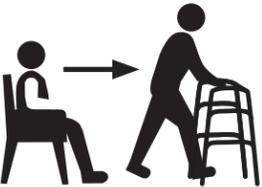


Hip Fracture Recovery Pathway: Before Surgery to Day 7

Care	Before Surgery	Day of Surgery	Day 1	Day 2	Day 3	Day 4–7	Discharge Goals
Fluid and Nutrition	<ul style="list-style-type: none"> → Nothing to eat or drink → May eat if your surgery is delayed → Intravenous (IV) started for fluids and medicine → Bladder catheter may be put in 	<ul style="list-style-type: none"> → Diet as tolerated after surgery → Bowel care 	<ul style="list-style-type: none"> → Progress diet as tolerated → IV as needed → Sit up in chair for meals 	<ul style="list-style-type: none"> → Increased protein and calorie diet started → IV as needed → Bowel routine as needed 			
Activity	<ul style="list-style-type: none"> → Bedrest → Help with positioning → Help with mouth and skin care as needed → Hourly deep breathing exercises (10 times an hour) 	<ul style="list-style-type: none"> → Help with positioning and moving as needed → Deep breathing exercises 	<ul style="list-style-type: none"> → Deep breathing exercises → Help getting out of bed → Start physiotherapy for strength and walking 	<ul style="list-style-type: none"> → Deep breathing exercises → Physiotherapy → Do own hygiene as able → Review transferring, safe moving, equipment, and footwear 	<ul style="list-style-type: none"> → Deep breathing exercises → Walking and exercises → Dressing and self-hygiene as able → Occupational therapy as needed 	<ul style="list-style-type: none"> → Deep breathing exercises → Increase walking and independence 	
Treatment	<ul style="list-style-type: none"> → See a specialist as needed → Blood tests, x-rays, electrocardiogram 	<ul style="list-style-type: none"> → Surgery 	<ul style="list-style-type: none"> → Blood tests → Specialist follow-up as needed → Ice on incision as needed 	<ul style="list-style-type: none"> → Dressing may be changed/taken off → Catheter is taken out 	<ul style="list-style-type: none"> → IV is taken out 		<ul style="list-style-type: none"> → Review follow-up tests and appointments → Review how to care for your incision
Medication	<ul style="list-style-type: none"> → IV → Pain medicine → Antibiotic started 	<ul style="list-style-type: none"> → IV → Pain medicine → Antibiotic → Blood thinner → Regular medicine restarted 	<ul style="list-style-type: none"> → IV and regular pills → Blood thinner → Antibiotic → Pain pills as needed → Calcium and vitamin D 	<ul style="list-style-type: none"> → Regular pills → Pain pills as needed → Blood thinners → Calcium and vitamin D 		<ul style="list-style-type: none"> → Osteoporosis medicine and teaching as needed 	
Discharge Plan	<ul style="list-style-type: none"> → Talk about your discharge needs (e.g., equipment and resources) → Talk about Personal Directives → Talk about the choices for the best place for you to recover (e.g., home, local hospital, rehabilitation unit) 	<ul style="list-style-type: none"> → Family/contact person updated after surgery 	<ul style="list-style-type: none"> → Review precautions → Learn about blood thinners → Learn how to: <ul style="list-style-type: none"> • move safely • prevent falls → Review goals and options for discharge 	<ul style="list-style-type: none"> → Review your discharge plan with your team, including location or services you need 	<ul style="list-style-type: none"> → Review: <ul style="list-style-type: none"> • discharge plan and goals • equipment • services needed 	<ul style="list-style-type: none"> → Go to planned location for ongoing recovery. 	<ul style="list-style-type: none"> → Home care support and monitoring as needed. → You understand your discharge instructions. → You know: <ul style="list-style-type: none"> • the precautions you need to follow • how to do your exercises • what equipment you need • the signs of infection • when to call your family doctor or surgeon