

**Short Communication**
**Open Access**

## Hip Surgery Recovery

Paul T E Cusack

DULE 23 Park Ave. Saint John, NB E2J 1R2 Canada

**\*Corresponding author**

Paul T E Cusack, BScE, DULE 23 Park Ave. Saint John, NB E2J 1R2 Canada. E-mail: St-michael@hotmail.com

**Received:** June 09, 2021; **Accepted:** June 21, 2021; **Published:** June 23, 2021

An elderly patient I know all too well fell and broke his hip while doing yard work at the age of 89. He tripped over a hose. Doing yard work kept him amazingly healthy up until then. He would work outdoor 16 hours a day improving his property. He lived for it. He was no typical 89 year old.

Immediately after fall, he dragged himself into the basement of the house. There he lay for about an hour before he was finally discovered. The police were called as well as paramedics and other family members. Unfortunately, he refused to go to the hospital. He has a schizoid personality. Being around other people makes him nervous. There was no way he was going to the hospital for the broken leg. And the police and paramedics granted his wish.

He was left on a couch upstairs. As the night wore on, he beamed delusional probably from the pain. Finally, a family member insisted that the paramedics take him to the hospital. The police had to physically force him onto the gurney. They hurt his back, he complained.

Next, of course, was hip surgery. After the surgery, he was on morphine for pain migration. He was conscious but was delusional. After a few moths stay in Orthopedics, he was transferred from the research hospital to a long-term care hospital. There they had physiotherapy on site. The patient refused to participate stating that that the Physiotherapists were “not qualified”, and that you have to “do exercise every day, not every 2 days.” Respecting his wishes, no one forced him to go to physiotherapy. Because we were in Canada, there was zero cost to have done physiotherapy. Eventually, the patient was transferred to a nursing home where he gets long term care.

He can barely walk. In fact, he spends almost 24 hours a day lying in bed. He has a walk but cannot really use it lately. It’s all because he would not do physiotherapy when he had his chance. He is deteriorating rapidly now. He may have lived years longer if he had simply tried the physiotherapy. His stubbornness got the better of him. If a nurse with a strong will had tried to get him to physio, he would have resisted more. Patients who are lowly educated do not trust those with professional training. They think someone is trying to take advantage of them.

In retrospect, I do not think anything more could have been done for him. He talks of suing the police officers for putting him in the

hospital in the first place. Unfortunately for all those involved, it was a bad situation with a difficult patient. He was his own worst enemy. The old saying holds true: “You can lead a horse to water, but you can’t make him drink it.”

**Copyright:** ©2021 Paul T E Cusack. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.