

The Occupational Therapy Intervention in elderly people at orthopedic trauma infirmaries.

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Introduction- Fractures, especially the proximal femur fractures, are one of the great concerns about ageing, hospitalization, functional decline and death.

Objective: Describe the intervention of the Occupational Therapy at the infirmary in a reference hospital, contributing to the rehabilitation process after orthopedic trauma.

Description: The trauma center at INTO, public institution bound to Brazilian Unified *Health System (SUS)*, consists of 10 beds for patients older than 60 years who suffered fractures. Proximal femur fracture is the most frequent event. Occupational Therapy intervention occurs in pre and postoperative periods, with occupational performance assessment prior to trauma. Katz and Lawton scales are used.

The therapeutic approach is directed to the individual characteristics aiming the preservation of functional capacities that have not been affected by trauma. Patients are stimulated to mobilization in bed, participation in play activities, instrumental and daily life activities.

In the postoperative period, the caregiver and the patient are conducted to the education of new ways for safe execution of the ADL (Activities of Daily Living), following the National Orthopedic Trauma Institute -INTO surgeries protocols.

Results: After the fracture elderly people stop performing activities that have not been affected by trauma; this contributes to the immobility syndrome, disorientation, depression, among other commitment. The practice guidelines to the elderly individuals and their caregivers have been an effective strategy to increase their self-confidence and further participation in the ADL.

TV programs are the predominant leisure activity. Music has been shown as a resource of easy utilization, motivating and able to promote patients' integration.

Conclusion: The Occupational Therapy intervention in hospitalization period minimizes the dysfunctions caused by the trauma, interfering with the process of functional decline.

Contributions to the Practice- In the Occupational Therapy intervention, the recognition of the aging problems, the rehabilitation protocols in the different types of surgeries, the evaluation of the functional capability and the handling of adaptations/orthoses, favor the return to functional capability prior to trauma or the reduction of this loss. Besides, this approach contributes to a broader level of Occupational Therapy in Brazil traditionally focused to hand therapy.