Management of Joint Contractures in Enaya Specialized Care Centre

Background/Purpose

In Enaya 80% of the residents are totally dependent, 73% of whom have neurological deficits. It was identified that 43% of these residents had preexisting contractures and 27% had limitation in joint movement at various degrees. Contractures result in increased morbidity due to increased pain, skin breakdown, infection, decreased hygiene and increased ADL dependence.

Goals / Objectives

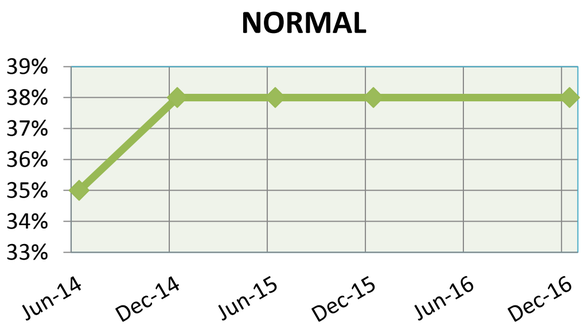
1. To prevent contractures and limitation of range of movement in residents with normal range of movement for 2016/2017.
2. To maintain the available range of movement for the residents who have already developed contractures and/or limitation of movement for the 2016/2017.

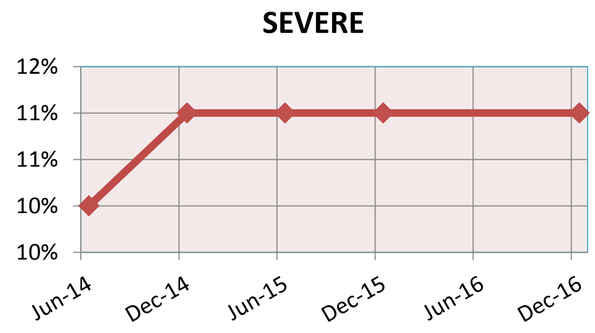
Methods

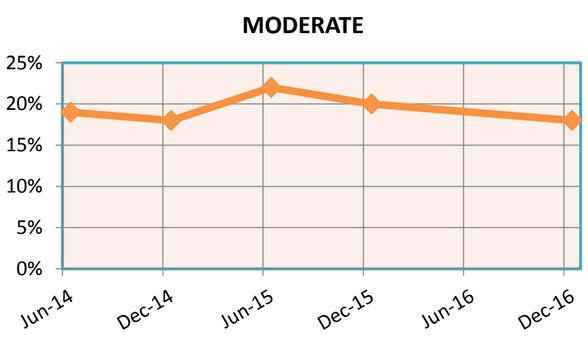
- Creating awareness among nursing staff about the essentials of range of motion during routine positional change for bed bound residents, to prevent contractures and to reduce hypertonicity of muscles.
- Discussing contracture management as a priority in Case Conferences with the Multidisciplinary team.
- Collaborating with the facility administration along with Seating and Mobility Services (SAMS) to provide appropriate and adequate wheel chairs for the residents to initiate seating and facilitate residents having therapy in the gym.
- Incorporating various therapeutic techniques like providing passive range of motion exercises. This is done manually and through Motomed cycle, gentle stretching, sensory stimulation to reduce hypertonicity, relax muscles and improve joint integrity.
- Implementing the use of appropriate sleep kit pieces to maintain the available range of motion.
- To conduct yearly reassessments of joint range of motion

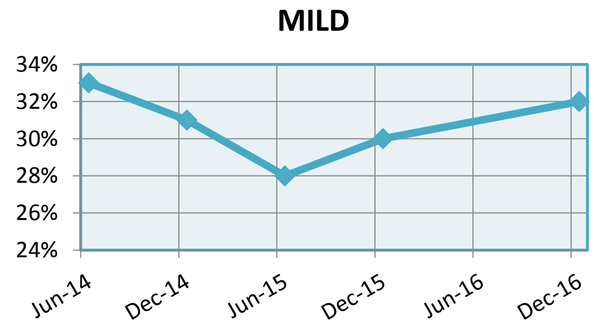
Results

A significant improvement was noted in all major joints initially in 2014 and it has been maintained consistently. The decline in percentage for mild, moderate and severe grades of contractures indicated an improvement or maintenance in ROM. Graph i, **ii, iii**, iv shows the comparison level of contractures on bi-annual basis and annually since 2016.









	Jun-14	Dec-14	Jun-15	Dec-15	Dec-16
NORMAL	35%	38%	38%	38%	38%
MILD	33%	31%	28%	30%	32%
MODERATE	19%	18%	22%	20%	18%
SEVERE	10%	11%	11%	11%	11%

CONCLUSIONS:

- Integrated approach of a multidisciplinary team has led to efficient management of contractures. Continuity of care, which is the greatest challenge in Long term Care has been addressed by MDT Teamwork.
- Application of appropriate positioning devices in bed, seating equipment and regular therapy leads to decline in severity of contracture as well as maintains/improves ROM.

NEXT STEPS:

1. . This being an ongoing project, treatment techniques used in this study will be extended to current and future residents admitted in the facility.
2. To continue with annual assessments in order to monitor the progress/ maintenance of contracture level.

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