

# News Release

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## Rapid recovery for hip patients

Hip replacement patients at Dorset County Hospital are now able to get up and about and return home within a few days thanks to a rapid recovery programme.

Led by Consultant Orthopaedic Surgeon Mr Peter Ward, the Rapid Hip Programme has been developed to allow most patients to be safely discharged within three or four days. Sometimes patients are ready to go home in just one or two days.

Mrs Susan Fuhrmann, 57, from Weymouth, was up and walking just four hours after her hip replacement operation and discharged home the next day.

She said she was amazed at how quickly she recovered and wants to reassure others facing the same surgery: "Hip replacement surgery is a major operation and people may worry that they will be out of action for weeks afterwards. But I came in for my operation one day and was home the next.

"The day I had it done I was able to walk around the nurses' station on the ward and by the next day I was ready to go home, it was fantastic. Three or four days later I was walking without crutches and now I'm driving again.

"Mr Ward is a fantastic surgeon and the whole experience has been really brilliant.

"The pain I was living with before my operation was unbelievable, it was impacting on every aspect of my life. This hip replacement has given me my life back."

Mr Ward said team work made a swift recovery for patients possible: "A team approach, with the patient at the centre, involving physiotherapists, occupational therapists and the nursing staff is essential.

"Our figures continue to improve. In May our patients were in hospital for an average of three days. Earlier mobilisation is safer practice, benefiting all involved.

"In recent years lengths of stay have fallen but new drives concentrating on patient education and expectations linked to changing anaesthetic and nursing practice allows remarkably short stays after major surgery.

"With an organised approach and well motivated patients we hope to see more and more hip and knee replacement patients achieving very early discharge.

“Mrs Fuhrmann is an excellent example of what can be achieved and is a fantastic role model for future patients.”

**ENDS**

**PHOTO: Mrs Susan Fuhrmann with Consultant Orthopaedic Surgeon Mr Peter Ward following her hip replacement operation.**

**For more information please contact Communications Manager Susie Palmer on 01305 254683, [susie.palmer@dchft.nhs.uk](mailto:susie.palmer@dchft.nhs.uk), Mon to Fri, 9.30am to 2.30pm. Outside of these hours you can contact the Chief Executive’s Office on 01305 254645.**