**Hip Fracture – Post-Surgical Recovery**

**EQ-5D Scores**

* **Before:** (Mobility: 3, Self-Care: 3, Usual Activities: 4, Pain/Discomfort: 1, Anxiety/Depression: 1)
* **After:** (Mobility: 3, Self-Care: 2, Usual Activities: 3, Pain/Discomfort: 3, Anxiety/Depression: 3)

**Issues & Progress**

1. **Hip Fracture: Post-Operative Recovery & Rehabilitation**
   * Underwent surgical fixation following a hip fracture. No post-op complications.
   * Early mobilization with physiotherapy; initially required full assistance with transfers.
   * Gradual improvement, now able to ambulate short distances with a walking frame.
   * Referred for outpatient rehabilitation to continue strength and mobility recovery.
2. **Post-Surgical Pain Management**
   * Initially reported severe pain at the surgical site, requiring opioid analgesia.
   * Pain gradually improved with multimodal analgesia, including paracetamol and NSAIDs (if tolerated).
   * Still experiencing discomfort on movement but managed with oral analgesics.
3. **Functional Decline in Self-Care and Daily Activities Post-Hip Fracture**
   * Previously independent in all activities; post-surgery, required assistance with dressing and personal hygiene.
   * Able to perform basic self-care with effort but struggles with lower body dressing.
   * Encouraged to continue practicing ADLs with assistance as needed.
4. **Post-Surgical Adjustment Disorder with Anxiety Related to Loss of Independence**
   * Expressed frustration with reliance on caregivers for mobility and self-care.
   * Moderate anxiety noted, especially regarding fall risk and long-term mobility.
   * Provided reassurance and emphasized rehabilitation progress.