

PROTOCOL FOR: Mobility Impaired: Care of the Patient with Impaired Physical Mobility Related to Total Joint Replacement (TJR)

DESIRED PATIENT
OUTCOMES:

1. Patient will regain optimal mobility of involved joint.
2. Patient will maintain mobility of other joints equal to or greater than preoperative mobility.
3. Patient will perform self-care activities at or above the preoperative level.
4. Patient will demonstrate safe use of adaptive equipment/assistive devices.
5. Patient will know/demonstrate exercise regimen.

CLINICAL
ASSESSMENT
AND CARE:

1. Bowel Function:
 - a. Assess/monitor bowel function per Bowel Management Protocol.
 - b. Administer stool softeners as ordered.
 - c. Encourage patient to use bedside commode with raised toilet seat (if appropriate) when able to transfer OOB.
2. Proper Positioning:
 - a. Total Hip Arthroplasty (THA):
 - 1) Maintain proper positioning: patient should be supine with abduction pillow (if ordered).
 - 2) May roll on surgical side or to 45° toward nonsurgical side or as ordered. Patient may assist by flexing good leg and pushing down with foot while using trapeze.
 - b. Total Knee Arthroplasty (TKA):
 - 1) Check the alignment of affected extremity on CPM Mag roll machine. Avoid: external rotation of affected extremity and pressure on buttock/thigh and heel.
3. Progressive Activity:
 - a. See Associated Protocols for: Total Hip and Total Knee Arthroplasty Care of the Post-operative Patient
 - b. Assist patient with appropriate, safe use of adaptive equipment/assistive devices.
 - c. Reinforce Physical Therapy exercise regimen.
 - d. Encourage progressive independence with self-care and ADL's.

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PATIENT
TEACHING/
EDUCATION:

4. Skin Assessment: See Protocol for "Skin Care: Care of the Patient at Risk for or with Skin Breakdown".

1. See Teaching Plan for: Total Joint Replacement: Post-operative Care.
2. See Patient and Family Teaching Record for Total Joint Replacement

REPORTABLE
CONDITIONS:

Notify House Officer if:

1. THA:
 - a. Patient exhibits signs/symptoms of hip dislocation:
 - 1) Excessive or sudden increase in pain.
 - 2) Shortening of the affected extremity.
 - 3) Bulge over the femoral head of affected limb.
 - b. Patient unable to tolerate Progressive Activity Protocol.
2. TKA:
 - a. Patient complains of pain while in CPM machine.
 - b. Patient unable to tolerate Progressive Activity Protocol.

REFERENCES: Nursing Standards Committee
Medical-Surgical Standards Review

EFFECTIVE DATE: 3/88

REVISION DATES: 12/90, 2/94, 12/97, 9/03, 10/05