



# GERDA - CHALLENGE

A transdisciplinary approach...

## LEARNING TO...

...use "The Arrow Model" in a Transdisciplinary approach to help Maria improving her quality of life wants to take back her former lifestyle.



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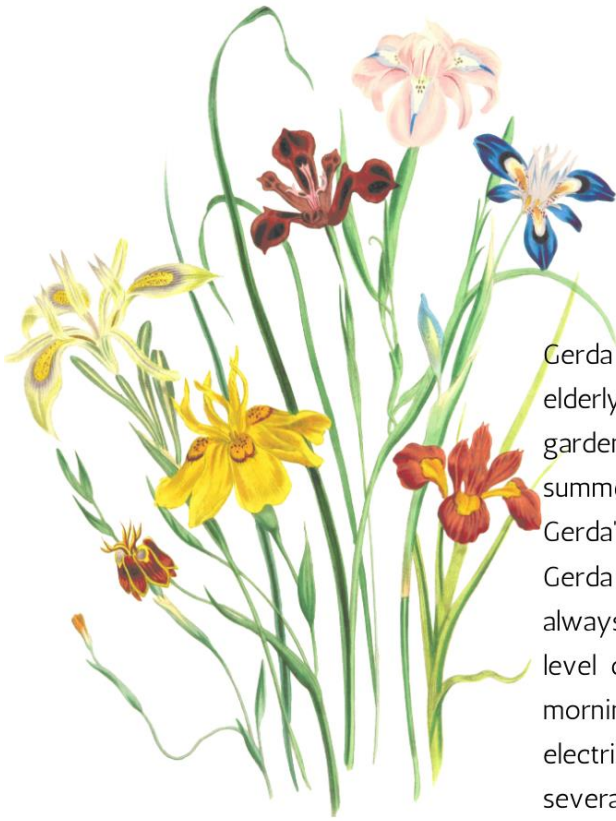
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## DISCHARGE TO HOME AFTER HIPALLOPLASTIK

*Gerda Hansen*



Gerda Hansen is 79 years old and lives alone in a small, elderly-friendly, single-storey terraced house with a small garden, which she enjoys tending and caring for during the summer months. Gerda's husband died five years ago. Gerda's daughter lives nearby and often visits her mother.

Gerda is 164 cm tall and weighs about 50 kg - she has always been slim, but with a good appetite. Gerda has a high level of function and goes to gymnastics every Thursday morning at the local community centre, where she rides her electric bike. She also cycles to the nearest Rema and shops several times a week.

Every Tuesday she meets with five friends in a knitting club. Together they also regularly go to concerts or cultural events.

Gerda is visited every two weeks by an SSA from home care who doses her medication. They always have a cup of coffee and a chat afterwards.

A few days ago, Gerda fell when she was taking her rubbish bag out to the bin. The tiles on the garden path are not completely flat. The fall caused Gerda to fracture her hip and she was rushed to hospital. X-rays show a femoral neck fracture close to the hip socket. Gerda therefore needs a new hip joint - a total hip replacement (hip alloplastic).

The operation went according to plan, but Gerda was hospitalised for 3 days afterwards due to hip pain and had difficulty mobilising and getting going in the morning. The pain is now under control and a discharge conference is planned.

Gerda is looking forward to going home and resuming her usual activities, but she is a little worried about whether this will be possible?





## Challenge

You need to organize a discharge conference that both contributes to Gerda's successful discharge from the hospital and ensures that her wishes are fulfilled in terms of her care. for the time ahead in her own home.

Remember, the goal of today's task is not to be so good at your own roles and tasks, knowledge, etc. but to work together to create as good and appropriate a process as possible with Gerda by using your different professional profiles, knowledge, etc.

In other words, you may have made a plan before going into the conference, but you may need to adjust it, choose a different approach, other focus areas or similar to make it as optimal, coherent and safe as possible for Gerda to come home. It is Gerda's needs that are at the center.

Translated with [www.DeepL.com/Translator](http://www.DeepL.com/Translator) (free version)



## Medication chart

<b>Basic information</b>	<b>Citizen:</b> Gerda Hansen	<b>Cpr.nr.:</b> 290846-5522
<b>CAVE:</b> None known	<b>Doctor:</b> Lægehuset Hofftoft	<b>Tel.:</b> 58261647
<b>Medicine storage:</b> The medicine is stored in a box in the home.	<b>Diagnoses:</b> Hypertension, Hip Replacement Right Hip	
<b>Pharmacy:</b> Egå Farmacy– the home care orders / Gerda picks up	<b>Impartiality:</b> Habil (30-09-23)	
<b>Note:</b> Remember to reconcile the information on the medication card with the FMK		<b>Life-prolonging treatment:</b> Hasn't made a decision

Preparation	Indication	Prescribing	Strength	At 08.00	12.00	At 18.00	At 22.00	Remark
Tbl. Toilax® Bisacodol	Constipation	5 mg	5 mg	1				
Tbl. Unikalk Forte with vitamin D	Calcium deficiency	2 tbl. a day		1		1		
Tbl. Panodil® Paracetamol	Muscle pain	1000 mg 4 a day	500 mg tablet	2	2	2	2	Must be crushed
Tbl. Morphine "DAK" Morphine	Postoperative pain	30 mg 4 a day	30 mg	1	1	1	1	
Inj. Fragmin® Dalteparin	Thrombosis prophylaxis	5,000 EI	5,000 EI	1				Give s.c. in the abdomen Give for 5 days postoperatively.
Tbl. Multivatamine	Vitamin supplements	1 tbl. A day		1				
Tbl. Ipre® Ibuprofen	Postoperative pain	400 mg x 4 a day	400 mg	1	1	1	1	



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P.N. Medicine				
Preparation	Indication	Prescribing	Strength	Remark
Powder Movicol®	Constipation	1 letter if needed		Must be mixed with liquid



ICF model:

