



# HOME HEALTH CARE for the ORTHOPEDIC PATIENT

## EXAMPLE DIAGNOSES

Total Joint Replacement • Osteoporosis  
Fractures/ORIF of Hip • Traumatic Injury  
Arthritis • Cancer • Paget's Disease  
Back Sprain/Strain

## SKILLED NURSING

Visit frequency determined by physician orders and assessment of patient's condition and needs.

*Services Provided:*

- Skilled Observation/Assessment/Evaluation of:
  - Signs/symptoms of complications/infection
  - Response to medication
  - Physical/mental limitations
  - Changes in activities of daily living
  - Coping mechanisms/advocacy needs
  - Environmental safety factors
- Procedures, Treatments as Prescribed:
  - Neuro signs/mental status
  - Venipuncture for lab, drug levels
  - Dressing changes and wound care
  - Suture/staple removal
  - Skeletal traction site care
  - Foley catheter changes/management
  - Suprapubic catheter changes/management
  - Administer medications: IM, IV, SC, etc.
  - Pain management
  - Bowel/bladder care
- Patient/Family Teaching of Care for:
  - Disease process – care management
  - Medication administration, side effects
  - Activity level/safety precautions

- Emergency procedures
- Skin care, turning, positioning, ROM
- Diet, bowl regime
- Dressing changes
- Cast care

- Management and Evaluation of the Care Plan for:
  - Prolonged/extended home health care need
  - Continued personal care service
  - Multiple services and caregivers for complicated/complex care
  - Terminal supportive care
  - High potential of changes for the at risk patient

## HOME HEALTH AIDE

Visit frequency based on patient's needs for assistance with activities of daily living/instrumental activities of daily living, physician orders and assessment by RN.

*Services Provided:*

- Bathing
- Dressing assist
- Grooming/hair care
- Oral care
- Toileting
- Transfers
- Ambulation
- Light meal preparation
- Routine exercises
- Medication reminders
- Cleaning patient care area
- Care of orthotic/prosthetic devices
- Reality orientation/communication assist

## Home Health Care for the Orthopedic Patient

### MEDICAL SOCIAL SERVICES

Counseling and intervention can be provided by the medical social worker when the home social dynamics affect the medical condition of the patient. Visit frequency determined by the patient's physical and social needs and physician's orders.

#### *Services Provided:*

- ❖ Psychosocial assessment/evaluation
- ❖ Financial assistance
- ❖ Counseling for long range planning
- ❖ Housing/nursing home placement
- ❖ Community resource planning
- ❖ Contingency/emergency care planning
- ❖ Brief therapy
- ❖ Crisis intervention

### OCCUPATIONAL THERAPY

Visit frequency based on patient's needs and physician orders for evaluation, treatment, and teaching.

#### *Services Provided:*

##### ➤ Therapy:

- Develop and implement therapeutic program to restore function
- Recommend assistive devices and train in their use
- Fabrication of splints
- Motor coordination
- Work modification and simplification
- Home modification for safety and accessibility

##### ➤ Teaching:

- Environmental safety measures
- Use and care of durable medical equipment
- Therapeutic adaptations
- Home modifications

### PHYSICAL THERAPY

Visit frequency based on assessment of patient's condition and needs and physician orders.

#### *Services Provided:*

##### ➤ Therapy:

- Assess rehabilitation needs/potential
- Develop a progressive on-going rehabilitation program
- Improve flexibility
- Transfer training
- Bed mobility
- Balance and coordination exercises
- Therapeutic exercises
- Gait training
- Range of motion
- Modalities for pain control, i.e. ultrasound, electrical stimulation, TENS
- Cold and hot packs to enhance tissue repair
- Home adaptation
- Traction

##### ➤ Teaching:

- Home maintenance program
- Transfer techniques
- Safety measures
- Equipment use
- Traction for home use
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### SPEECH THERAPY

Visit frequency based on assessment of patient's communication needs and physician's orders.

#### *Services Provided:*

##### ➤ Establish Communication Skills Program for:

- Language disorders
- Articulation
- Dysfluency
- Voice disorders
- Cognitively impaired
- Laryngectomies and glossectomies
- Design dysphagia treatment program
- Design aural rehabilitation program