

Nursing Intervention for Improving Physical and Psychosocial Functioning after Hip Fracture in Older People

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Abstract

The nursing intervention for physical and psychosocial functioning in old people, after the hip fracture comes perseverance and the factors related to fear and the necessary critical elements for rehabilitation. This research aims to provide genuine and trending information to the patient that suffers from hip fracture. The research methodology used in this research is the structured methodology, including a quantitative approach and thematic analysis. The findings of this research paper involve several methods and ideas that are helpful for older people. From this study, the author has gained immense help about the role played by the nurses in the matter of aged people after fractures in hip. Thus, nursing intervention is helpful in the improvement of physical and psychosocial functioning for hip fractures in older people.

Keywords: nursing intervention, physical, psychosocial, functioning, hip fracture, rehabilitation therapy, personal care, osteoporotic fracture, Early mobilization, surgery, diagnosis, prognosis.

Introduction

Nursing interventions after facing a hip fracture for improving physical and psychosocial functioning in older adults are necessary for rehabilitation. It reduces the suffering of older people from hip fractures as surgery causes a decline in mobility and independence. The quality of life based on social and psychological factors comes with points of control, perseverance, and the strategy related to fear of failure is an essential part of the recovery from a hip fracture. The research aims to analyze the effective nursing interventions for improving physical and psychosocial functioning among older people after hip fractures.

Osteoporotic fracture is treated by the process of therapy that requires long-term physical activity, giving rise to the burden occurring based on psychological terms, and the patient suffers the pain in both the duration of physical and psychological levels [1]. The nursing interventions in terms of the psychological level, help to find the negative emotional reactions in people suffering from these kinds of serious problems. Nursing intervention for the reduction of people that suffer depression and anxiety and the improvement of the quality of life of old age patients through osteoporotic fracture is effective.

The nursing intervention for hip fracture patients introduces some of the physical and psychosocial elements that enable a person's point of view in a positive manner. It helps older people, through the aid of physical exercise, to achieve physical mobility and social coping skills. The author is going to depict the strategies that of physical intervention in the matter of early mobilization for aged adults. A vital role is played by therapy of physical rehabilitation after the fracture in the hip. The process of the effectiveness of this specific therapy in the case of the aged adults will be discussed in this context by the scholar.

Literature Review

Physical intervention strategies for early mobilization

The main aim of nursing care for older people with serious weakness after a hip fracture remains to reach optimum independence at the functional level. The people that recover have a percentage value of around 50% that recover from the pre-fracture function [2]. The negative experience of affected people continues, and it shows limitations in mobility in the daily activity and lifestyle of people. These limitations made an impactful contribution to the observation of an increase in falling, admissions of long-term care, and the rate of mortality after hip fracture.

Early mobilization includes walking, sitting and standing, sitting with a chair, and getting out of bed that strongly recommend through the guidelines. The bearing of weight gives relief to the patient that was bearing non-weight through the surgeon [3]. It also shows that the fracture was done as non-ambulant and raises the recovery rate. They also provide care for old age people in such a way that acquires their maximum functional independence and also creates a path to sustain their condition in a proper and arranged manner. The goal of mobility is to reduce the disability that arises from hip fractures. The practice of early mobilization is an important concept for optimal management activity with patients suffering from hip fractures. It also signifies that old age people get assistance in doing their daily physical activity. It also helps them to provide personal care for the mobilization that hinders them while suffering from hip fractures [4]. The mobilization for the older adults includes personal care along with the necessary key elements such as home physical therapy and stretching through exercise.

Importance of Physical Rehabilitation Therapy After Hip Fracture

Physical rehabilitation is the most important part after the hip fracture that helps to enhance the physical condition of patients. The therapist ensures care for the older patients and concludes the type of physical rehabilitation required for the specific patient according to the medical and physical condition after surgery [5]. The evaluation and treatment are done by the therapist who also checks the future possibilities of fracture. Physical therapists must guide their team members and the concerned patient in providing assistance through the assistive devices that help them with transfer and ambulation with the hip fracture.

Physical therapists make a massive contribution to assisting old people after hip fractures that involve a plan to ensure the safe transfer to the community through the hospital. The patient, after being discharged from the hospital, continues to feel some kind of impairment and functional defect concerning a hip fracture surgery. Physical therapy and in-home care with the relevant exercise help in improving the condition of patients. Physical therapy provides structured exercise that includes high-intensity resistive strength, functional mobility, and the bearing of weight to older people after hip fracture. The therapist also helps to moderate the case of risk factors that are involved in the steps of rehabilitation for the patient. Physical therapy helps to enhance upper body training with the addition of balancing and progressive resistance along with mobility training. The methods used for improving physical rehabilitation use electrical quadriceps that help in strengthening the condition of old age people. It also includes the diagnosis, prognosis, and assessment of the outcome for the patient. The physical exercise suggested by the therapist helps the old people to overcome the defects from the fracture and strengthen the hips and allows them to become mentally stable.

Nursing Intervention Methods for Psychosocial Improvements for Patients

The methods for the nursing Intervention for its psychosocial Improvement were randomly assigned to the EG or the CG [6]. The content of the education was based on the data that are provided in the literature review. These educational content includes oral explanations, the model of the action, and the distribution of the educational materials. The nursing plan is primarily a compensatory nursing system and a supportive education system [7]. The patients were regarded as the fracture indicators that were adjusted and supplemented the actual condition of each patient. The patient has to go under psychosocial support so they can manage themselves through their discomfort and negative emotions that are caused by the pain and other related issues.

The methods looked for an effective treatment that focuses on improving the daily activity of independence, such as interaction with the community and addressing that has psychosocial and social issues in recovering old people

from a hip fracture [8]. The methods implied are used to identify the studies that explain the involvement of people that have sustained a hip fracture.

The trials tested through the methods have nurse-led care that includes the planning of discharge and found evidence to define as death readmission and returned to the home after three months. The testing of the trials consists of the group education programs after coming from the hospital and the rehabilitation that has been provided, suggesting the transition in the middle of acute and community care. These methods help the psychosocial condition of the old adults through nursing intervention.

Methodology

This paper uses a structured methodology that is used for managing complex data. This structural methodology also helps to produce an accessible structure for the data of nursing intervention for the improvement of physical and psychosocial functioning after hip fracture. The paper also uses the idea of positivist philosophy that is used to adhere to the knowledge acquired from observation. It is used for gaining knowledge of nursing intervention for hip fractures for older people. The qualitative approach is used in this research paper for the data collection and analyzing its various aspects[9]. The qualitative approach is helpful for analyzing the improvement of physical and psychosocial treatments for hip fracture patients.

This paper develops hypotheses according to the data analysis. The deductive approach is used to study the various vital elements of nursing intervention.

The descriptive research design focuses on the information that describes the situation and condition of an issue. The descriptive research design helps to develop the improvement of nursing intervention. Secondary resources used in this research paper are collected from Google Scholar, Semantic Scholar, ProQuest, PubMed, and so on. The research paper uses probability sampling that helps the researcher to select resources randomly for the study of the physical and psychosocial functioning of hip fractures in old people. Furthermore, the paper includes the qualitative strategy of data analysis that is used for the critical elements of nursing intervention. The thematic analysis is used to emphasize and analysis of the data pattern, which is used to identify the important points for the nursing intervention.

Findings and Discussion

Psychological Effects and Challenges of older adults after hip Fractures

The bone fracture due to the fragility around the hip joint became a significant issue for the human body, and in old age, it became difficult. The project discussed patients who are older than 65 years with having a significant fracture in the hip joint. It affects the psychological part and demands challenges to face the patients. More senior people did not return to pre-fracture levels in their bodies, which affects the patients mentally. These people already have thoughts in their minds that they cannot do things by themselves. At this age, automatically, people get weak and emotional distress. Many older adults who were stable and fit lost their independence and mobility after the fracture—most frail patients devitalizing by pain and inability to serve themselves. The impermanency after hip fracture in the beginning thirty days remains high, and also it will take one year to be stable [10]. These accidents happen to accidental falls in their homes in old age, and fractures can occur without any previous problems. Hip fractures increase depressive symptomatology and also decrease participation in several activities. These major fractures will take a long time to recover, and in the case of aged people, it will take more time.

There are many disadvantages to these significant fractures, and it causes depression and gives birth to negativity in minds. Aged people are already disappointed, and these disorders of fractures are preparing more difficulties in their lives [11]. In this age, people get into trouble as the strength of their bodies is losing and the other organs are having problems also. Old age people are confused and getting low in self-independence. The outcome after the condition of the hip fracture surgery includes different types of disability of mental or psychological factors. The symptoms of depression increase gradually as the body deteriorates continuously, and there is no positivity around the patients. The psychological effects enlarge the territory, harming the patients and giving them boundaries to recover from the condition. Old adults are increasing negative vibes, and the effects on their physical recovery.

Physical Challenges and Effects of older people after hip Fractures

Hip fracture is a significant and critical fracture, among other fractures, that affects people to stand and walk. The most visibility of the disadvantages of hip fracture has been shown in the physical challenges. In the case of older people, it is more challenging than younger people, and it is effective for their bodies. The fractured bone carries the strength and stability of the body and depends on that people are standing and walking and doing things [12]. The human body's power and strength are lost as age. Aged adults are unable to do their own work and do not have the body strength to recover from their poor condition. People in this condition do not cooperate with anyone as they are devastated, which creates more difficulties with their health and activities. Nursing intervention is trying to help with this condition by applying many techniques [13]. The patients in the hospital are a privilege for the nurses as they can serve them directly and with all the necessary medical things are there that help with the required condition. Many old-age patients are trying to overcome the situation, and they are trying to be in the previous position. These things help themselves when the people are a positive mindset that helps to be positive physically.

Moreover, challenges are increasing gradually in this condition as the people cannot walk and do the formal things as others. These damaged the positivity and the healthy atmosphere of the patients. These days nursing intervention helps support and protect patients in old age. Some encouraging lessons and attractive sessions are changing the patients' minds and time [14]. Nurses are truly helping these people and guiding them in recovering from their poor condition.

Importance of Nursing Role in the Hip Fracture of older adults

Patients with hip fracture conditions need some maintenance and service to recover from the poor condition. The old people are more sensitive to these conditions as they are already in unhealthy condition for their age. The role of nursing intervention is much more essential and valuable for their recovery and stability [15]. Nurses are following different methods depending on different types of patients. The main focus is the people who are over 65 years and more than that. These people are having many issues with their bodies, and bone fracture makes it more difficult for old age people.

Age is betraying with the body as it grows, and that is the disadvantage of old age people. Nurses are helping and guide the patients with all medical support and activities that the patients require. The role of the nurses is essential in this time as they are cooperating completely with the patients. Old people are not worthy to understand the good and bad effects that can harm their bodies. Burses are trying to do all the necessary things with responsibility. The proper precautions, such as complete bed rest, use of sufficient personnel, and support of the fracture side with comfortable pillows and blankets.

Giving the proper medicines on time and exercising as per the requirements of the patients. Apart from that, the nursing intervention also provides home health services according to the patients[16].In the digital world, nursing intervention includes many software and applications to provide the necessary guidance to patients. These technologies are making these services more attractive and that helps and make the patients busy. The contribution of nursing Intervention in old adult people is valuable and helpful. The project has recognized the importance and the active role of nurses in caring for old people who are suffering from hip fractures. In the recovery process, the training and guidelines are having an impact that helps to be in the stable condition of the patients.

Discussion

It has been understood from the above findings that there has been a presence of impacts and challenges that are psychological of aged persons after the fractures in the hip. It has been understood that a considerable number of aged people cannot be capable of returning to the pre-fracture levels within their bodies. This results in a huge impact on the minds of the patients, and a thought arises within them that they will not be capable of doing anything further It has been analyzed that weakness appears within them along with emotional distress. Several disadvantages have been present to these specific fractures and from this, depression is caused, and negative thoughts take place in minds.

The aged individuals, after their hip fractures, have lost their strength and competency in doing both physical and mental work. Devastation arises within their minds, and they are not capable of cooperating with different people. It has been analyzed from the above findings that immense endeavors have been made by nurses for helping them out of this situation. This has been tried by the application of several techniques, and several aged individuals are attempting for overcoming the condition.

There has been great importance on the role of nurses in the fractures in the Hip of aged individuals. Providing appropriate medicines in the stipulated amount of time in accordance with the necessities of different patients is a major matter of concern for nurses. A lot of software, along with the applications, are included within the interventions of nursing within the advanced world. These provide a tremendous amount of help in acquiring essential guidance in the case of patients. There has been a huge impact of both pieces of training along with guidelines by which the patients are capable of being in stable condition.

Conclusion

It has been concluded from the above findings that there has been a necessity for nursing intervention in the matter of aged persons who have faced a fracture in their hip. The sufferings of people have been reduced to a great extent, and there has been an improvement of physical functioning in the middle of aged persons [17]. In addition to that, there has been an advancement in psychosocial functioning in the middle of aged individuals after fractures in the hip. There has been a presence of strategies of physical intervention in the case of early mobilization for ageing adults. This has been done fruitfully with the help of the nursing intervention. There has been great significance in the therapy of physical rehabilitation after a fracture in the hip. A lot of contributions have been made by physical therapists for assisting the aged people after fractures in the hip. There has been the involvement of a plan in this case for ensuring a protected transfer to a community with the help of the hospital. Different methods of nursing intervention are analyzed in this context and the author has used different methods to analyze nursing intervention for aged individuals for their improvement.

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