



Restricted Weight Bearing In Orthopaedics

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Background

- Ageing population
 - Increased fragility fractures
 - Common sites for fragility fractures include:
 - Hip fractures
 - Upper limb – humerus / wrist
 - Lower limb – ankle fractures
 - Periprosthetic fractures
 - Clinical redesign project
 - Patient Stories
 - Extended LOS
 - Bed blockage
 - Limited subacute care





Patients Voice

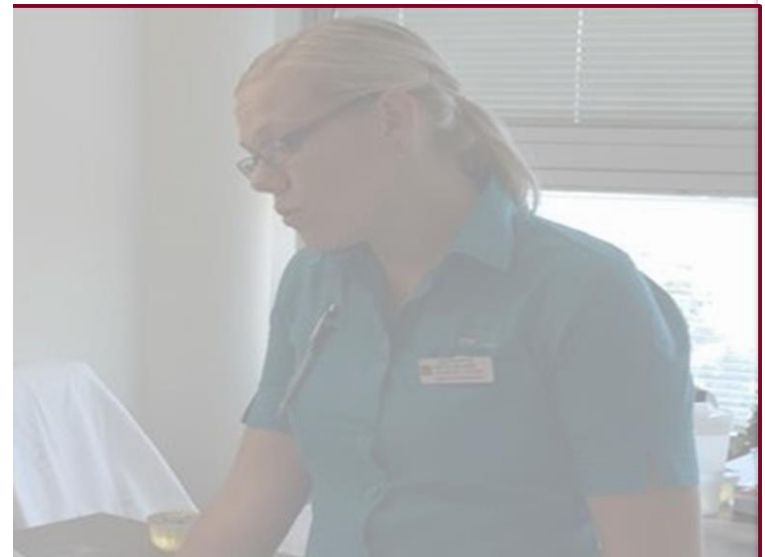
I'm Bored...the days are long

I can't believe how easy it was to fall.. I was playing Tennis, now I just can't coordinate myself to walk.. I was fit before this fall

They just walked by me... they are so busy

I've Lost My Mentality

I'm happy to help my mother if you show me what I have to do...





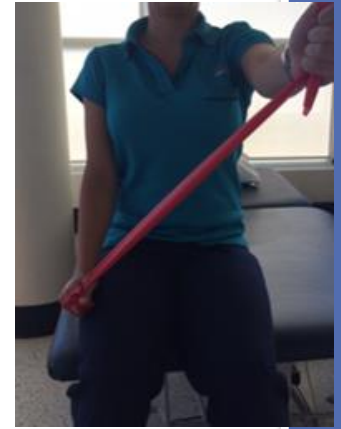
Staff Voice

- Nurses
- Medical / Surgical
- Rehabilitation Consultant
- Orthogeriatrician Consultant
- Occupational Therapy
- Social Worker
- Physiotherapists



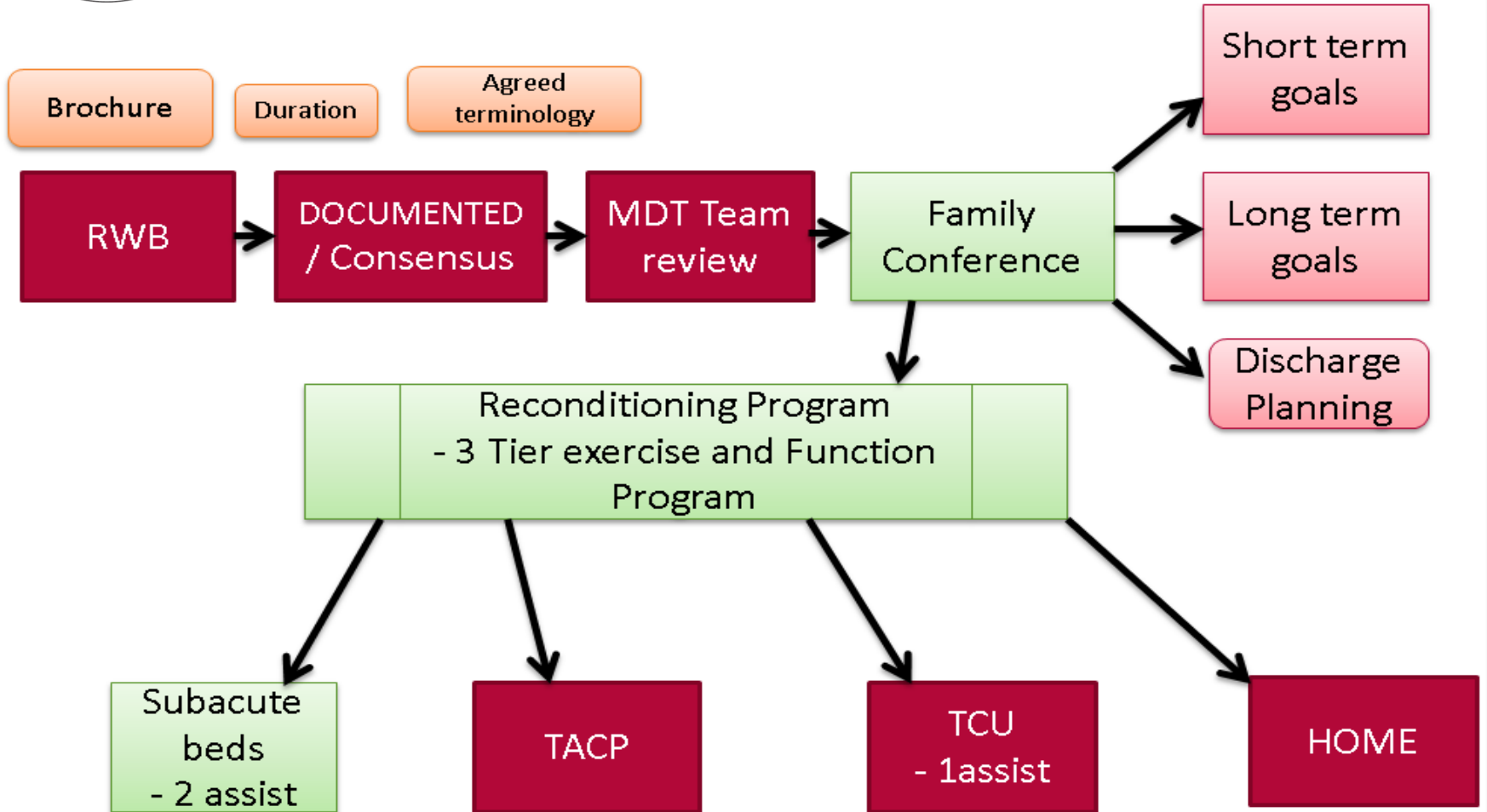


Key Issues Identified



- **Poor Communication Processes**
 - Postoperative notes / RWB terminology
 - Communication with patient/ family
- **Patient experience**
 - Deconditioning / Boredom
 - Reduced interaction with health professionals
- **Delayed Discharge**
 - Variances in admission criteria to subacute care

The NEW Patient Journey



Brochure

Reconditioning Program
Restore your function and mobility after injury



Information Booklet for Patients



NON WEIGHT BEARING (NWB) HOW TO NON-WEIGHT BEAR FOLLOWING ORTHOPAEDIC SURGERY

What is non weight bearing (NWB)
Non weight bearing (NWB) is when you are not allowed to touch your foot (on the affected leg) to the ground. You will need to 'HOP' as you cannot put weight on your affected leg. This means when you are walking you will need to use a walking aid like crutches or a frame. The frame/ crutches allow you to walk (mobilise) safely and help you keep weight off your foot. The physiotherapist will show you and guide you how to stay NWB.

Why am I NWB?
You may be NWB to allow your bones to heal following a fracture (broken bone) or fall.


Walking
The Physiotherapist will show you to safely walk using crutches or a frame, and not allowing your foot to touch the ground.
Non weight bearing of the upper limb shoulder, arm and wrist
It is important that while you are recovering from an injury or orthopaedic surgery that you do not use your arm to :

- Push up when getting out of a chair
- Pull with your injured arm
- Carry weight like bags through your injured arm

Office use only

Client Status _____

Duration: _____ Tick here if applicable



Family Conference

- Short term goals
 - Goals tailored individually
 - Bedbound patient rolling
- Long term goals
- Discharge Planning





Reconditioning Program

- Occupational therapist
 - 3 times a week function
- Physiotherapist
 - Daily hourly exercise class
 - Circuit style
- Nurses
 - Encourage Independence
 - Encourage exercises
 - FIM scores
- Medical Staff
 - Encourage patients to participate



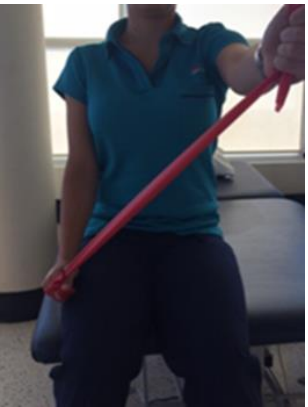
Results to Date

Staff satisfaction and Teamwork (across health professionals)
Staff are engaged in promoting mobility and function
Staff encourage patients to participate in daily exercise class
Staff assist patients to reach their goals

- Patient experience
 - Patients identifying goals and encouraged when they are met
 - Interaction with health professionals have increased

Other benefits

improved communication with other LHDs with discharge planning
Function has become an important benefit for recovery



Observational Cohort Study

- 100 patients
- Reduced LoS by 14 days
- Improved patient satisfaction from 50 to 95% satisfaction
- Weekly FIM score improved especially function
- Currently analysing data further



Lessons learned during the Implementation Phase

- Open communication and regular update sustains project
- Good data collection
 - Evidence!! Evidence !!
- Role-modeling
- Importance of equal input to promote optimal outcomes for patients

Final Voice

- Launch of the Model of Care
- Patient story



Acknowledgements

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- Dev – Social Worker
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- Elizabeth Bryan – Performance unit SLHD