



## **Hip Fracture Recovery Pathway: Before Surgery to Day 7**

Care	Before Surgery	Day of Surgery	Day 1	Day 2	Day 3	Day 4–7	Discharge Goals
Fluid and Nutrition	<ul> <li>→ Nothing to eat or drink</li> <li>→ May eat if your surgery is delayed</li> <li>→ Intravenous (IV) started for fluids and medicine</li> <li>→ Bladder catheter may be put in</li> </ul>	<ul> <li>→ Diet as tolerated after surgery</li> <li>→ Bowel care</li> </ul>	<ul> <li>→ Progress diet as tolerated</li> <li>→ IV as needed</li> <li>→ Sit up in chair for meals</li> </ul>	<ul> <li>→ Increased protein and calorie diet started</li> <li>→ IV as needed</li> <li>→ Bowel routine as needed</li> </ul>			<b>5</b>
Activity	<ul> <li>→ Bedrest</li> <li>→ Help with positioning</li> <li>→ Help with mouth and skin care as needed</li> <li>→ Hourly deep breathing exercises (10 times an hour)</li> </ul>	<ul> <li>→ Help with positioning and moving as needed</li> <li>→ Deep breathing exercises</li> </ul>	<ul> <li>→ Deep breathing exercises</li> <li>→ Help getting out of bed</li> <li>→ Start physiotherapy for strength and walking</li> </ul>	<ul> <li>→ Deep breathing exercises</li> <li>→ Physiotherapy</li> <li>→ Do own hygiene as able</li> <li>→ Review transferring, safe moving, equipment, and footware</li> </ul>	<ul> <li>→ Deep breathing exercises</li> <li>→ Walking and exercises</li> <li>→ Dressing and self-hygiene as able</li> <li>→ Occupational therapy as needed</li> </ul>	<ul> <li>→ Deep breathing exercises</li> <li>→ Increase walking and independence</li> </ul>	
Treatment	<ul> <li>→ See a specialist as needed</li> <li>→ Blood tests, x-rays, electrocardiogram</li> </ul>	→ Surgery	<ul> <li>→ Blood tests</li> <li>→ Specialist follow-up as needed</li> <li>→ Ice on incision as needed</li> </ul>	<ul> <li>→ Dressing may be changed/taken off</li> <li>→ Catheter is taken out</li> </ul>	→ IV is taken out		<ul> <li>→ Review follow-up tests and appointments</li> <li>→ Review how to care for your incision</li> </ul>
Medication	<ul> <li>→ IV</li> <li>→ Pain medicine</li> <li>→ Antibiotic started</li> </ul>	<ul> <li>→ IV</li> <li>→ Pain medicine</li> <li>→ Antibiotic</li> <li>→ Blood thinner</li> <li>→ Regular medicine restarted</li> </ul>	<ul> <li>→ IV and regular pills</li> <li>→ Blood thinner</li> <li>→ Antibiotic</li> <li>→ Pain pills as needed</li> <li>→ Calcium and vitamin D</li> </ul>	<ul> <li>→ Regular pills</li> <li>→ Pain pills as needed</li> <li>→ Blood thinners</li> <li>→ Calcium and vitamin D</li> </ul>		→ Osteoporosis medicine and teaching as needed	→ Review medications
Discharge Plan	<ul> <li>→ Talk about your discharge needs (e.g., equipment and resources)</li> <li>→ Talk about Personal Directives</li> <li>→ Talk about the choices for the best place for you to recover (e.g., home, local hospital, rehabilitation unit)</li> </ul>	→ Family/contact person updated after surgery	<ul> <li>→ Review precautions</li> <li>→ Learn about blood thinners</li> <li>→ Learn how to:         <ul> <li>• move safely</li> <li>• prevent falls</li> </ul> </li> <li>→ Review goals and options for discharge</li> </ul>	→ Review your discharge plan with your team, including location or services you need	<ul> <li>→ Review:         <ul> <li>discharge plan and goals</li> <li>equipment</li> <li>services needed</li> </ul> </li> </ul>	→ Go to planned location for ongoing recovery.	<ul> <li>→ Home care support and monitoring as needed.</li> <li>→ You understand your discharge instructions.</li> <li>→ You know:         <ul> <li>the precautions you need to follow</li> <li>how to do your exercises</li> <li>what equipment you need</li> <li>the signs of infection</li> <li>when to call your family doctor or surgeon</li> </ul> </li> </ul>