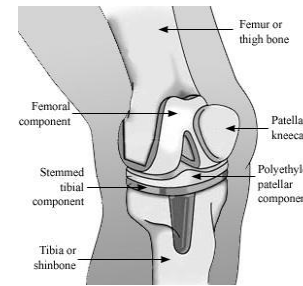


Phoenix Home Care, L.L.C.

Joint Replacement Protocols



Goals of care:

- Patient will be independent in:
 - all transfers (bed to stand, sit to stand to sit, shower, commode, car)
 - dressing, bathing, and personal care. May use assistive device or aid
 - community ambulation with appropriate assistive device
 - stair mobility with assistive device if needed in the home, or for accessing the community
- Patient/Caregiver verbalizes, demonstrates understanding, and is independent in:
 - performance of written home exercise programs, active range of motion, stretching, strengthening, and balance/proprioceptive activities to improve body awareness and safety during functional activities
 - use of pain management techniques including pharmacological and non-pharmacological methods
 - incision management including signs and symptoms of infection
 - edema management including icing and positioning
 - use of anticoagulant medication prescribed
 - signs and symptoms of DVT, PE, and increased bleeding risk while on anticoagulants
 - bowel management
 - maintains prescribed hip precautions with all positioning and mobility (hip)
- Patient has:
 - all needed assistive/adaptive equipment
 - scheduled follow-up appointment with orthopedic MD as indicated by discharge plan, or by 3 weeks post op
 - scheduled outpatient therapy services if indicated. (Patient should be referred to outpatient services approximately 3 weeks post op, or sooner if goals are met)

Nursing visits will include, but are not limited to the following assessment points:

- Comprehensive clinical, psychosocial, and environmental assessment
- Medication reconciliation and education performed including high alert/high risk medications, and prevention of constipation with pain meds
- Conduct home safety checklist and fall prevention education
- Determine plan for staple/suture removal if applicable
- Order supplies as needed (staple/suture remover, incision care supplies)
- Confirm follow up appointments with orthopedic and other doctors are scheduled
- Assessing optimal diet for bowel management, incision healing, anticoagulation management, and other health concerns
- Assess patient has all needed assistive/adaptive equipment

- Education on:
 - incision management including signs and symptoms of infection to report
 - edema management including icing and positioning
 - pain management techniques including pharmacological and non- pharmacological methods
 - bowel management including diet, medication, activity, and prevention of constipation
 - use of incentive spirometer (if ordered)
 - maintaining prescribed hip precautions with all positioning and mobility (hip)
- Anticoagulation:
 - medication management prescribed
 - monitoring schedule in place if needed, and set up of coumadin calender
 - assessing signs and symptoms of DVT, PE, and increase bleeding risk while on anticoagulants

Physical Therapy visits will include, but are not limited to the following:

- Complete physical therapy assessment including vital signs, range of motion and strength of involved and uninvolved limbs, functional mobility, balance, home safety, and other indicated assessments using objective measures
- Education on:
 - edema management including icing and positioning
 - pain management techniques including pharmacological and non- pharmacological methods
 - maintaining prescribed hip precautions with all positioning and mobility (hip)
 - transfers (bed to stand, sit to stand to sit, shower, car)
 - home ambulation with appropriate assistive device, household distances, and stairs if needed to access bathroom and bedroom
 - written home exercise program/activity program
 - how to schedule appointment for outpatient therapy
 - use of continuous passive motion if ordered (knee)
- Assess patient has all needed assistive/adaptive equipment

Occupational Therapy visits will include, but are not limited to the following:

- Complete occupational therapy assessment including vital signs, range of motion and strength of involved and uninvolved limbs, functional mobility, balance, home safety, and other indicated assessments using objective measures
- Patient/Caregiver given written home exercise/activity program, if appropriate, for upper extremity active range of motion, stretching, and strengthening
- Education on:
 - maintaining prescribed hip precautions with all positioning and mobility (hip)
 - all bathroom transfers (shower, commode)
 - dressing, bathing, and personal care. May use assistive device or aid
- Assessment of pain management techniques including pharmacological and non-pharmacological methods
- Assess patient has all needed assistive/adaptive equipment