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## Effects of home exercise program with home visits after hip replacement: Systematic review

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The purpose of hip replacement is promoting the life quality of patients by eliminating pain, enhancing mobility and regaining functions. After hip replacement, knowing and implementing safe mobilization and exercise interventions in daily life activities is important in ensuring early mobility and enhancing physical adaptation. Patients are under supervision and guidance of healthcare professionals when hospitalized but after discharge exercise programs may be neglected or wrongly implemented. Studies emphasize that sustaining exercise programs by home exercise programs after hip replacement is effective in strengthening muscles, better functioning and minimizing complications. In this paper, studies focused on the effects of home exercise programs implemented during home visits after hip replacement on patients are reviewed. Pubmed (MEDLINE), Wiley Online Library, EBSCOhost databases (between 2005 and June 2015) were searched with keywords "hip replacement, home exercise program and home visit". Studies related to home exercise programs implemented during home visits after hip replacement in English were included in the study. 11 original articles were retrieved. The patients included in the studies were aged 60-94 years old. The length of home exercise programs in the studies were ranging from 2 weeks to 12 months. Home visits in 2 studies were limited to 8 and 20 times but they were executed daily on each day in other studies. In nearly all of the studies it is reported that patients completing the home exercise program were having improvements in physical functioning and daily life activities. One of the studies also reported that early recovery of daily life activities was observed with home exercise programs. Another study reported that all of the patients allocated to different intervention groups in home exercise program had exercised more regularly. Within the home exercise program, only three studies had environmental regulations regarding accommodation, training and assessment regarding safe mobilization and pain management. Reviewed studies suggest that home exercise programs implemented during home visits after hip replacement improve patients' physical functions and life quality. It is recommended that by home visits, environment of patients who had hip replacement and living at home in the society should be assessed and their motivation for home exercise program should be boosted.

### Biography

Özlem Özdemir has completed her PhD from Gülhane Military Medical Academy and Post-doctoral studies from Yıldırım Beyazıt University Department of Nursing. She has published 6 papers in reputed journals and serving as an Editorial Board Member of *Journal of Behavioral Health*.

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