

# Nursing Contributions to Mobility Rehabilitation of Older Adults following Total Hip Replacement.



Mary O'Sullivan, MSc, RNT, RGN.  
Clinical Development Co-Ordinator.  
St. Mary's Orthopaedic Hospital, Cork.



## Introduction

- Prevalence of musculoskeletal conditions in older adults.
- 10-15% increase in total joint replacements in a five year period.
- Joint replacement represents the principle option for the relief of pain, disability and dependency.
- Requires multidisciplinary approach: orthopedic team, physiotherapist, occupational therapist, nurse.
- Nursing priorities: management of pain & discomfort, impaired mobility and anxiety relating to rehabilitative process.

## Literature Review

- Perspectives on rehabilitation of the older adult.
- Nurses contributions to the physical, interpersonal and educational care of patients following total hip replacement.
- Research Question: What are nurses perceptions of their contribution to the rehabilitation of mobility of older adults following total hip replacement?

## Methodology

- Quantitative: Descriptive Design.
- Research instrument: 12 item questionnaire.
- Sample: (n=30) nurses.
- Ethical approval granted.

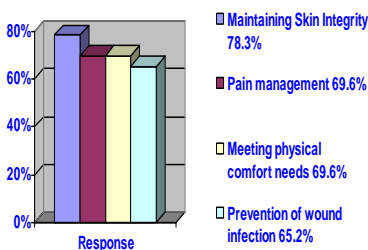
## Findings

### Nurses' perspectives on Rehabilitation

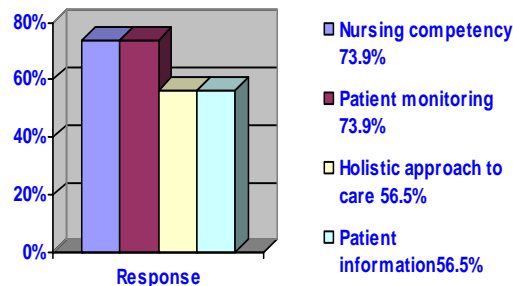
- 56.5% (n=13) of nurses perceive rehabilitation as focusing on maintenance of existing abilities and roles, health promotion, prevention of further impairment, reduction of disability, restoration of function and roles and the minimisation of handicap.
- 43% (n=10) of nurses consider that rehabilitation emphasises the contribution of physical, social and psychological well-being.

### Greatest Contribution of Nursing to Mobility Rehabilitation

#### Physical Care



#### Combined Physical and Interpersonal Care



#### Educational Priorities

1. Effective communication.
2. Participation in daily activities.
3. Individualised patient information.
4. Avoidance of physical exertion.
5. Knowledge of medications.
6. Care and support in the community.

## Conclusion

- Nurses' views on the rehabilitation of patients' mobility following hip replacement surgery concur with contemporary theories on rehabilitation.
- Nurses' views on rehabilitation not only emphasize function of the newly replaced joint but on the whole person.
- The areas of greatest contribution from nurses to mobility rehabilitation of older adults following hip replacement surgery: Physical care: provision of pressure area care, management of patients' pain, meeting physical comfort needs, infection prevention. Combined: competent practice, monitoring patients, holistic approaches and information giving. Education: nurses perceive that they contribute to the restoration of mobility by effective communication, providing patient-centred education relating to avoidance of physical exertion, knowledge of medications and information on community care and support.
- Nursing contributions are explicit in relation to physical, interpersonal and educational care.
- Recommendations for further study on this area from perspective of service users, and the multidisciplinary team. References available on request from: Mary P.O Sullivan@mailp.hse.ie.

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