

USING MULTIPLE STRATEGIES TO INCREASE THE CORRECTNESS
BED ACTIVITIES AFTER FEMERAL FRACTURE SURGERY PATIENT

Chen-Chan Kuo^{1,2}, Mei-Hsiu Chiu¹, Chiu-Tzu Lin¹

1. Linkou Chang-Gung Memorial Hospital, Taoyuan, Taiwan
2. National Taipei University of Nursing and Health Sciences, Taipei, Taiwan

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INTRODUCTION

The purpose of this project is to improve the correctness of bed movement for patients after femoral fracture surgery, thereby effectively reducing postoperative complications and mortality, The patients with femoral fractures commonly immobilized after surgery. It may result in pressure injury, muscle weakness of lower limbs, and increased the occurrence of falls.

AIM

- The 95.0% of accuracy rate of the patient’ s implementing bed activities after femoral fracture surgery.
- The 95.0% of accuracy rate of bed activities knowledge and the patient education completion by nursing staff.

RESULTS

- The results of the project demonstrated that the accuracy rate of the bed activities for patients with femoral fracture increased to 96.6%.
- The accuracy rate of bed movement cognition by nursing staff improved to 99.1% and the completion rate to 98.6%.

CONCLUSIONS

The use of the "My 9 Love Exercise" reminder sign enables three shifts of nurses to track and monitor together with physicians and physical therapists The correctness of bed movement of patients after operation has greatly increased the rate of correct movement in bed of patients with femoral fracture to 96.6%. " Educational training Plan" for Postoperative Bed Exercise are included in orthopedic professional training ;incorporated into the standard care process to improve team care. It is recommended from the results of this project that virtual reality teaching material could be applied to increase nursing staff to perform the patient bed movement education for improving the quality of care in the future.

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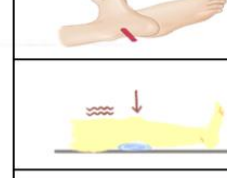
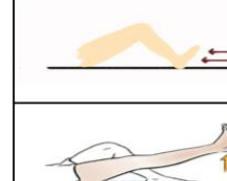
METHOD

- 1.Through the explanatory meeting to promote and explain the education and training of "Guidelines and standard procedures for bed exercise care for patients after femur fracture surgery "
- 2.Provide "bed exercise multimedia teaching plans for patients after femur fracture surgery" and arrange "bed exercise simulation teaching and competitions" to enhance Orthopedic nurses have a correct cognition of patients' bed movements after femur fracture surgery.
- 3.They help explain the importance and precautions of bed movements to patients and their families by "turning over the wooden doll" and "putting the foot (foot) diagonally.
- 4.Health Education leaflet "Exercise Secrets of Movement and Movement" to assist patients in understanding the steps of bed exercise, and record the progress of exercise to avoid forgetting.

一格代表該運動做20下，每天五回合，當磁鐵到達電池滿格即完成一天運動量

次數					
運動					

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運動項目	說明
	<翻身活動>每兩小時翻身活動一次 請病人翻轉上半身後，照顧者將雙手分別放在肩膀及腰部，協助翻身
	<足跟運動> 將足跟快速上下快速移動
	<雙側股四頭肌運動> 床上平躺後腳板往上翹，將膝蓋用力下壓碰至床面，默數5秒後放鬆
	<雙下肢彎曲運動> 在床上平躺後將膝蓋慢慢往上彎曲，來回滑動
	<健側直抬腿運動> 運用大腿力量，將腿伸直抬高30度，默數5秒後再慢慢放下

