

30 August 2016

## Recommendation by the Council for Choices in Health Care in Finland (CO-HERE Finland): Rehabilitation after hip fracture surgery

<b>Recommendation clause</b>	Multi-professional, goal-oriented rehabilitation that activates the patient after hip fracture surgery is part of the range of health services financed from public funds in Finland.	
<b>Grounds</b>	<b>Seriousness of the health issue</b>	About 6,500 new hip fractures occur every year. A hip fracture significantly endangers the patient's ability to cope with everyday life and increases the risk of needing long-term help or institutional care, as well as mortality.
	<b>Impact</b>	Multi-professional rehabilitation that activates the patient speeds up and increases discharges from hospital after surgery and reduces mortality. Systematic rehabilitation that activates the patient, starting in hospital and continuing at home, reduces the need for long-term help and the need for health and social services.
	<b>Safety</b>	Multi-professional rehabilitation is not considered to have any health risks.
	<b>Cost</b>	Rehabilitation after hip fracture is a multiphase process that requires appropriate allocation of resources. Savings are created when several different factors are timed correctly. Despite the possible increase in the need for resources initially, it is likely that there will be considerable savings in both health and social services. However, it is not possible to estimate the savings reliably at a national level.
	<b>Ethical viewpoints</b>	The rehabilitation practice, which has proved to be effective, is currently not realised equally everywhere in Finland. Compared with usual rehabilitation, no particular ethical problems are related to the practical implementation of multi-professional rehabilitation, and individual needs can be paid attention to better.
<b>Background information and references</b>	More detailed justifications and reference information can be found in the background memorandum of the Council's division for musculoskeletal diseases: <a href="#">"Lonkkamurtuman leikkaushoidon jälkeinen kuntoutus"</a>	

