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Home Health Care Checklist for Total Knee Replacement Patients

Undergoing a total knee replacement is a significant milestone in your journey toward improved mobility and a better quality of life. Preparing for this procedure, both physically and emotionally, is essential for ensuring a smooth recovery. This checklist has been created with your well-being in mind, offering practical steps to prepare your home, plan for your nutrition, and coordinate support from caregivers.

Our aim is to help you focus on your healing while feeling safe, supported, and empowered every step of the way. With the right preparation and resources, you'll be on your way to regaining your strength and independence. If you're based in Quezon City, we've also included key local resources to assist you before and after your surgery.

I. Home Preparation for Safety

1. Living Area Adjustments:

- Rearrange furniture to create clear pathways for walking.
- Ensure frequently used items are at waist level to avoid bending or reaching.
- Remove tripping hazards such as rugs, cords, or clutter.

2. Bathroom Modifications:

- Install grab bars in the shower and near the toilet.
- Place a non-slip mat in the shower and near the sink.
- Use a raised toilet seat for ease of sitting and standing.

3. Bedroom Setup:

- Ensure the bed is at a comfortable height to avoid strain.
- Place a nightstand nearby with essentials (water, phone, medications).
- Use nightlights to illuminate the path to the bathroom.

4. Kitchen Organization:

- Store frequently used items on lower shelves within easy reach.
- Prepare and freeze meals ahead of surgery for convenience.

5. **Assistive Devices:**

- Arrange for a walker or crutches as prescribed.
- Consider a shower chair and long-handled sponge for hygiene needs.
- Purchase a reacher tool to grab items without bending.

II. Diet and Nutrition

1. **Pre-Surgery Nutrition:**

- Focus on a balanced diet rich in protein, vitamins (A, C, D), and minerals (calcium, zinc).
- Increase intake of green leafy vegetables, lean proteins, dairy, and whole grains.
- Stay hydrated by drinking at least 8 glasses of water daily.

2. **Post-Surgery Nutrition:**

- Include anti-inflammatory foods such as fish, nuts, and olive oil.
- Avoid processed and high-sodium foods to reduce swelling.
- Maintain adequate fiber intake to prevent constipation from pain medications.

III. Emotional and Mental Support from Caregivers

1. **Emotional Support:**

- Provide reassurance and encouragement throughout the recovery journey.
- Be patient and listen to the patient's concerns and fears.
- Encourage participation in relaxation techniques such as deep breathing or meditation.

2. **Mental Stimulation:**

- Engage the patient in light activities (e.g., puzzles, books, or TV) to prevent boredom.
- Encourage setting small, realistic goals for daily improvement.

3. **Motivational Support:**

- Celebrate small milestones (e.g., increased mobility, reduced pain).
- Encourage adherence to physical therapy and exercise routines.

IV. Physical Support from Caregivers

1. **Assistance with Mobility:**

- Help the patient with walking, transferring, and using assistive devices.
- Monitor the patient's gait and balance to prevent falls.

2. **Hygiene and Dressing:**

- Assist with bathing, dressing, and maintaining cleanliness as needed.
- Encourage independence while providing help when necessary.

3. **Exercise and Physical Therapy:**

- Support the patient in performing prescribed exercises.
- Ensure the patient attends all physical therapy sessions.

V. Medication Management

1. **Pre-Organize Medications:**

- Use a pill organizer to ensure correct dosage and timing.
- Maintain a clear list of prescribed medications, including pain relievers, blood thinners, and antibiotics.

2. **Monitor Side Effects:**

- Watch for signs of adverse reactions such as excessive bleeding, dizziness, or nausea.
- Report any concerns promptly to the healthcare provider.

VI. Health Observation

1. **Monitor Recovery Progress:**

- Watch for signs of infection (e.g., redness, swelling, fever).
- Track the patient's pain levels and mobility improvements.

2. **Encourage Follow-Up Care:**

- Ensure the patient attends scheduled follow-up appointments.
- Keep records of any questions or issues to discuss with the healthcare provider.

VII. Key Contacts and Resources in Quezon City, Philippines

1. **Hospitals and Emergency Care:**

- **Providence Hospital Inc.**

Address: 1515 Quezon Avenue, West Triangle, Quezon City

Contact: (02) 8558-6999

Services: General hospital services, emergency care, and specialized medical services.

2. **Physical Therapy and Rehabilitation Clinics:**

- **Physioworks Physical Therapy Clinic**

Address: 2nd Floor, Unit S-08, Il Terrazzo Mall, Tomas Morato Avenue corner Scout Madriñan Street, South Triangle, Quezon City

Contact: (02) 8351-1044 / (0956) 462-9237

Services: Physical therapy, rehabilitation programs, and personalized exercise plans.

3. Home Care Services:

- **God's Grace Home Care Center**

Address: 10 Don Miguel Street, Don Antonio Heights Subdivision (South Gate), Brgy. Holy Spirit, Quezon City, Philippines, 1127

Telephone: (02) 7729-3815

Mobile: 0918-947-3016 / 0919-095-5410 (Smart/Viber/WhatsApp)

Mobile: 0966-200-0733 / 0977-806-2685 (Globe/Viber)

Email: gghcc.healthcare@gmail.com

Website: <https://godsgracehomecarecenter.com/>

- **Home Health Care**

Services: Private duty caregivers, nurses, and home health services

Globe: 0927-059-1468

Smart: 0922-833-8994

Email: info@homehealthcareph.com

Website: <https://homehealthcare.com.ph/>

- **Blessed Family Home Care**

Address: No. 48 Atty. Pat Senador Sr., Brgy. San Antonio, San Francisco del Monte, Quezon City

Telephone: (02) 8709-7354

Mobile: 0917-630-8142 (Globe) / 0939-920-6438 (Smart)

Email: blessedfamilyhomecare@yahoo.com.ph

Website: <https://ablessedfamilyhomecare.com/>

Healing begins at home, and preparing yourself for a successful recovery is the first step toward achieving it. Taking an active role in your own healing journey not only makes the process more meaningful but also helps pave the way for smoother progress. I believe that with your dedication and commitment, coupled with the benefits of the surgery, we can look forward to remarkable improvements in the days and weeks ahead. Together, let's make this recovery journey both rewarding and empowering.

Sincerely,



Lou Mervyn Tec, MD DPBO FPOA

Orthopedic Surgery

Hand and Microvascular Surgery

Hips and Knees Preservation, Replacement and Revision