



## **HipSaver® Hip Protector Suggested Institutional Programme 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, other)
- **Needs assessment:** Determine which model is best suited for each resident  
**Points to Consider:** Male/female, toileting ability/degree of continence or incontinence, amount of help needed for dressing, likelihood of backward fall, degree of manual dexterity
- **Use the information on styles and sizes of HipSavers to help you choose the best model to suit your resident's needs**
- **Measure for size**  
Use the tape measure to establish correct size – measure around the widest part of the resident's hips – the trochanteric area. Use the HipSaver size chart to determine the correct size.
- **Determine number of units per resident**  
The recommended minimum is 3 - 4 undergarments per resident.  
Consult with laundry regarding washing routine.  
Consider how long a resident will be without a HipSaver protection if there are not sufficient clean items always available. Residents should wear HipSavers all day every day and during the nights as falls can occur at any time – many happen at night.
- **Proper fitment and placement of pads**  
HipSaver hip protectors are designed to position a cushioning pad over the trochanter. The pads are sewn in permanently and cannot be removed.

05/03/2003

- **Label**  
Label each HipSaver with the user's name.
- **Educate & encourage compliance**  
Educate residents, care staff and family about serious consequences of falls and hip fractures. Point out that wearing HipSavers may allow less restraint, more freedom to move about and more confidence in keeping mobile, fit and healthier. Demonstrate the softness and comfort of HipSavers. Encourage to wear all day and while sleeping.
- **On-going & follow-up**  
Note "HipSaver Wearer" on resident's treatment chart and include in patient notes. Keep staff well informed and seek their active participation. Keep records of falls and injuries.
- **Washing and care**  
HipSavers are designed to be washed and dried in very high temperatures as specified by institutional laundry regulations. Bleach should not be used on HipSavers due to some lycra content in the undergarment fabric. Tumble drying should always be finished with a short cooling cycle. Clean and dry HipSavers should be removed from the drier immediately and stored appropriately before next use.
- **HipSaver Support**

**Call Win Health on 01835 864866 for answers to your questions or to discuss any relevant issues.**

**© Win Health Ltd. 2003**