated position. No recliners.
- Use an elevated toilet seat to prevent from bending too far.

Blood Clots

Blood clots are very serious and can travel from leg to lung. Warning signs include the following:

- **Leg** – Watch for increased pain in calf, tenderness or redness above or below knee, or increased swelling in calf, ankle and foot
- **Lung** – Watch for sudden shortness of breath, sudden onset of chest pain, or localized chest pain with coughing

Incision Care

It is critical to keep the surgical wound clean and dry at all times while healing.

- Take sponge baths until the stitches or staples are removed

- If the dressing looks soaked from underneath, call your Senior Independence nurse case manager immediately
- Do not immerse the incision in a bathtub or water
- If water gets into the incision, remove the dressing and apply a fresh one
- Do not soak the wound in water until it has sealed and dried
- After the wound is sealed continue to bandage the site to prevent irritation from clothing or support stocking



Weight Bearing Activities

Weight bearing is the amount of weight you can safely put on your operated side and varies from person to person. Your Senior Independence physical therapist will help you to know how much weight you can put on your hip during the stages of your recovery.



Guarding Against Falls

A fall during the first weeks after surgery can damage your new hip and may result in a need for further surgery. Stairs are a particular hazard until your hip is strong and mobile.

- Use a walker or crutches until your mobility returns
- Sleep in a bedroom near a bathroom
- Place night lights in hallways
- Get rid of the clutter, remove throw rugs
- Wear flat shoes or slippers

Total Hip Replacement – Use This Chart to Assist You

Senior Independence 24-Hour #: _____

Physician Name / #: _____

GREEN ZONE

ALL CLEAR

This Zone is Your Goal



You're On Track:

- No signs of blood clots in legs or lungs
- No signs of wound infection (fever, chills, drainage)
- Gradual increase of daily activities (walk, sit, bend)
- Exercise to strengthen muscles
- Increased mobility of new hip (stairs, drive, bend)

Green Zone Means:

- Recovery is on track
- Continue medications as prescribed
- Continue physical therapy as prescribed
- Keep Senior Independence Home Health appointments
- Keep physician appointments

YELLOW ZONE

CAUTION

This Zone is a Warning



Call Your Physician if:

- Signs of wound infection
 - Fever 100+ degrees
 - Increased redness, swelling tenderness
 - Drainage from wound
 - Increasing pain with activity and/or rest
- Wound starts draining fluid, after it has stopped
- Trouble sitting or getting up from a chair, walking or climbing stairs

Yellow Zone Means:

- Your symptoms may indicate the need for further addition or a medication adjustment
- **Call your Senior Independence Home Health nurse and/or your physician**

See top of page for phone numbers – If you contact or see your physician, please contact Senior Independence also

RED ZONE

EMERGENCY

MEDICAL ALERT!



Call Your Physician or 911 – ASAP!

- Sign of blood clot in legs or lungs
- Unable to walk or move on operated-side, stiff hip
- Incision feels warm, tender, painful, swollen or red
- Chest pain, trouble breathing, or light headed
- Feel weak and faint

Red Zone Means: Call Your Physician or 911 – ASAP!

- You need to be evaluated by your physician immediately

See top of page for phone numbers – If you contact or see your physician, please contact Senior Independence also

Handling Activities of Daily Living

By deciding to have a total hip replacement, you have taken the first step toward returning to your normal daily routine, without the pain and stiffness you experienced before surgery. If needed, your Senior Independence physical and/or occupational therapist will show you how to manage your daily routine as independently and safely as possible through the use of adaptive equipment and home modifications.

Household Chores – Helpful Hints

- If using a walker, attach a walker bag or basket to carry items. Be careful not to overload the basket
- Always carry liquids in containers with covers
- Don't try to carry items while using a walker or crutches
- Sit while doing chores, until you feel comfortable standing



Dressing

- Use a dressing stick or a long-handled reacher to put clothes on and take them off
- Use a long-handled shoehorn or dressing stick to put shoes on and take them off
- A sock aid is helpful for putting on your socks

Sleeping

- For comfort and safety, place a pillow between your legs to help keep your hip stable. You may sleep on your back or on your non-operated-on side, whichever you find most comfortable.

How to Get Into the Front Seat of a Car – Step by Step

- Be sure to move the seat back as far as it will go. You may also recline the seat back to give you more room.
- Park the car several feet away from the curb.
- Open the door and stand on the street, as close as you can get to the car.
- Turn until your back is facing the seat and back up until you feel the car seat on the back of your legs.
- You can place one hand on the back of the car seat or headrest and the other hand on the dashboard or car seat. Do not use the car door for support as it could move.
- Carefully lower yourself to the seat, keeping your operated leg slightly out in front.
- Slide back until your knees are on the seat then bring your legs around into the car one at a time. You can use your hands to help lift your legs if needed.



Quick Tip

A firm cushion on the seat may raise you to a more comfortable sitting level

Devices to Help with Daily Activities

There are dozens of options available to help you on your road to recovery. These are just a few of the many options available to help make activities of daily living easier. Your Senior Independence nurse case manager, and/or your physical/occupational therapist will assist you in choosing which device(s) would benefit you most.

Grab Bars – Attach to wall in bathtub or shower for extra security.



Non-slip Mat – Provides traction inside and outside tub or shower.



Bath or Shower Seat – Look for a seat with backrest, non-skid rubber tips on feet, and height-adjustable legs. You'll need a hand-held shower spray to direct water where needed.

Tub Transfer Bench – Designed to get you into shower/tub without climbing over the tub's edge. Look for height-adjustable legs and non-skid rubber tips on feet.

Cane – For the right balance and support, your cane needs to be the correct length. When walking, always hold the cane on your strongest side.

Hip Protectors – Protect hips in case of falls. Allows independence and an active lifestyle.

Sock Aid – Helps you dress yourself and may be recommended following hip replacement.



Long-handled Reacher – Reach clothing or other items from your chair or the edge of your bed. Helps you dress yourself, retrieve items you can't reach.

Raised Toilet Seat – Fits on existing toilet seat, adding height for easier stand/sit.





Flavonoids – Help reduce swelling by protecting cells from oxygen damage, blood vessels from rupture or leakage, and enhancing the power of vitamin C. Flavonoid rich foods – Apples, blueberries, strawberries, tomatoes, onions, cabbage, black beans

Fiber – Helps motion of food through your digestive tract. Fiber rich foods – cauliflower, broccoli, cabbage, berries (raspberries), leafy greens (romaine lettuce, spinach), celery, squash, kidney beans, white mushrooms, oranges

Drink Plenty of Fluids

Water – it does your body good by keeping your mucus thin and easier to cough up. A good goal is to drink 6-8 glasses of water throughout each day. Limit drinks with caffeine, such as coffee, tea and soda. Too much caffeine may interfere with your medication and make you feel nervous.

A Senior Independence clinician can help you put together a meal plan that fits your health goals, food preferences and lifestyle.



Making Good Choices

Going Grocery Shopping

A meal plan can seem challenging when you're faced with hundreds of shelves worth of choices combined with all those confusing food labels.

- **Check nutrition labels** – choose foods that are low in saturated fat and sodium. Avoid food with trans fat.
- **Keep your carbs in mind** – A healthy diet contains a variety of colorful fruits, vegetables and whole grains.
- **Look for meats that are labeled “lean” or “extra lean.”**



Nutrition Facts

Use the Nutrition Facts section on food labels to learn more about what is in the foods you eat. The nutrition facts will tell you how much protein, carbohydrates, fat and sodium are in each serving of a food.

This can help you pick foods that are high in the nutrients you need and low in the nutrients you should limit.

The nutrition fact guide on the right shows the key areas that will give you the information you need.

Source: American Kidney Foundation. The Nutrition Facts label shown does not represent labeling requirement standards. For educational purposes only.

Nutrition Facts			
Serving Size 1 cup (228g) Servings Per Container About 2			
Amount Per Serving			
Calories 250	Calories from Fat 110		
<small>% Daily Value</small>			
Total Fat 12g	18%		
Saturated Fat 3g	15%		
Trans Fat 3g			
Cholesterol 30mg	10%		
Sodium 47mg	20%		
Total Carbohydrate 31g	10%		
Dietary Fiber 0g	0%		
Sugars 5g			
Protein 5g			
Vitamin A 4%	¥ Vitamin C 2%		
Calcium 20%	¥ Iron 4%		
Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

1 Serving size

2 Amount of calories

3 Limit these nutrients

4 Get enough of these nutrients

5 Footnote showing daily values

Adding Activity to Your Life

Resuming activity is a critical component in helping you improve your overall quality of life and regaining your sense of control. Some pain with activity and at night is common at first, but should lessen as mobility improves. We recommend taking your pain medication approximately 30 minutes before therapy or starting your exercise program to help reduce pain.

Strengthening exercises you can do in bed, and throughout the day include the following:

- **Walk hourly throughout the day** – Take a longer walk, two or three times daily, to build endurance
- **Ankle pumps** – With leg relaxed, gently bend and straighten ankle. Move through full range of motion. If you have pain with this, decrease the range of motion
- **Glute sets** – Lay flat on your back with both knees straight or bent, squeeze buttocks muscles. Hold 5 seconds, relax and repeat.
- **March standing** – Using a chair or table for support, bend your knee up like you were taking a step. Switch back and forth between legs. Hold 5 seconds, relax and repeat.
- **Standing hip abduction** – Use the back of a chair or table for support. With your legs shoulder width apart and your toes pointed slightly outward, swing your leg with your affected hip out and back while keeping your knee straight. Hold 5 seconds, relax and repeat.
- **Squats** – Hold the back of a chair for balance, slowly bend knees. Keep both heels on floor. Hold 5 seconds, relax and repeat.
- **Quad sets** – Slowly tighten muscles on the front of thigh. Straighten leg as if you are pushing the back of your knee into the bed. Hold 5 seconds, relax and repeat.

Your Senior Independence therapist will demonstrate exercises and help you put together a plan of home exercise specified to your needs that will help you reduce pain and speed recovery.

Medications

Taking medications as prescribed by your physician is critical to a successful recovery. That's why it's important for you to:

- Know the names of your medications, how they work, how much and when to take them
- Take your medications at the same time every day as directed by your physician
- Do not stop medications without physician approval
- Keep medications in the original bottles (do not mix medications together in one bottle)
- Do not take over-the-counter or herbal medications without first speaking with your physician



Common Medications After a Total Hip Replacement May Include

- **Antibiotics** – You may be given antibiotics before and possibly after surgery to prevent infection.
- **NSAIDs (anti-inflammatories)** – Ibuprofen (Motrin, Advil) or Naproxen may help decrease pain and swelling. They may also be used if you have a fever.
- **Pain Medication** – Your physician may prescribe opioid pain relievers. Don't wait until the pain is too bad before taking your medicine – it may not decrease your pain if you wait too long. Keep your doctor advised if medications don't decrease your pain, or if your pain comes back too soon.
- **Blood Thinners** – Keep blood flowing and help prevent clots. Be advised that clots can cause a stroke, heart attack, and even death. That's why taking your blood thinner is so important.

Providing the Services You Need, Whenever You Need Them

Senior Independence is an affordable, comprehensive program that gives adults the help they require and the confidence they need to stay at home and live the life they choose. A menu of options allows adults to select as much or as little assistance as they need.

Since 1980, Senior Independence has grown from a few clients to serving more than 67,000 seniors throughout Ohio, Kansas, Montana, Pennsylvania and Virginia. We feel blessed that so many adults and their families have come to trust us in delivering services in the place they call home. We have two words that describe the relationship between our staff and clients – kindness and trust.



Home Health

Offering as much or as little help as you need by providing skilled services, under your doctor's direction in the comfort of the place you call home

Senior Independence is a not-for-profit provider of home and community based services.



Hospice

Enhancing every remaining moment through focusing on comfort and quality of life. Our team manages pain and other symptoms while also addressing emotional, social and spiritual needs



Home Care

Assisting with the day-to-day activities of daily living, through non-medical care, to help you enjoy the independence you love in the place you call home



Adult Day Centers

Combining expert health services with social and therapeutic activities in a secure, safe and welcoming environment that includes transportation services



Community Care

Working with communities and organizations to help create cost-effective options for adults who are able to safely and comfortably live in their own home



iCaregiver.org

Providing current information on caregiver issues; easy-to-print guides, worksheets and educational materials to assist families in successful planning; and direct links to other websites



The Continued Care Program

The Senior Independence “Continued Care” Program allows the home health patients who have been discharged from our program, to continue to have interaction with our staff and organization. Through this new program, our goal is to create an environment where our patient maintains a connection to Senior Independence, even after discharge, through follow up calls and mailings.

A Senior Independence representative will call the patient to provide continued encouragement and support 60 days after discharge from our home health program. In addition, we will be sending personal invitations to the patient to attend local Senior Independence or OPRS community events.

The “Continued Care” Program allows us to demonstrate our mission to extend and enhance the independence and well being of older adults and build the capacity of family members, communities and organizations to care for them at home.



For more information please call 855.579.4967

www.seniorindependence.org

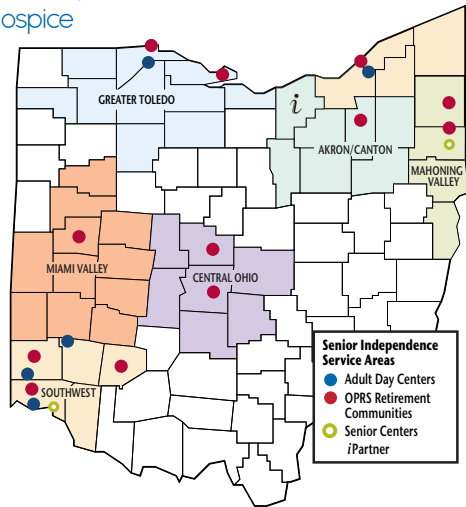


Our mission is to extend and enhance the independence and well-being of older adults and build the capacity of family members, communities and organizations to care for them at home.

800.686.7800 • www.seniorindependence.org
www.icaregiver.org



Since 1922, Ohio Presbyterian Retirement Services (OPRS), a not-for-profit organization, has defined the highest standards of quality of life for older adults. As a wholly owned subsidiary of OPRS, Senior Independence provides older adults with compassionate care and services so they may remain safe and independent in the place they call home.



Service Locations

Akron/Canton Region

330.873.3468

Serving Ashland, Cuyahoga, Lorain, Medina, Portage, Stark, Summit & Wayne Counties

Central Ohio Region

614.433.0031

Serving Delaware, Fairfield, Franklin, Licking, Madison, Pickaway & Union Counties

Greater Cleveland Region

440.953.1256

Serving Ashtabula, Cuyahoga, Geauga, Lake & Portage Counties

Mahoning Valley Region

330.533.4350

Serving Ashtabula, Carroll, Columbiana, Jefferson, Mahoning, Portage, Stark & Trumbull Counties

Miami Valley Region

937.415.5666

Serving Allen, Auglaize, Champaign, Clark, Darke, Greene, Hardin, Logan, Miami, Montgomery, Preble & Shelby Counties

Southwest Region

513.681.8174

Serving Butler, Clermont, Clinton, Hamilton, Preble & Warren Counties

Greater Toledo Region

419.865.1499

Serving Defiance, Erie, Fulton, Hancock, Henry, Lucas, Ottawa, Sandusky, Seneca & Wood Counties

Senior Independence does not discriminate against any person on the basis of race, color, religion, age, gender, sexual orientation, disability (mental and/or physical), communicable disease, or place of national origin in admission, treatment, or participation in its programs, services and activities, or in employment.



Partnering with other not-for-profit organizations to provide home and community based services

Ohio

Kendal Northern Ohio • 440.731.8801

Serving Lorain County

McGregor • 216.851.8200

Serving Cuyahoga County

Kansas 316.252.6521

Senior Independence Hospice of Mid-America

Serving St. Francois, Iron, Madison, Ste. Genevieve & Washington Counties

Missouri 316.685.1100

Senior Independence Hospice of Mid-America

Serving Sedgwick, Butler, Harvey, Reno, Cowley, Kingman and Sumner counties

Montana 406.655.5800

Senior Independence of Montana
 Serving Yellowstone County

Pennsylvania 724.864.7388

Southwestern Pennsylvania
 Serving Westmoreland & Allegheny Counties

Virginia 434.386.3800

Westminster Canterbury Lynchburg
 Serving South Central Virginia –
 Based in Lynchburg