

## OASIS Alert

### Strategy: Build Confidence To Improve Hip Fracture Therapy

You can help patients "work through their fear of falling" in the following ways, says **Kate Brewer** of **Greenfield Rehabilitation Agency Inc.** in Greenfield, Wis.:

- Listen and acknowledge. Let them know you understand their fear.
- Build their confidence. Review the progress they have made in therapy, and reinforce that they have gained strength and have the tools to regain their independence.
- Increase awareness. Ensure patients are aware of their surroundings, to prevent further injury.
- Celebrate success. "When patients are fearful, praise can help them increase their confidence and conquer their fear," Brewer says.