PSYCHOSOCIAL IMPACT OF HIP FRACTURE AND TRANSITIONS IN CARE

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THE ROLE OF THE SOCIAL WORKER ON THE INTERDISCIPLINARY TEAM

• Address the emotional needs of patient and family

• Facilitate their transition to the next level of care
EMOTIONAL RESPONSES OF PATIENTS AND FAMILY MEMBERS
ELDERLY PATIENTS WITH HIP FRACTURES EXHIBIT COMMON EMOTIONAL RESPONSES
SELF BLAME AND GUILT

• “I’m stupid ... I should have been more careful.”

• “I’ll be a burden to my family.”
ANXIETY AND FEAR

• “Will I ever walk again?”

• “I don’t want to go to a nursing home.”

• “My sister Rose died after she had a hip fracture.”

• “How will George get along without me?”
SADNESS AND GRIEF

• “I’m afraid I’ll never go home.”

• “I can’t do anything by myself ... I even need help going to the bathroom.”

• “I have good memories, this is probably it.”
FAMILY MEMBERS ALSO FALL (APART)
GUILT

• “Why didn’t I check on Mom?”

• “Why didn’t I get more help for her?”

• “This is more than I can handle.”
FEAR

• “I’m afraid Dad will die in a nursing home.”

• “Dad made me promise I’d never put him in a nursing home.”

• “I’m afraid Dad will get depressed and give up.”
ANXIETY ABOUT CARE

• “WHERE will Mom go?”

• “How much will it cost? Mom only has Social Security.”

• “Who will take care of her?”
HOW CAN WE HELP?
- Listen! Listen! Listen!

- Help patient and family members identify and express feelings.

- Reassure them that their feelings are normal ... that it is okay to cry.
FIND OUT WHO THE PATIENT IS AS A PERSON

• What does he or she like?

• What has he or she done in the past?

• What does he or she want to get back to?

• Who are the important family members?
HELP THE PATIENT AND FAMILY MEMBERS REALIZE THEIR STRENGTHS

• Ask how they handled previous crises.

• Help patient and family members identify their coping strategies.

• Help patient and family members identify their strengths.
HELP PATIENT AND FAMILY MEMBERS IDENTIFY THEIR SUPPORT SYSTEM

• Extended family
• Friends
• Neighbors
• Spiritual communities
TRANSITION IN CARE
EXPLAIN TO THE PATIENT AND FAMILY
RECOMMENDATIONS FROM PHYSICIAN AND THERAPISTS FOR CONTINUED CARE
PRESENT OPTIONS AVAILABLE TO THE PATIENT AND FAMILY

- Skilled rehabilitation facility
- Hospital swing bed
- Home care
LISTEN TO CONCERNS OF THE PATIENT AND FAMILY

• “People die in nursing homes.”

• “People have to wait for hours for help in nursing homes.”

• “If I go to a nursing home, I will never get out.”
LISTEN TO AND ANSWER INFORMATIONAL QUESTIONS OF THE PATIENT AND FAMILY

- “Can I just go home from the hospital?”
- “Where can I go?”
- “How long will I have to stay there?”
- “How much will it cost?”
- “How much will insurance pay?”
EXPLAIN REHABILITATION TO THE PATIENT AND FAMILY

• Reframe skilled nursing facility
  – A rehabilitation program with
    • professional nurses
    • physical and occupational therapists and
    • social workers

• Acknowledge their fear of nursing homes, but make the distinction regarding specialized rehab programs.
• Explain option/availability of private rooms.

• Reiterate goal for patient to gain strength and mobility, and to return home.

• Acknowledge the possibility that extended care or assisted living may be needed at some point.
EXPLAIN RESOURCES TO THE PATIENT AND FAMILY

• Provide a list of skilled nursing facilities and hospitals providing skilled rehab.

• Provide a list of home care agencies.

• Explain Medicare and insurance coverage.
EXPLAIN REFERRAL PROCESS TO THE PATIENT AND FAMILY

• The social worker makes referrals and faxes the patient’s medical history, therapy notes, and insurance information to the patient’s preferred facilities.

• Skilled facility’s RN/SW will evaluate to determine if patient’s needs can be met and will then obtain insurance authorization.

• The social worker will continue to communicate closely with the patient and family regarding available options.
EXPLAIN TRANSITION TO THE PATIENT AND FAMILY

• Transportation issues and cost

• Medivan vs. family vehicle

• The hospital social worker will communicate with the rehab social worker regarding patient and family psychosocial needs.
RESOURCES WHICH MAY BE HELPFUL

• Website: geriatrics.unmc.edu
• Directory of skilled nursing facilities
• Directory of hospitals that provide skilled rehab in swing bed
• Directory of home care agencies
• List of area Offices on Aging
WHAT WE COVERED TODAY

• Importance of addressing the emotional needs of patients and family members

• Strategies for providing emotional support

• Community resources