

SUBJECT: HIP PROTOCOL	REFERENCE #8116
DEPARTMENT: REHABILITATION SERVICES	PAGE: 1 OF: 3
APPROVED BY:	EFFECTIVE:
	REVISED:

PURPOSE:

Increase independence in activities of daily living and functional mobility within total hip guidelines.

POLICY:

- Rehabilitation Services staff must have a physician’s order to initiate the hip protocol for a patient.
- All patients ordered the hip protocol are evaluated by the Physical and Occupational Therapists.

INDICATIONS:

- Criteria for participation:
 - Patient unable to perform activities of daily living (ADL) independently, a decrease in functional mobility and/or within hip guidelines
- Clinical finding

GENERAL GOALS:

- To increase ADL skills and functional mobility to highest level of independence.
- To be responsible that instructions are in patient’s room.

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METHODS:

- Basic instruction regarding positioning during performance of daily tasks, such as dressing, bathing, grooming, hygiene and transfers.
- Instruction in use of adaptive devices and equipment necessary to perform ADLs within hip precautions:
 - Dressing stick
 - Extended handle shoehorn and stocking aid
 - Elastic shoe laces
 - Long-handled sponge, long-handled reacher, etc.
 - Raised commode seat
- Instruction in toilet and tub transfers within hip precautions.
- Instructions in homemaking tasks within hip precautions.
- Instruct nursing staff in precautions related to bathing and toileting.
- Provision of self-care equipment for ADLs.
- Instruction regarding transfers within hip precautions.
- Instruction in bed mobility within hip precautions.
- Strengthening of hip and lower extremity musculature to improve balance, both static and dynamic.

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PROCEDURE:

- Responsibility:
 - Carried out by Physical (PT) and Occupational Therapist (OTR)
 - Treatment plan established by PT and OTR
 - Physical Therapist Assistant (PTA) and Certified Occupational Therapy Assistant (COTA) to carry out treatment plan under supervision of the PT and OTR respectively
 - Changes in treatment goals to be established by PT or OTR