

Relevant Investigations and Results:

Nottingham Hip Fracture Score:

Falls Assessment:

The cause of this fall felt to be \_\_\_\_\_

\* 12 lead ECG –

\*24 hour ECG -

\*Lying at standing BP?

\*Visual assessment -

\*Continence assessment -

Cognitive Assessment:

Pre-Op AMTS -

Post-Op AMTS –

\*Delirium present during admission?

Bone Health Assessment

\* eGFR -

\* Adjusted Calcium -

\* Vitamin D –

\* DXA

Nutritional Assessment

\* Serum Albumin on admission –

\* Weight

\* MUST score

Physiotherapy advice

\* TEDS stockings need to be worn for 6 weeks from the day of the fracture.

\* PAIN-Relief – if your pain relief is not adequate, contact your GP for advice (do not call the hospital).

\* Most people do not need extra physiotherapy when they leave hospital. You MUST continue to do your exercises (refer to the sheets), which have been specifically designed to strengthen the muscles affected by your operation.

\* Recovery can be slow and it may take many months for you to improve.

\* In some cases your walking may plateau and you may find that you will need a walking aid for long term use.

\* If you feel you require more physiotherapy then contact your GP, who would be able to refer you to the nearest Out-Patients Physiotherapy facility – if appropriate.

\* You will also have anticoagulation to 'thin' the blood for 5 weeks following your surgery – this will have been arranged prior to leaving hospital. Should you have any questions about this please call the ward: 01737 768511 and ask for Newdigate ward

Other Relevant Investigation/s

\* Chest X-Ray –

\* CT Brain