THE REHABILITATION INTERVENTION ON TOTAL HIP REPLACEMENT IN HOSPITAL FERNANDO FONSECA

Vera-Cruz, Carla*; Alves, Gina**:; Caneira, Sérgio***; Coelho, Alexandre***; Madeira, Rosário***; Martinho, Carla***; Soares, Maria João***; Varela, Isabel***

INTRODUCTION

Total Hip Replacement (THR) is a surgical option frequently used for the resolution of clinical situations such as hip osteoarthritis, status post-fracture or avascular necrosis of the femoral neck, as well as in the context of other pathologies, such as rheumatoid arthritis.

Since January 2005, The Rehabilitation Department of Hospital Fernando Fonseca (HFF) is applying a treatment protocol in all THR cases that fulfill a set of inclusion criteria. This protocol is applied to inpatients and is continued even after hospital discharge. A specialized rehabilitation team composed of one rehabilitation physician, six physical therapists and one occupational therapist, has been working in this project, exploring modalities of treatment and adjusting criteria, with the aim of reaching more functional and successful results.

The casuistical data presented here refer to the period between January 2005 and June 2006.

OBJECTIVE

Our objective is to demonstrate the results of the recent application, which was started in 2005, of the treatment protocol that the Rehabilitation Department of Hospital Fernando Fonseca is applying in THR cases, and whose first results will become clear in approximately four months.

THR PROTOCOL

1 - SURGERY

2 - MEDICAL REFERENCE

(Written request by the surgeon to the rehabilitation team)

3 – INPATIENT REHABILITATION TEAM ACTIVITIES

Weekly team meeting

4 – HOSPITAL DISCHARGE

5 – OUTPATIENT REHABILITATION

6 – END OF TREATMENT

7 – FOLLOW-UP VISITS

-Re-evaluation at 6 months, 1 year and 2 years after surgery, including WOMAC scale assessment

CONCLUSION

This protocol has been applied for the last twenty months in almost 100% of the patients which fully comprehend the inclusion criteria used in the beginning of the application. As referred, this protocol has a two years length of application, at the end of which we expect to have gathered a large quantity of results to analyse.