

Am I Ready to go Home?

Checklist

- I have a walker at home and know how to use it safely
- I have bathroom equipment ready for my return home (raised toilet seat or commode, bath bench or bath chair, long handled sponge)
- I have a reacher, long handled shoe horn, and sock aid to help me get dressed (for hip replacement surgery)
- I have arranged for family, friends, or neighbours to help me (get groceries, prepare meals, bathe, etc.)
- I live alone and have arranged for Meals on Wheels or grocery delivery to bring me my meals
- I am able to use the recommended equipment correctly and safely as demonstrated by the Occupational Therapist
- I have arranged for family/friends or Wheel-Trans to get me to appointments
- I know my exercise and hip precautions (for total hip replacements)

Discharge Day: 10:00 a.m.

Ensure that your family member/friend who is taking you home brings your walker and a plastic bag to the hospital on your discharge day. These items will make it easier for you to get in and out of the car.

Tips for getting into the car safely:

- Walk to the car with your walker
- Use the front passenger seat positioned as far back as possible
- Place a plastic bag on the seat to make it easier for you to slide onto the seat and turn to face the front of the car.
- Refer to your hand out re: car transfers

Tips for being safe at home:

- Move slowly and cautiously
- Place items in the kitchen within easy reach to avoid bending down or reaching up
- Ask for assistance with more difficult tasks
- Remove tripping hazards such as throw rugs and extension cords
- Take rests throughout the day
- Ensure you understand how to safely use the adaptive equipment prescribed by the OT and use it.

Your Guide for Going Home After Knee/Hip Replacement Surgery

at St. Joseph's Health Centre



Going Home After Knee/Hip Replacement Surgery

Returning Home Safely

Across the GTA, for a majority of the patients who undergo hip/knee replacement surgery, you will be discharged home after a five day length of stay.

For patients who meet the criteria for a rehabilitation program, you will be discharged on day three to rehab. After five to seven days in rehab, you will be discharged home.

Why Should I be Concerned About my Safety at Home?

It is likely that you will experience some weakness, stiffness and discomfort when you return home. If you had hip replacement surgery, you will need to follow hip precautions given to you by the Physiotherapist and Occupational Therapist. Pain and stiffness may cause you to have poor balance, which increases the risk of falling when doing everyday activities.

Adaptive equipment for walking, dressing, bathing and toileting can make these everyday tasks easier and help you to be safe and more independent.

How will my Stay at the Hospital Prepare me to Return Home Safely?

The first day after surgery an occupational therapist (OT) and physiotherapist (PT) will help you to get out of bed and walk with a walker. This is an important first step to recovery because it helps you to:

- regain your strength
- improve your breathing
- reduce muscle stiffness
- improve blood circulation (which helps to prevent blood clots)

The OT or PT will teach you how to use a walker safely. The PT will also teach you exercises to do in bed or while sitting up in a chair.

On the remaining days in hospital, you will continue to regain your strength and practice walking with a walker. The OT will teach you how to get on/off the toilet and in/out of the bathtub safely using adaptive equipment such as a raised toilet seat and tub bench. The PT will teach you how to go up and down stairs safely using a cane/crutches.

If you have had a hip replacement the OT will also teach you how to dress yourself using a reacher so that you are able to maintain hip precautions while dressing.

You should be prepared to return home safely on the fifth day following surgery. If you had a hip replacement, Community Care Access Centre will visit you at home for a home care physiotherapy program. The nursing staff, OT and PT will ensure you are safe to go home prior to your discharge. If you have had a knee replacement, you will come to SJHC for outpatient physiotherapy or a physiotherapy clinic close to your home.

What Equipment do I Need and Where do I get it?

As instructed in the Pre-Admission Clinic, the following equipment may be needed at home:

- Walker
- Raised toilet seat or commode
- Bath bench or bath chair

Individuals with total hip replacements may also need:

- Reacher
- Long handle shoe horn
- Sock aid

Equipment can be rented from Red Cross (for details please refer to the Red Cross form provided in Pre-Admit). Ask your Occupational Therapist for a list of vendors.