



HipSaver Hip Protector Program Implementation

Identify candidates to wear HipSaver hip protector:

- Osteoporosis (T-score)
- Positive fall history
- History of fracture
- High risk of falls (unsteady gait, Alzheimer's/dementia, Parkinson's, polypharmacy)

Needs assessment:

Determine which model is best suited for each resident

Considerations: Male/female, toileting ability, degree of continence or incontinence, amount of help needed for dressing, likelihood of backward fall, degree of manual dexterity

Print out and use the information on the Models Chart to help you assess the best model to suit your resident's needs

Measure for size:

With a tape measure, measure around the widest part of the resident's hips. Take the measurement over top of incontinence briefs if the resident wears them some or all of the time. Use the chart at right to determine the correct size.

Hip Measurement Inches	Size	Hip Measurement Centimeters
28 – 32	XS	71 – 81
32 – 36	S	81 – 92
36 – 40	M	92 – 102
40 – 45	L	102 – 114
45 – 51	XL	114 – 129
51 – 57	XXL	129 – 145

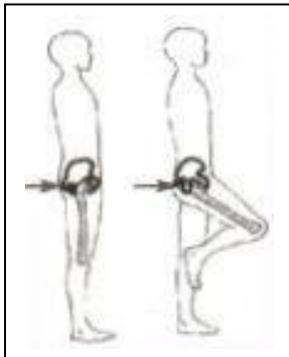
Determine the number of units per resident:

The recommended minimum is 4 units per resident. Consult with laundry regarding wash cycles. Consider how long resident will be without their HipSavers. Residents should wear HipSavers all day, every day and while sleeping. Falls can occur at any time.

Educate & encourage compliance:

Educate residents and family about serious consequences of hip fracture, note that wearing HipSavers may allow less restraint, more freedom to move about. Demonstrate the softness and comfort of HipSavers. Encourage to wear all day and while sleeping. **Where appropriate, obtain family approval for HipSaver purchase.**

Call 1-888-771-0977, **fax** 1-519-235-3287 or **visit** www.hipsaver.ca to place your HipSaver order.



Ensure proper fit and placement of pads:

HipSaver hip protectors are designed to position a cushioning pad over the hip bone (trochanter). Here is how to determine the location of the hip bone.

The hip bone is actually the top of the thigh bone and is shaped similar to a small light bulb. You can feel this bony ball by placing your fingertips on the side of the hip and while raising the knee slightly, noting the movement of the underlying bone. This is not to be confused with the pelvic bone which is higher, more toward the front and does not move when the knee is raised. Fit should be snug to insure proper pad placement.

Label: Label the HipSaver with the resident's name.

On-going & follow-up:

- Add "HipSaver Wearer" to treatment chart
- Train clinical staff
- Keep records of falls and injuries

Support: Call HipSaver Canada at 1-888-771-0977 for answers to your questions or to discuss any issues

Wash care: HipSavers are designed to be washed and dried in high temperatures (250°F). Very little special instruction is needed. Bleach may be used on HipSavers in limited amounts for short periods of time (ie: infection control issue) and we recommend removing HipSavers from the dryer immediately after drying.