

WAITING FOR A TOTAL HIP REPLACEMENT

**What can you do to help yourself
whilst you are waiting for your
surgery?**

Occupational Therapy

You are currently awaiting an elective Total Hip Replacement and you may be experiencing joint symptoms including worsening pain, joint stiffness and reduced ability to manage your daily activities. These problems can often have a significant impact on your quality of life.

The aim of hip replacement surgery is to improve your functioning and pain levels. Through managing your condition well whilst you are waiting for surgery, it can help you cope with the pre-operative problems and can also help to improve your post operative outcomes. This patient information leaflet aims to provide you with some practical advice to help you to manage your condition whilst awaiting your surgery.

Joint Protection & Energy Conservation

Thinking about the four "P's" can help to make life easier:

PROBLEM SOLVING:

A lot of the time it is not the activity you are doing which causes you problems but it is how you do that activity. Think about the activities you do in your daily routine which make your joint symptoms worse and think whether there is a different way to do them for example, taking regular breaks, changing from standing to sitting positions to complete the activity.

PLANNING:

Think about the activities that you have to complete during a day or may be over a week. Plan when and how you are going to complete certain activities so that you can spread them out more evenly.

PRIORITISING:

By prioritising your activities it can help you to make a better plan for yourself. You can look at each activity and think about how important the activity is, how urgent it is, if it can wait until another day or if it actually needs doing at all, and if it could be done by somebody else.

PACING:

Pacing means spreading out your activities over a period of time (this could be a day or a week) and taking regular rests during activity. If you are in the middle of an activity it can be very tempting to keep going to get it finished even if your joint symptoms increase as a result of this. However if you pace the activity it can help to maintain your joint pain & stiffness at a more manageable level. Think about the tasks you complete in terms of which ones require high activity levels, which ones require low activity levels and which ones are restful/relaxing. Aim to alternate between the tasks regularly so your high activity level tasks are interspersed with low activity level tasks or rest/relaxation.

ASSISTIVE DEVICES

You will receive an individual pre-operative assessment with a member of the Occupational Therapy service. Part of this assessment may include the assessment of your need for certain assistive devices to be used post operatively to enable you to manage your daily activities and to meet your post-operative precautions.

If you are provided with any items, it will be beneficial to use these whilst you are awaiting your surgery as they may help to reduce the strain on your affected joint which could help to reduce the pain and stiffness. It will also help you to get used to using the equipment ready for after your operation.

LEARN YOUR POST-OPERATIVE JOINT PROTECTION PRECAUTIONS

During your assessment with a member of the Occupational Therapy team and when you attend the Joint School education session, you will be taught the precautions you will need to adhere to after your operation. These are also in your information booklet entitled "Total Hip Replacement – Patient Information". It is important that you learn these precautions and practice completing your daily activities whilst adhering to them whilst you are awaiting your surgery.

SEEK SUPPORT

If you are struggling with certain daily activities it may be worth asking family or friends to help. This help should only be required for a short time as once you have been through your operation and the post-operative recovery period, it is hoped that you will be able to return to your normal activities. In addition to the practical support family and friends can provide, they also play an important role in supporting you emotionally during this time.

EXERCISE & HEALTHY EATING

Practice the exercises you have been given by the physiotherapy team. The exercises are designed to gradually increase the range of movement and muscle strength around your hip post operatively but by completing them pre operatively you can help to reduce your joint stiffness/pain which can help to improve your post operative outcomes. If you are issued with a walking aid it is also important to practice using it before your surgery.

Improving your general fitness through regular exercise, eating a healthy, balanced diet, and stopping smoking (if appropriate) prior to surgery can all help you to be better prepared and to recover more quickly.

Other information

The following internet websites contain information that you may find useful.

www.worcsacute.nhs.uk

Worcestershire Acute Hospitals NHS Trust

www.patient.co.uk

Information fact sheets on health and disease

www.rcoa.ac.uk

Information leaflets by the Royal College of Anaesthetists about 'Having an anaesthetic'

www.nhsdirect.nhs.uk

On-line health encyclopaedia

www.arthritisresearchuk.org

Arthritis Research

0300 790 0400

www.rcseng.ac.uk/patients

The Royal College of Surgeons

020 7405 3474

PATIENT SERVICES DEPARTMENT

It is important that you speak to the department you have been referred to if you have any questions (for example, about medication) before your investigation or procedure.

If you are unhappy about the service you have received and would like to talk about it or make a formal complaint, please contact Patient Advice and Liaison Service on 0300 123 1732.

If you have a complaint and you want it to be investigated, you should write direct to the Chief Executive at Worcestershire Acute Hospitals NHS Trust, Charles Hastings Way, Worcester WR5 1DD or contact the Patient Services Department for advice.

If you would like this information in other formats or languages please call 01905 760453 or email: communications@worcsacute.nhs.uk.

www.worcsacute.nhs.uk