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Total Hip Replacement Recovery Strategies for Optimal Function in Older Adults

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By: Colleen Ryan & Lauren Waddell

INTRODUCTION

Total hip replacement (THR) surgery is one the most common reconstructive hip procedures. THR is a treatment option for restoring movement to hips after damage caused by osteoarthritis, degenerative bone and cartilage disease, trauma, or other injuries. The average age of patients undergoing THR is reported at 65 years old, with an expected annual procedural volume increase due to the aging "baby boomers".

QUESTION & PURPOSE

Question: What are common post THR program strategies for OAs and their impact on recovery?

Findings could promote the development of consistent and concise THR recovery strategies for OAs and provide a clearer understanding of effective intervention techniques to be used in clinical practice.

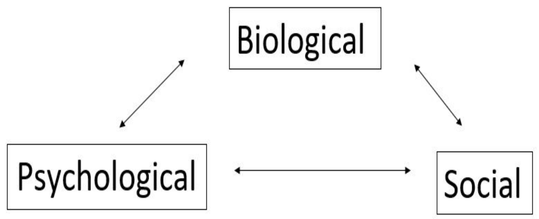
Objective: Identify current recovery program strategies used to reach optimal functioning in OA's.

METHODS

- Our comprehensive literature search was performed for articles published within the past 5 years using CINAHL complete, Nursing and Allied Health Database, Academic Search Complete, and PubMed.
- Full-text searches included the following terms: total hip replacement OR total hip arthroplasty AND older adult* OR 65+ OR over 65+ AND post.

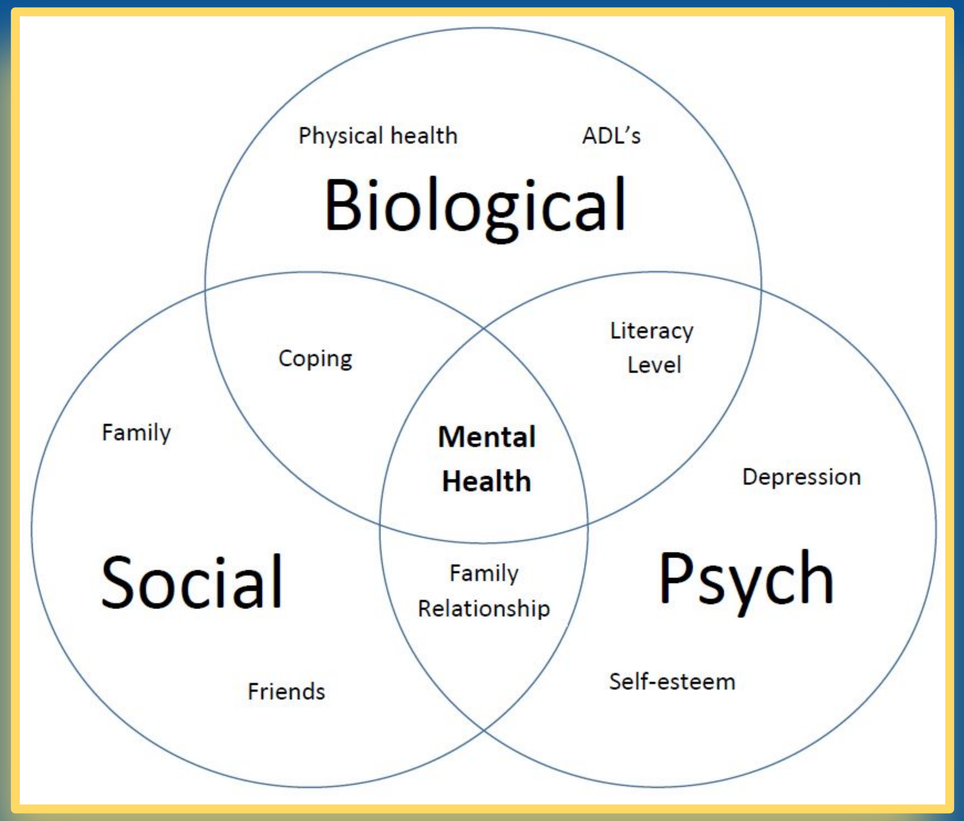
A total of 10 articles were analyzed to help guide nurses and medical professionals identify recovery strategies for OAs to reach optimal functioning post THR.

CONCEPTUAL MODEL



The Biopsychosocial Model (Engel, 1977).

DATA & VISUALS



RESULTS

A review of the literature reveals that:

- Developing programs to incorporate moderate physical activities can enhance recovery post-THR in older adults.
- Assessing OA's background before undergoing a fast-track programme can help individualize OA needs (education, physical, and mental).
- Significant increase in loneliness in those with pre-existing depression.
- Importance of introducing an impairment-directed rehabilitation program soon after surgery.
- Educational empowerment programs help OAs:
  - explore their needs & worries
  - utilize resources
  - show positive impact on physical recovery
  - provide education on managing recovery and adjustment after THR

NURSING RECOMMENDATIONS

- First identify OAs strengths and weaknesses on the biophysical, psychological, and social level
- Individualize a recovery protocol based on the OAs results of their identified strengths and weaknesses

CONCLUSIONS

This integrative review hopes to:

- Help nurses and medical professionals easily identify recovery strategies for OAs post THR.
- Make recommendations for future practice.
- Integrate the biopsychosocial model into recovery strategies to guide future programs and protocols.
- Enhance overall outcomes for OAs post THR.

ACKNOWLEDGEMENTS

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