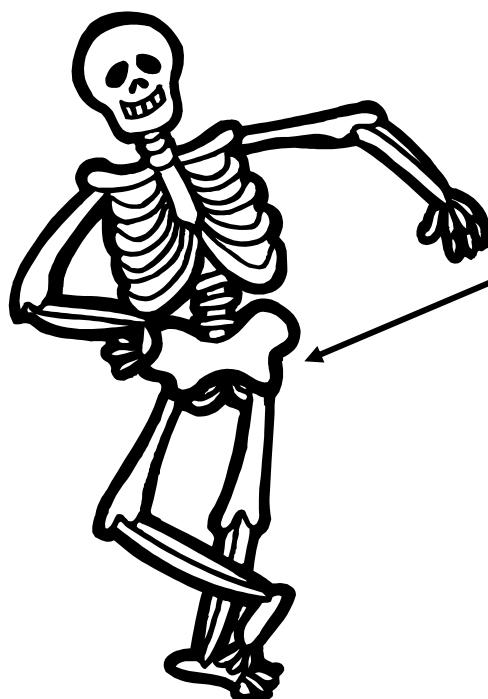


PATIENT INFORMATION

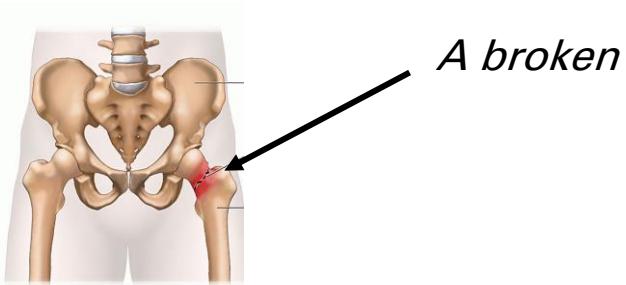
Broken Hip

What I Need to Know

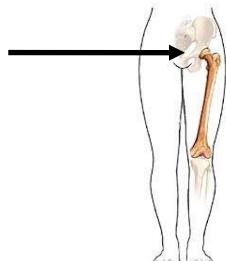


What is a broken hip?

- A broken hip is sometimes called a fractured neck of femur.



- The femur is the bone inside your thigh.
- The neck of the femur is the part of the bone which is at the top.

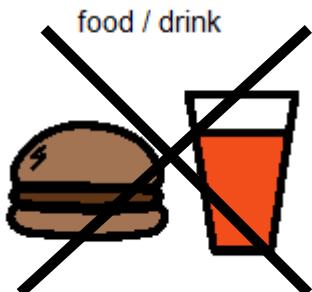


- Sometimes this bone can heal itself without an operation but most of the time people need an operation to help the bones to stay in the right place.
- The operation should help to fix your leg. It should make it less painful and help you to be able to begin walking again.



The day of the operation: What I need to do

- Do not eat or drink anything for between 4 to 6 hours before your operation.



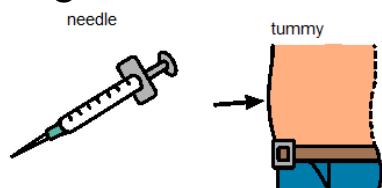
- If you eat or drink anything it will make you sick in the operating theatre (this is a special room where the Doctor carries out your operation.)

After your operation

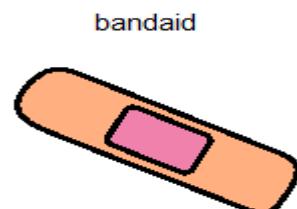
- Hospital staff will check your skin and blood often to make sure that you are not getting any infections.



- You may need to have a needle in your tummy to help you to get better.



- There will be a big plaster over the cut.



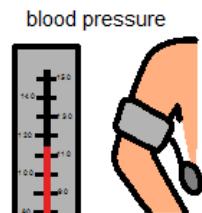


The nurses will be checking

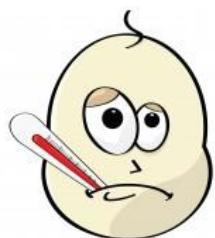
Skin



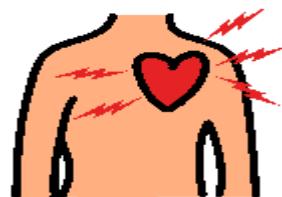
Blood pressure



Temperature



Heart



How well your heart is working by using a machine with straps that go around your arm, and cap which goes onto your finger.



This is really important

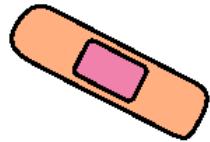
PLEASE TELL A DOCTOR OR NURSE IF YOUR LEG BEGINS TO FEEL VERY SORE, HOT OR BECOMES ANY BIGGER.



- To fix your hip the Doctor will cut your leg on the side of your hip.

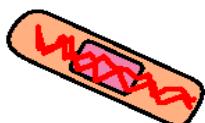
bandaid

- There will be a big plaster over the cut.



- You may see some blood on the dressing but that is normal and the nurses will look after your cut very carefully.

bandaid



- You will not be able to get out of bed to use the toilet at first so the nurses will give you a bed pan to use in the bed.

bed



- You will probably have a catheter - (a tube which helps you to wee without moving from your bed).



After the operation:

- Your leg will hurt when you stand up or walk on it but this will be less painful each time.



- It is very important that you do not try to stand up and walk by yourself.
- The Therapists will help you to stand up and walk.



- Tell the nurses if you are feeling lots of pain
- You will be given tablets/medicine to stop the pain becoming too much.



- The Hospital staff will need to monitor you to make sure that you are well. They will need to take some blood from your arm to check that your body is working properly.



- They will also check your skin to make sure you don't get any sores.

Exercises:

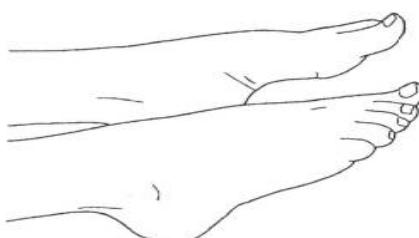
Doing these exercises is very important. They will help you to get better quicker.

Deep breathing – This is to make sure that your lungs are working properly.

- Sit up
- Take deep breaths in and out. Do this 3 times
- Cough

Ankles:

- Move your ankles by bringing your toes up and down quickly
- Do this 20 times every hour
- This will help your blood to keep on moving around the body.



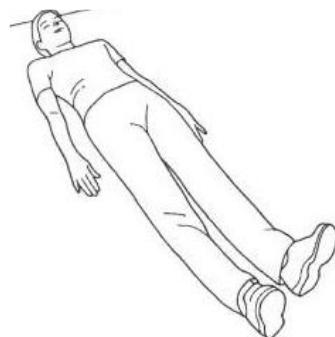
Knees:

- While lying down push the back of your knee into the bed.
- Hold this for 5 seconds
- Do this again 10 times, 5 times a day.



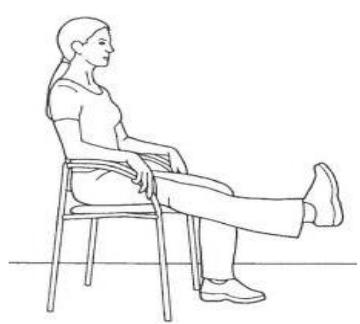
Bottom:

- Squeeze the muscles in your bottom together.
- Hold for 5 seconds.
- Do this again 10 times, 5 times a day.



Exercises to do sitting in a chair:

- Sit well back in a good chair so that your thighs are supported.
- Straighten your legs out in front of you one at a time.
- Hold each leg out for seconds
then put it down
- Do this again times, ...times a day.



Walking:

- The first time you walk you will be helped by 2 therapists.



- This could be either Physiotherapists or Occupational Therapists – both will help you to walk.
- They will give you a walking frame and show you how to use it.



When walking you always go in the same pattern:

- Move the walking frame out in front of you
- Step forward with your poorly leg
- Push your hands onto the frame and step forward with your good leg
- Then move the walking frame again.

The Therapists will also talk to you about how to manage your everyday activities like:

- getting washed



- getting dressed

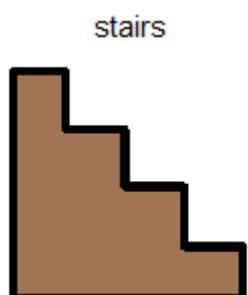


They will help you to get back to normal as quickly as possible. If you need any special equipment they will help you to get this.



Steps/Stairs:

- The Therapists will show you how to use steps/stairs at your home safely.



- If you still have any problems using stairs the hospital staff will make a plan to help you.

How long will I be in hospital?

It is very hard to say how long you will be in hospital. It will depend on:

- how you get better with your walking
- what needs to be done to help you at home.

The hospital staff will discuss all plans about going home with you and your family/carers



- They will also let your Doctor (GP) know that you have been in hospital.



- If needed some Occupational Therapists or Physiotherapists will come to your home to help you:
 - Improve your walking
 - To get stronger



NOTES

During your contact with us, it is important that you are happy with your care and treatment. Please speak to a member of staff and/or the ward/department Sister/Charge Nurse if you have any questions or concerns.

REHABILITATION

If you have any concerns or questions regarding your rehabilitation, please contact either your named therapist on the number provided, or the Therapy Manager on 01704 704147.

INFECTION CONTROL REQUEST

Preventing infections is a crucial part of our patients' care. To ensure that our standards remain high our staff have regular infection prevention and control training and their practice is monitored in the workplace. We ask patients and visitors to assist us in preventing infections by cleaning their hands at regular intervals and informing staff of areas within the hospital that appear soiled.

As a patient there may be times that you are unsure whether a staff member has cleaned their hands; if in doubt please ask the staff member and they will be only too happy to put your mind at ease by cleaning their hands so that you can see them.

SPECIAL INSTRUCTIONS

ANY CONDITION SPECIFIC DANGER SIGNALS TO LOOK OUT FOR:

CONTACT INFORMATION IF YOU ARE WORRIED ABOUT YOUR CONDITION

Your own GP –

OTHER USEFUL TELEPHONE NUMBERS/CONTACTS:

NHS 111

Stop Smoking Helpline (Sefton) - 0300 100 1000

Stop Smoking Helpline (West Lancashire) - 0800 328 6297

**Please call 01704 704714 if you need
this leaflet in an alternative format**

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Tel: (01695) 577111

Southport & Formby District General Hospital
Town Lane, Kew, Southport, PR8 6PN
Tel: (01704) 547471

FOR APPOINTMENTS

Telephone (01695) 656680
Email soh-tr.appointments@nhs.net

Please remember to complete the **attached Friends and Family Test**.

Alternatively, you can complete the *Friends and Family Test* on-line by going to:

southportandormskirk.nhs.uk/FFT
Thank you

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