

SETTING Hospital Rehabilitation Unit

PATIENT You are an elderly patient admitted for elective knee-reconstruction surgery several months ago after a two year wait. You decided to have the operation as you love playing golf, and wanted to preserve your quality of life. Unfortunately, after the operation, you got an infection in the wound, resulting in further operations over a few months. Each op resulted in your leg getting shorter. You are now much worse than before admission to hospital and feel depressed.

- TASK**
- When asked, explain why you had the op and why you feel like giving up. You see no point in these exercises.
 - Listen to what the treatment involves, and if necessary, ask how long it would \ take.
 - Will the therapy continue when you go home? Should you expect to be able to live independently, play golf again, etc.?
 - Will you always have to use a stick?
 - When asked, find out if the built-up shoe will be noticed by others? Will you walk normally with it?
 - Should all these things have an ill-effect on your back?

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PHYSIO This elderly patient was admitted for a knee operation several months ago. Unfortunately during the operation, the site was infected by a MRSA (methicillin-resistant staphylococcal aureus), which warranted several subsequent operations to remove segments of the tibia. The patient now has one leg shorter than the other. He/she is in Rehab and ready to commence physiotherapy and feeling quite depressed.

- TASK**
- Find out how the patient is feeling about physiotherapy.
 - Explain the treatment regime, prognosis, and what will happen after he/she returns home.
 - Assure the patient that independent living will be possible again.
 - Answer questions about the likelihood of returning to golf or walking without a stick.
 - Advise him/her of any additional therapeutic aids – e.g., built-up shoe, walking stick, and find out if the patient has any concerns about using these items.
 - Respond to the patient's concern about ill-effect on his/her back.
 - Encourage the patient to give the physiotherapy a try.