



Hip protectors

<https://libcat.nshealth.ca/en/permalink/chpams37526>

Available Online: View Pamphlet

Corporate Author: Nova Scotia Health Authority. Western Zone. Falls and Injury Reduction.

Place of Publication: Halifax, NS

Publisher: Nova Scotia Health Authority

Date of Publication: 2022

Format: Pamphlet

Language: English

Physical Description: 1 electronic document ([6] p.) : digital, PDF file

Subjects (MeSH): Accident Prevention
Accidental Falls - prevention & control
Hip Injuries - prevention & control

Subjects (LCSH): Accidents--Prevention
Falls (Accidents)
Hip joint

Specialty: Muscoskeletal System

Abstract: Hip protectors are plastic shields or foam pads used to protect the hip area. Why hip protectors are needed as well as how to use them are reviewed. A size measurement chart is included. Ask your occupational therapist or physiotherapist if hip protectors are right for you.

Responsibility: Prepared by: Falls and Injury Reduction, Western Zone

Pamphlet Number: 2248



Negative pressure wound closure therapy : a portable system for advanced wound healing

<https://libcat.nshealth.ca/en/permalink/chpams35942>

Available Online: View Pamphlet

Corporate Author: Nova Scotia Health Authority. QEII. Orthopedic Clinic

Place of Publication: Halifax, NS

Publisher: Nova Scotia Health Authority

Date of Publication: 2021

Format: Pamphlet

Language: English

Physical Description: 1 electronic document (8 p.): digital, PDF file

Subjects (MeSH): Negative-Pressure Wound Therapy
Wound Closure Techniques

Subjects (LCSH): Wound healing

Specialty: Musculoskeletal System

Abstract: Negative pressure wound closure therapy is a portable (you can carry it with you) machine that uses controlled negative pressure (like a vacuum) to help heal wounds. This pamphlet answers common questions about using this therapy. Topics include safety at home, what the therapy feels like, moving around, bathing, how long to use the machine each day, dressing changes, and what to do if you are admitted to the hospital. What to do if the machine alarms, things to watch for, and when to contact a health care provider are also included.

Notes: previous title: Negative Pressure Wound Closure Therapy

Responsibility: Prepared by: Orthopedic Clinic

Pamphlet Number: 1221



Pressure injury (ulcer) prevention

<https://libcat.nshealth.ca/en/permalink/chpams35560>

Available Online: View Pamphlet

Corporate Author: Nova Scotia Health Authority. Wound Care Committee

Alternate Title: Bed sore prevention

Place of Publication: Halifax, NS

Publisher: Nova Scotia Health Authority

Date of Publication: 2022

Format: Pamphlet

Language: English

Physical Description: 1 electronic document (6 p.): digital, PDF file

Subjects (MeSH): Pressure Ulcer

Subjects (LCSH): Bedsores

Specialty: Muscoskeletal System

Abstract: A pressure injury is an injury to the skin and the tissue under the skin. This pamphlet explains what causes pressure injuries, and what you and your health care team can do to help prevent pressure injuries. A list of symptoms that you should tell your nurse or another member of your health care team about is included. The French version of this pamphlet 1795, "Prévention des plaies de pression", is also available.

Notes: Previous title: Pressure ulcer (bed sore) prevention

Responsibility: Prepared by: Nova Scotia Health Wound Care Committee

Pamphlet Number: 1582



Top things you can do for your arthritis

<https://libcat.nshealth.ca/en/permalink/chpams36712>

Available Online: View Pamphlet

Corporate Author: Nova Scotia Health Authority. Orthopedic Assessment Clinic Teams

Place of Publication: Halifax, NS

Publisher: Nova Scotia Health Authority

Date of Publication: 2020

Format: Pamphlet

Language: English

Physical Description: 1 electronic document ([2] p.) : digital, PDF file

Subjects (MeSH): Arthritis

Subjects (LCSH): Arthritis

Specialty: Muscoskeletal System

Abstract: Arthritis affects many people, and it is becoming more common. It can cause pain and affect your mobility (movement), keeping you from doing the things you want to do. This pamphlet provides the top nine things you can do to help better manage your pain and improve your function.

Responsibility: Prepared by: NSH's Orthopedic Assessment Clinic Teams

Pamphlet Number: 2020