



Case-Based Discussion – 13th September 2023 (Ref 322)

Discussion - Hip Replacements

Today's CBD was all about the hip: current protocols on post-operative rehabilitation, choosing the right techniques for your patients, and returning to work as a healthcare professional if you have had hip surgery yourself.

The topic was based on a case history involving a female patient with significant congenital bony abnormalities, with non-fusion of areas of the spine and pelvis, leading to widespread osteoarthritis, and significant pain. Of particular relevance to today's discussion was that, following the patient's hip replacement, the practitioner had inadvertently performed a leg tug, with the aim of treating the ipsilateral sacroiliac joint. Fortunately, there were no repercussions but it's a good opportunity to reflect on the treatment and management of patients following a hip replacement.

Rehabilitation protocol will depend on the type of hip replacement, for example anterior, posterior or lateral but generally it was agreed that crossing legs, squatting, and lying on the contralateral side of the affected hip would be contraindicated. Anecdotally, from those present, return to work varied from 3 to 8 weeks, but the hip is considered to be fully functioning after 3 months. A practitioner attending today's discussion had been advised, to "just walk" as the main focus of her rehabilitation, reminiscent of Eyal Lederman's philosophy that there is no cross-over between isolated strengthening exercises, and the activity itself.

Our discussion today probably raised more questions than answers; enough to warrant setting up a broadcast with a hip specialist, so watch this space !

Linking these cases with the OPS Themes

A – Communication and patient partnership

A1 You must listen to patients and respect their individuality, concerns and preferences. You must be polite and considerate with patients and treat them with dignity and courtesy.

A2 You must work in partnership with patients, adapting your communication approach to take into account their particular needs and supporting patients in expressing to you what is important to them.

A5 You must support patients in caring for themselves to improve and maintain their own health and wellbeing.

B - Knowledge, skills and performance

B1 You must have and be able to apply sufficient and appropriate knowledge and skills to support your work as an osteopath.

B2 – You must recognise and work within the limits of your training and competence

B3 You must keep your professional knowledge and skills up to date.

B4 – You must be able to analyse and reflect upon information related to your practice in order to enhance patient care.

C - Safety and quality in practice

C1 – You must be able to conduct an osteopathic patient evaluation and deliver safe, competent and appropriate osteopathic care to your patients

D – Professionalism

D10 You must consider the contributions of other health and care professionals, to optimise patient care.

Linking this case with the Chiropractic Code

Principle A – Put the health interests of the patient first

A1 Show respect, compassion, care by listening/acknowledging views decisions.

Principle C – Provide a good standard of clinical care and practice

C5 Develop, apply and document a plan of care in full agreement with the patient.

Principle E – Obtain informed consent for all aspects of patient care

E1 Share with the patient accurate, relevant and clear information to enable the patient to make informed decisions about their health needs and relevant care options. You must also take into consideration a patient's capacity to understand.

Principle F – Communicate properly and effectively with patients, colleagues and other healthcare professionals

F1 Explore care options, risks and benefits with patients, encouraging them to ask questions.

F3 Involve other healthcare professionals in discussions on patient's care, with the patient's consent, if this means the patient's health needs will be met more effectively.

Principle G – Maintain, develop and work within your professional knowledge and skills

G1 Keep your knowledge and skills up to date, taking part in relevant and regular learning and professional development activities that aim to maintain and develop your competence and improve your performance and the quality of your work.

G3 Recognise and work within the limits of your own knowledge, skills and competence.

G5 Refer to, or seek expertise from, other chiropractors or healthcare professionals, when needed.