



Management in rehabilitation after major surgery (TKR, THR, TAR) in haemophilic patients: a multidisciplinary organization.

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Since 2003 "Domus Salutis" Rehabilitation Hospital, of Foundation Teresa Camplani in Brescia (Italy), has developed a specific program that has been refined in over fourteen years, by health workers training and by the skills of professional rehabilitators in the field of haemophilia's management. These multidisciplinary activities have conducted to rehabilitate successfully 232 inpatients with Haemophilia (PWH), coming from every part of Italy (Figure).



PWH arrive to our Hospital few days (4-5 days) after THR, TKR or TAR. They start immediately the rehabilitation treatment after medical evaluation of the general and mobility conditions. The hematologists previously established the dosage of the unit of clotting factors and we follow their indications. Every week the values of the CF is occurred by the measure of level before and after intravenous administration of the drug.

The nursing staff evaluates the best approach to intravenous treatment by selecting the most suitable device (PVC, MIDLINE, PICC). If necessary, the patient (also with "inhibitor") is spurred on the self-administration of clotting factors.

Rehabilitation treatment starts with a "dry period" in the gym and goes on, if the skin is in good condition, with a "wet period" in the swimming pool, with water at 32-33°C (89,6-91,4°F).

The surgical wound is cleaned and dressed every 3 days. The VAS scale, for the evaluation of pain, is applied several times each day. Within 2-3 days since the hospitalization, we test the blood flow through blood vessels with extensive Doppler ultrasound of the lower limbs to exclude venous thrombosis or the presence of pseudoaneurysm (in TKR).

After 14 days (THR) or after 18-20 (TKR) surgical staples are removed. The hospitalization lasts three weeks, on average. At discharge the physiatrist and the physiotherapist give instructions to the patient about the best exercises and motor activities to do at home.