

CRUTCHES IN WET

For

ORTHOPAEDIC CONDITIONS

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Health
Western Sydney
Local Health District

Birth of Concept

- Problem solving approach to self care.
- Fear of accessing wet areas – showers/toilet using crutches.
- An idea to change fear into independence.
- Personal trial with patients on surgical unit



Criteria:

- Touch Weight Bearing
- Partial Weight Bearing
- Non Weight Bearing



Safe ideas to

- INSTILL CONFIDENCE
- REDUCE FALLS
- BETTER COMPLIANCE
- REDUCE RE - PRESENTATION
- REDUCE HEALTH COSTS



Planned research protocol

- Evaluate & quantify patient need.
- Structure a program to fulfill the need.
- Follow up pts. post education & review benefit.
- Consider scope of project .
- Collect data & evaluate results
- Share with peers re: findings

