

CSP Hip Fracture Standards

STANDARD 4: All patients receive at least two hours of rehabilitation per week in the subsequent weeks post hip# surgery, until they have reached their goals.

This data is not captured by the NHFD. We have created this audit tool for you to use to identify how much rehab patients get in the subsequent weeks after hip # surgery. Patients should remain under the care of a physiotherapy team until they have reached their goals, but may undertake their rehab either individually, in groups, or as part of an unsupervised home exercise programme that is monitored by the team.

Any member of the physiotherapy team may provide the identified rehab intervention. You should ensure that each rehab session includes domains of range of movement exercise, strength & balance training, transfers, walking and functional ability as appropriate to the stage of recovery and patient ability. An appropriate outcome measure is used to measure progress against each rehab goal. For patients who are **not able to reach their pre-fracture activity levels**, have the clinical reason for this documented after an appropriate MDT assessment.

There is a specific strength and balance training programme in place for patients at **low-moderate** risk of falls.

There is a specific multifactorial programme in place, including strength and balance training, for patients at **high** risk of falls.

For patients that **do not** receive two-hours of rehab in each subsequent week, a clear record is made of any clinical reasons why not, together with a clear physiotherapy action plan with timescales, to manage the clinical conditions, to seek to enable rehab.

Intensity of therapy	Day	Day	Day	Day	Day	Day	Total
For how long? Total minutes (estimated)							

Optional Questions: If you are not delivering a total of two-hours rehab in the subsequent weeks post-op you may want to investigate why this is. This is not part of your formal audit but may help you review your service provision

If not, why not?	Bed-bound before admission						
	Documented contraindication						
	Insufficient staff						
	No weekend cover						
	Not done in this case						
	Patient refused						

