

Active Wait

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Week 1- Introduction

Supporting you while you wait for surgery

When waiting for a hip or knee replacement, you will have pain that affects you every day which can have a significant impact on your health and wellbeing.

It is important that your health does not decline while waiting for surgery, so you are better able to handle the physical demands of the procedure and the recovery period.

If you are fit, strong and healthy, your surgery has the best chance of success, and you'll likely recover quicker.

We know of the difficulties of waiting for surgery and how hard it can be. So, we have created Active Wait to support you.

Active Wait

Active Wait is a 12-week programme designed to provide you with the knowledge, skills, confidence and support you'll need to manage your health and prepare for surgery.

Each week covers a new topic, which is delivered by your local health care professionals to give you the best possible support and advice.

Topics covered include "managing your pain", "importance of strength", "eating well and managing weight" and "keeping your independence", with many more.

Each week also includes a tailor made, follow-along strength exercise routine to help you be strong and move well, so you are in the best position to have a successful recovery from surgery.

Your journey to surgery

Dedicate one morning, afternoon or evening each week to visit Active Wait and learn the new topic information and consider how you can apply it into your life.

Your journey will be different to others, so it is important to take the information that works for you and use it.

Commit to the exercise programme and attempt to complete each session at least twice a week to get the best results.

Use the Active Wait Diary to help you to keep track of your progress and get the most from the programme.

Take charge of your health for a successful surgery and recovery. We are with you on this journey.

Starting your exercise programme

Each of the exercises in this plan has been designed to maintain muscle strength to support your joints and help keep you mobile. They are also great at promoting overall health benefits across your body as you can see in the picture below.

For each exercise you will need to do just **one level**, each exercise will start on our foundation level, if you find it a little easy click on the intermediate and advanced exercises for a more difficult version.



Keep your
spirits up



Get a good
night's sleep



Stay
independent



Stay at a healthy
weight



Reduce risk of
falls & fractures



Keep you steady
on your feet



Keep your
bowels regular



Reduce risk of
heart attack,
stroke, diabetes &
some cancers



Prevent many
health conditions
from worsening

Week 2 – Managing your Pain

Understanding pain

Persistent pain can put up a significant barrier in your life. It is more challenging to do things when you have pain, and it could stop you from doing things you want to do. There may also be a fear or worry that your pain is a result of harm to your body, which can make you avoid doing things all together. This may make you feel like your life is on hold or that you are withdrawn from life.

Pain is an unpleasant feeling caused by the interpretation of signals from your nervous system to tell you something may be wrong in the body. If we experience persistent pain for a long period of time, our pain signals can become more sensitive and trigger more often than normal. This means we can often feel pain even though no harm is being done to the body.

Because we understand pain as a warning sign for harm, we naturally want to protect ourselves and avoid being hurt. But many things we might do to lessen long-term joint pain, like avoiding movement, can make pain worse.

The effect of pain

Living with long-term pain is difficult and can lead to a vicious cycle of problems. You may become less active because movement is more difficult or to avoid triggering any pain. However, if we move our joints less, they become stiffer, the muscles that surround them become weaker and this can add to pain.

Pain can have significant emotional effects, like lowered mood, self-esteem, self-confidence and increased stress, frustration, anger, and anxiety. Many things can impact this like poor sleep and reduced involvement in family and social activities. Memory and concentration can be affected by all of this, and everyday activities can be a real struggle. Chemicals released in the body from these negative emotions can enhance the pain experience.

Managing long-term pain

Keep Active

Moving the joint regularly through activity is a great way to manage pain. With frequent movement the joint is less likely to stiffen and the muscles around the joint stay strong ensuring the joint is mobile and stable. Aim to maintain social contact and engage with social activities and do activities in and out of the house as much as your symptoms allow. When you do a bit more activity on a regular basis, your body releases feel good chemicals which can improve your mood, relieve stress, and can help with pain. This also builds confidence to do a bit more again enabling you to improve your health and sense of wellbeing over time. When you first increase your activity, it is likely you will still feel pain. That's okay. It's important to know that your pain experience is real, but your pain does not mean you are doing the joint harm.

Strength Exercises

Strength exercises help significantly to reduce pain levels. Keeping up with a strength exercise routine helps maintain the size and strength of the muscles that surround the joint which improves joint stability and the amount of stress the joint can handle whilst moving. If pain is reduced, the joint can handle more movement and loads before pain is experienced, thereby reversing the previously mentioned spiral or sensitivity in your favour.

Managing weight

If you are overweight, weight loss is an important part of managing pain. Weight loss works to lessen pain by reducing the amount of load going through the joints whilst moving and standing and by reducing inflammation that irritates the joint and causes pain. A 5% to 10% reduction in weight can reduce joint pain and improve mobility. Support on managing weight is covered in week 5.

Sleep

It can be difficult to sleep with long-term pain, and a lack of sleep can make pain worse. To improve sleep, it is important to stick to a normal sleep routine. Going to bed at the same time each evening, getting up at a regular time each morning and taking naps only when you really need them can set sleep patterns that improves sleep quality. Avoiding caffeine and watching television close to bedtime has also shown to improve sleep.

Additional resources

For further information on understanding and managing pain please follow links to sites Sheffield Aches and Pains that talks about pain management more widely and is not solely focussed on osteoarthritis www.sheffieldachesandpains.com/persistent/home/ and Versus Arthritis www.versusarthritis.org/about-arthritis/conditions/osteoarthritis/

Week 3 – The Importance of Strength

The importance of strength

If you are on the waiting list for a hip or knee replacement, you will have been suffering with long-term joint pain, and you may have joint stiffness and weakness, a fear of movement and reduced independence of daily living. Joint replacement surgery and the following recovery and rehabilitation is aimed to improve these problems.

Regaining full joint movement and strength after a joint replacement can be extremely hard work and painful. Unfortunately, if your joint is stiff and muscles around the joint are weak before a joint replacement, there is more chance the recovery and rehabilitation will be slower, more difficult, and painful, and the new joint may not perform the way you want it to. However, setting yourself up before the surgery can make recovery and rehabilitation easier and quicker.

There is strong evidence that strength exercises improve joint mobility and muscle strength before a joint replacement. This can lead to improved speed and success of the recovery and rehabilitation following surgery. This means you will have better movement of your new joint and return to normal life quicker. Research shows us that people who engage with strengthening exercises,

- experience less pain before having joint replacement surgery and less pain within 4 weeks after their surgery,
- have increased strength and range of motion of their hip or knee joint before and after surgery,
- return to daily activities such as climbing stairs,
- using a chair and toilet quicker,
- and have a significantly decreased length of stay in the hospital after surgery.

Setting yourself up for success

Active Wait has provided a tailor made, follow-along strength exercise programme to help you be strong and move well, so you are in the best position to have a successful recovery from surgery. For the best results you should aim to do the strength exercise routine at least

2 to 3 times a week. If you are not able to do this, then do as much as you can. It is important to do strength exercises now, do not wait until you have an operation date. When you are doing your strength exercises you may hear some crunching or clicking noises in your joint due to an arthritic joint, age related joint change or other joint changes that requires you to have a joint replacement. But this doesn't mean you are doing any harm to the joint and it is safe to move.

When starting with strength exercises take it slow and listen to how your body feels. If you are getting a lot of pain, then rest and try to do your exercises again later. It may take some time for your body to get use to new exercises, and it is normal to feel a bit sore and stiff the following day. This is a sign your strength exercises are working and when you recover you will benefit and be stronger.

However, you may find the exercises are too difficult if your pain from exercise,

- is new, sharp, stabbing, or constant
- causes a new limp
- lasts more than 2 hours after exercise or gets worse at night
- does not get better with rest or hot/cold packs

If this is the case, take some time to recover and start again with easier exercises.

Additional resources

For further information about the importance of strength when waiting for a joint replacement with guidance of how to perform a range of strengthening exercises follow the link to Versus Arthritis www.versusarthritis.org/about-arthritis/exercising-with-arthritis/lets-move-for-surgery-toolkit/

Week 4 – Getting Active

Why movement is so important before surgery.

Keeping active while you are waiting for a joint replacement is a great way to prepare yourself for a successful recovery from surgery. Regular movement will help strengthen the muscles that are around and support the joint and it keeps the joint itself more flexible.

Flexible joints and strong muscles are better able to accept the new joint. Research shows us that people who are active leading up to surgery have shorter hospital stays and have a quicker and less painful recovery following surgery. This means the outcome from surgery is better and you're more likely to get back to doing the things you like sooner.

Keeping active is a great way to maintain good health. Any activity that gets you breathing more quickly, and your heart beating faster helps to improve the way your heart and lungs work. It is important that your health does not decline while waiting for surgery, so you are better able to handle the physical demands of the procedure and the recovery period.

Keeping active can also help you maintain a healthy weight. This helps to ease the load going through the joint which can reduce joint pain and improve mobility. Keeping active is also a great way to relieve stress, improve mood, and boost energy levels and confidence, which can be important while you're waiting for surgery.

Getting started

It is difficult to be active when you have joint pain, but inactivity can lead to the joint becoming more stiff and painful which makes it harder to be active. Many people spend 7 hours or more inactive, so it is important to break up any long periods of time sitting with movement. We know it can be hard to take the first step but if your symptoms allow you to move your joint it is worth giving it a go even if you are having to limit the range of motion of the joint.

It is recommended that you aim to do 150 minutes of activity that makes you slightly short of breath each week. You can break up the activity throughout the week, so it is more manageable. This may seem daunting at first, so start slowly and gradually build up over time.

Many things you do in daily life will probably count towards activity you do each week. Like, walking to the local shops or doing housework and gardening. However, you may choose to

do more structured activities like going for a walk or following an exercise session you can do at home. Whatever you choose to do to be active, ensure they are activities you enjoy and are right for you to help you keep on track.

Staying motivated

Keeping active will be difficult. It is better to do a little bit each day than overdo it one day and need to completely rest the next. If you can't do the activity you intended, come back to it when you feel ready and do as much as you feel you can and what your symptoms will allow. Keep an eye on how your body feels. If pain lingers from an activity, make it easier next time.

You may not be able to do everything you did in the past. Explore new activities until you find what you like. If an activity feels like a chore, it will be much harder to keep doing it, but if it's something you enjoy, you may look forward to it instead. If you are struggling to be active, there may be times you could be active while doing other things, like watching television. Including activities in your everyday life can distract from the pain from movement and help it feel less like a chore.

Involving family and friends can be really beneficial. There will be times when you really feel like you do not want to move. Inviting a family or friends can help motivate you to go out when it is difficult. Also, doing activities with company is more enjoyable and you'll be more likely to continue doing it. They will be happy to support you knowing how beneficial it is to you and how hard it can be.

Try to make some activities apart of your daily routine to help develop a habit of movement. You might find it useful using the Active Wait Activity Tracker to record and schedule your activities.

Dealing with Difficult Days

Try not to be hard on yourself on difficult days. Some days will not be as good as others, and it is okay if something isn't as it should be. Your condition can be changeable, so don't let this make you feel defeated or disappointed. Even doing a small amount of movement on bad days can make such a difference and is something to be proud of. It is important not to lose motivation. Try not to worry about when difficult days happen and just think tomorrows

a new day to try again. It's a difficult thing to do. Every little bit helps so give yourself credit for even the smallest victories.

Additional resources

For more information around the benefits of keeping active with guidance of activities please see the link for Versus Arthritis, Let's move for surgery: Surgery tool kit

www.versusarthritis.org/about-arthritis/exercising-with-arthritis/lets-move-for-surgery-toolkit/

For follow along exercises you can do from home follow the link for Clear Trust: NHS chair-based exercises www.youtube.com/@cleartrust

Week 5 – Eating Well and managing weight

Eating a balanced diet

It is important when waiting for a hip or knee replacement that your health does not decline while waiting for surgery, so you are better able to handle the physical demands of the procedure and the recovery period. If you are fit, strong and healthy, your surgery has the best chance of success, and you'll likely recover quicker.

An important part of maintaining good health is by eating a healthy balanced diet. A healthy balanced diet involves eating a wide variety of foods in the right proportions and having the right amount of food and fluids to achieve and maintain a healthy body weight.

To have a health balanced diet, people should aim to:

- Eat at least 5 portions of a variety of fruit and vegetables every day.
- Base meals on carbohydrates like potatoes, rice, or pasta.
- Include protein from meat, fish, eggs, beans, pulses, or other protein foods.
- Include dairy or a dairy alternative.
- Have unsaturated oils and spreads but in small amounts.

If you have foods and drinks that are high in fat, salt and sugar, try to have them less often and in small amounts. It is important to choose a variety of different foods from the different food groups to get a wide range of nutrients.

Maintaining a healthy weight

Keeping to a healthy weight is important for your health and can help manage your joint pain symptoms. If you are at a healthy weight, your surgery and recovery have the best chance of success. If you are overweight, you are more likely to need to stay in hospital longer following surgery and the recovery period can be longer and more difficult. Obesity has been shown to increase a person's risk of medical or surgical complication after joint replacement, such as wound healing problems and infection. People who are obese are more likely to have multiple health problems at a time, like diabetes and/or cardiovascular disease. These conditions can increase the risk of surgical complications.

It can be difficult to lose weight. Here are some tips that could help.

- Plan to ensure you have healthier foods to hand, at the right times.

- Aim to reduce your portion sizes (but not of vegetables) by reducing your plate size.
- Aim to have three regular, balanced meals a day. Try to have meals at planned times during the day and only include healthy snacks if you are hungry.
- Fill half your plate with vegetables/salad and divide the other half between protein like lean meat, fish, egg, tofu, or beans and carbohydrates like potatoes, wholegrain rice, pasta, or bread.
- Be mindful of foods that are high in fat and added sugar and limit sweet, fatty and salty snacks.
- Avoid eating while you are doing other things, like working, reading, or watching TV. This can result in overeating.
- Eat slowly, concentrate on and really taste and savour/enjoy your food.
- If you drink, moderate your alcohol intake. Adults should drink no more than 14 units of alcohol per week. 1 unit of alcohol is about a pint of beer or 1 small glass of wine. Alcohol is high in calories, doesn't fill us up the same as food does and can lead to less healthy choices. If you are over this limit, you should reduce the amount of alcohol you drink for your health.

Additional resources

For further information of how to achieve a healthy balanced diet visit the link for NHS The Eatwell Guide www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/the-eatwell-guide/

For support on losing weight, visit the link for NHS Lose Weight www.nhs.uk/better-health/lose-weight/

To help you keep track of your diet, try using the Active Wait Diet Diary.

Week 6 – Keeping Independent

The impact of loss of independence

Waiting for surgery and living with pain can be demoralising, depressing and stressful. A common concern for people waiting for a hip or knee replacement is that loss of strength and mobility, together with pain and fatigue, will make it increasingly difficult for them to live independently at home.

Feeling like you are losing your independence can severely impact your mental health. It could cause you to feel a loss of purpose or helplessness which can lead to depression. If you are losing your independence, it is likely your health will decline. This can increase the risks of surgery and increase the length and difficulty of recovery. This would make it much harder for you to regain your independence that you were used to prior to your joint replacement.

Ways to help maintain independence while waiting for a joint replacement

Keep active

Moving your joint regularly through activity and exercise will help strengthen the muscles that support the joint and it keep the joint itself more flexible. This can help with pain, mobility and stamina which are important for maintaining independence at home.

Maintain a healthy lifestyle

Having a healthy lifestyle involves eating a well-balanced diet, being physically active, sleeping well, not smoking, and not drinking alcohol to excess. This is important for your health, mood, and energy. If your health, mood and energy decline it can be harder to maintain independence at home.

Manage pain

Living with long-term pain is difficult and can lead to a vicious cycle of problems which could result into a loss of independence at home. You will not be able to get rid of your pain completely, but keeping active, doing strength exercises, managing weight, and sleeping well are methods that have shown to be helpful with managing pain.

Create a home that works for you

Some home aids and adaptations could help you live a little easier at home helping you to maintain independence. These could be:

- adding extra handrails to help with moving around the home,

- having furniture that is high enough for you to stand from,
- keeping everything you want to use daily within easy reach,
- keeping floors free from clutter and cables,
- having non-slip floor in the bathroom and kitchen
- wearing supportive and gripey shoes to reduce the risk of slips, trips and falls.

Week 7 – Keeping your Spirits Up

Waiting for a joint replacement and your mental health

Waiting for a hip or knee replacement and living with pain and fatigue is really tough. It can cause emotions like stress and frustration and can lower self-confidence which can bring on anxiety and depression. This can have a huge effect on how you live your life, your relationships, work, and many other things that are important to you. Recognising and dealing with difficult emotions, anxiety or depression is key to living your fullest life.

Promoting positive wellbeing

Connect with other people

Stay connected to family, friends, or the local community. Having good relationships can help you build a sense of belonging and self-worth, give you an opportunity to share positive experiences, and provide emotional support and allow you to support others.

Keep active

Keep up with activities you enjoy or take up a new one. This could be anything that requires movement. Being active can release natural, feel-good chemicals which can positively change your mood, and can raise your self-confidence and self-esteem.

Avoid unhealthy habits

Do not rely on alcohol, smoking, or unhealthy foods as your ways of coping with stress. Although it might provide some temporary relief, in the long run they will not solve any of your problems but may create new ones.

Pay attention to the present moment

Being aware of the present moment, meaning your thoughts, feelings, and body, and the world around you, can improve your mental wellbeing. This awareness is often called mindfulness and can help you enjoy life more and understand yourself better. It can positively change the way you feel about life and your situation and how you approach challenges and difficulties you face. You can read more about mindfulness by following this link www.nhs.uk/mental-health/self-help/tips-and-support/mindfulness/

Additional Resources

If you would like further information and support for your mental health, please visit the NHS website www.nhs.uk/mental-health/

For additional information about emotional wellbeing specifically around osteoarthritis visit Versus Arthritis www.versusarthritis.org/about-arthritis/managing-symptoms/emotional-wellbeing/

Use the Active Wait Keeping your Spirits Up Task Sheet to list some of the things that might help give your wellbeing and your mood a boost.

Week 8 – Avoiding Slips and Trips

Preventing a fall

Anyone can have a fall, but you may be more at risk if you are having trouble getting around. It is important to be cautious and do what you can to prevent falls as a fall could cause an injury which may increase your pain, reduce your mobility, or delay your surgery.

Falls are more likely to happen if:

- You have low strength and poor balance.
- If you have alcohol
- Floors are wet or slippery, such as in the bathroom or kitchen.
- The room lighting is dim.
- Rugs and carpets are not properly secured or are rolled over at the edges.
- You are walking downstairs without a rail or banister.
- You are rushing around the house, such as to answer the door/phone or rushing to the toilet.

Handy tips and tricks to prevent falls

There are some things you can do that can help prevent a fall. For example:

- Moving regularly and doing strength exercises to help improve your strength, mobility, balance and coordination.
- Avoiding alcohol or reducing the amount you drink can reduce your risk of having a fall.
- Using non-slip mats in the bathroom or kitchen where needed
- Mopping up spills to prevent wet, slippery floors.
- Ensuring all rooms, passages and staircases are well lit.
- Removing clutter, particularly in walkways, trailing wires and frayed carpet to avoid tripping on them.
- Organising the home so that climbing, stretching and bending when you are needing something is kept to a minimum.
- Have things you use most often in places that are easy to get to

- Wear shoes/slippers that are well supported and have a grippy sole so you can feel more stable and avoid walking around in socks or tights where it is easier to slip.
- Avoid wearing loose fitted clothes that you could catch or trip over

Week 9 – Making Positive Lifestyle Changes

A healthy lifestyle

Waiting for a hip or knee replacement and living with pain and fatigue is going to impact on your everyday life and it is understandable that it may be more difficult to live a healthy lifestyle. But it is essential that your health does not decline while you are waiting for surgery as you need to be fit and strong for a successful recovery from surgery. Making some lifestyle changes prior to surgery can have a positive impact on how well the operation goes as well as your recovery time. Looking after yourself in a healthy way may include:

- Making sure you keep active and engage with strength exercises.
- Ensuring you are eating a well-balanced diet and keeping an eye on your weight, and if required making changes to your diet and losing some weight.
- Not smoking or using tobacco products.
- Limiting or avoiding alcohol.
- Getting the right amount of sleep.

Smoking

If you do smoke, stopping smoking is one of the most beneficial things to do in preparation for your surgery. Not only is smoking bad for your heart and lungs, but it is also bad for your joints and your healing ability for your upcoming hip or knee replacement surgery. You should stop smoking because:

Smoking prevents healing

Toxins in cigarette smoke negatively effects the body's ability to heal. Active cigarette smokers are 3 times more at risk of wound-related complications following a joint replacement surgery. The toxins in cigarette smoke also negatively effects the body's immune system. Active cigarette smokers are 2 times more at risk of developing an infection from surgery. Infection after joint replacement surgery can be a devastating complication, and every effort should be made to prevent these complications.

Smoking causes longer recovery times

Active smokers have 3 times longer hospital stays and longer recovery times from surgery than non-smokers. This is because active smokers have slower wound healing and are more

likely to develop chest infections, pneumonia, and blood clots after an operation. Complications from surgery concerning the heart and kidneys, including heart attacks are more likely with active smokers. Active smokers have been found to have increased pain following a hip or knee replacement compared to non-smokers and require significantly greater doses of strong painkillers. Active smokers are also more likely to be readmitted to the hospital for complications following surgery.

Prepare to stop

Although smoking can have these devastating complications, the good news is that stopping smoking reduces the risks of having complications from surgery. We recognise it isn't easy, but it is never too late to stop smoking as you gain a benefit from stopping quickly. However, you should stop smoking completely as soon as possible because the longer you stay away from smoking, the greater the benefit.

To successfully stop smoking, you must prepare. Good preparation includes:

- Finding help from a service like Yorkshire Smokefree www.yorkshiresmokefree.nhs.uk/ People are 4 times more likely to stop using a service than trying to quit on their own.
- Telling friends and family about stopping smoking and ask for their support. They will be understanding that your journey to stopping smoking will be difficult and they will want to help you.
- Getting rid of all the cigarettes and ashtrays in your home, car, and place of work. Knowing cigarettes are around or having visual cues of smoking can increase urges.
- Asking family and friends who still smoke not to smoke around you or leave cigarettes out where you can see them.
- Practising saying, "No thank you, I don't smoke."
- Thinking back to your past attempts to stop smoking and figuring out what works best for you to help stop smoking and what does not work for you.
- Avoiding situations where the urge to smoke is strong.
- Reducing or avoid alcohol as this can cause stronger urges to smoke.

Alcohol

Drinking too much alcohol is bad for your health and negatively impacts your liver, heart and immune system. Drinking too much alcohol in the lead up to surgery increases the chance of:

- Infections from surgery.
- Prolonged wound healing and complications.
- Complications with other organs, such as chest infections and heart attacks.
- Excessive bleeding requiring longer operation times.

Adults should drink no more than 14 units of alcohol per week. 1 unit of alcohol is about a pint of beer or 1 small glass of wine. If you are over this limit, you should reduce the amount of alcohol you drink for your health. To reduce the risks of alcohol on your surgery, at least 4 weeks leading up to surgery you should reduce your alcohol below the weekly recommendation of 14 units and you should not drink alcohol at least 2 weeks before surgery, longer if possible.

If you regularly drink a lot of alcohol, it's important to seek help to cut down. For advice on how to cut down, visit the NHS website on alcohol support www.nhs.uk/live-well/alcohol-advice/alcohol-support/

Sleep

Sleeping well and getting the right amount of quality sleep is important for our health and wellbeing. Quality sleep helps us recharge the body and mind and prepare us for the next day ahead. It helps with our concentration, pain, immune function, mental wellbeing and weight. Regular poor sleep leads to exhaustion affects your energy, mood, and pain.

Struggling with poor sleep can have a negative impact on all aspects of your life. For the best chance of regular quality sleep, it's important to:

Have a regular sleep routine

Getting in good habits can help you sleep better. Having a routine and getting up and going to bed at regular times helps your sleep. Avoiding naps in the day can help you sleep better at night. Taking time to relax before bed can help get you off to sleep.

Exercise regularly

Doing regular exercise can really improve sleep. This is any exercise that gets you at least a bit out of breath. This can help you unwind by the end of the day and lead to more refreshing sleep. It's best to avoid doing any exercise close to bedtime as this tends to stimulate our brain, making us less likely to want to sleep.

Cut out caffeine

If you are feeling tired, it is recommended that you cut out caffeine. Try to stay off caffeine completely for a month to see if you feel less tired without it. If you drink a lot of caffeine, you might find that not having caffeine gives you headaches. If this happens, cut down more slowly on the amount of caffeine that you drink. If you cannot stop drinking caffeine, it is best to avoid any drinks containing caffeine after lunchtime.

Avoid alcohol

Although alcohol in the evening can help you fall asleep, you sleep less deeply after drinking alcohol. Even if you sleep a full 8 hours if you drank alcohol the night before, you still wake up feeling tired. Avoiding alcohol greatly improves the quality sleep a person can get.

Avoid screens

Phones, tablets, laptops and other electrical devices can make getting to sleep harder. They give off light that can stimulate the brain and make it think it's daytime and therefore not time to be sleeping. Putting screens away a few hours before bedtime can help you fall asleep faster.

Avoid smoking

There is evidence that active smokers are more likely to have sleeping difficulties compared to non-smokers. This is because of nicotine, which is in cigarettes and can cause insomnia and withdrawal symptoms. If you smoke, stopping could really help improve your sleep as well as your overall health. It's particularly important to avoid smoking during the evening and at night-time.

Additional Resources

Stopping smoking is a difficult challenge for most people and will require support. For more information regarding the benefits of stopping smoking and ways to quit visit NHS quit smoking www.nhs.uk/better-health/quit-smoking/

For local stop smoking support service please visit Yorkshire Smokefree www.yorkshiresmokefree.nhs.uk/

For more information and support around alcohol use please visit NHS website Alcohol Support www.nhs.uk/live-well/alcohol-advice/alcohol-support/

If you have trouble sleeping and would like more information and support with sleep, please visit Better Health NHS website www.nhs.uk/every-mind-matters/mental-health-issues/sleep/

Week 10 – Additional Support While You Wait

Support available to you

During this difficult time of waiting for a hip or knee replacement you may feel like you need some extra support. It may benefit you to contact your social prescribing link worker who will be able to guide you to the services you need to help you get through this difficult time. Sheffield Aches and Pains can direct you to your local link worker.

<https://www.sheffieldachesandpains.com/Sheffield%20Aches%20and%20Pains.pdf>

You can also search for services locally or city wide using the Sheffield Directory.

www.sheffielddirectory.org.uk/

Financial support

If you require finance support, you can find out what finance support is available to you by contacting Citizen Advice Sheffield www.citizenadvicesheffield.org.uk/

Telephone number 08082787820.

If you live in Sheffield and are struggling to afford food and other essentials, the Household Support Fund may be able to help you. You can find out more through the Sheffield City Council website www.sheffield.gov.uk/cost-of-living/apply-household-support-fund

Staying in work

Needing a hip or knee replacement may affect your ability to work. The Sheffield Occupational Health Advisory Service can provide support and advice for people whose health is affected by their work and to help and support them to keep their job. You can find more information and contact this service here www.sohas.co.uk/

Travel

If you can drive, you may be eligible for a Blue Badge. Having a Blue Badge will allow you to park closer to where you need to be. You can apply for a blue badge here

www.sheffield.gov.uk/parking/apply-for-blue-badge

If you are unable to drive or use public transport, you may be eligible for a Free bus pass. You can apply for a free buss here <https://www.sheffield.gov.uk/travel-transport/public-transport-passes-providers>

For information for Sheffield community Transport Services, you can visit their website <https://sheffieldct.co.uk/sheffield-community-transport-services/> or give them a call on 0114 276 6148

Week 11 – Preparing for Surgery

Prepare well

If you are well prepared for surgery, you will give yourself the best chance of a successful recovery from surgery. Good preparation while you are waiting for surgery is:

- Moving the joint regularly and keeping active
- Engaging in strengthening exercises
- Managing body weight
- Eating a well-balanced diet
- Stopping smoking if you are an active smoker
- Reducing or avoiding drinking alcohol, especially if you are over the recommended units of alcohol per week

Prepare your home

While you are waiting for your joint replacement, you may need to rearrange your home or install aids that will help you get around. This is also important for after surgery as it will be difficult to move around a few weeks after your surgery while you are recovering.

Making sure trip hazards like rugs and cables have been removed to prevent any falls that may cause an injury. It may also be worth ensuring your most used items are within easy reach. Also having some prepared meals in the freezer and having plenty of food in the cupboards for after your surgery can be a great help, particularly for the few days after your surgery.

Help from family and friends

The recovery period after your surgery will be a difficult time for you. Asking family and friends for support for anything you may need means you will be able to focus on your recovery. You may need help with child or pet care, shopping and picking up prescriptions or household jobs. Think of what responsibilities you have before your surgery and ask for help from your family and friends.

Joint School

About a month before your surgery, you will be encouraged to attend Joint School which gives you the opportunity to speak to the hospital staff and find out everything you need to know about your hip or knee replacement. Joint School will cover:

- Information about your joint
- How to prepare before surgery: Exercises to do, preparing your home, involving your family
- Coming to the hospital: where to go, when to arrive, what to bring
- Your recovery in hospital: What to expect
- Managing pain after surgery: medication and other techniques
- How long will you be in hospital? How will you know when you can safely return home?
- Living with your new joint: What will it look like? What will you be able to do and not do?

It is really important that you attend the Joint School, and you are encouraged to ask questions, however simple you feel that they are. It is known that people who take part are less worried about their surgery and do better after the procedure.

Week 12 – Keeping Going While You Wait

This 12-week programme has given you the information and tools to help you be active and healthy while you are waiting for your hip or knee replacement so that you can meet the challenge of surgery and have the best chance of a successful recovery. Starting a strength programme, committing to be active, managing your weight or stopping smoking is a difficult thing to do, but once you start it is important to keep it going.

Once you have lived with certain lifestyle changes for a while, you will feel the benefits such as increased mobility and energy, improved weight management and reduced risk of falls and might not want to stop. To help yourself at the start, get support from friends or family and see if they will take on the commitment with you. Building up your activities, making a habit of exercising and eating well is all beneficial, but it is important to build up slowly and allow your body time to get used to the new activity and routines.

Goal setting and action planning

Many people find it helpful to set themselves goals when they start a new activity or make a commitment for a healthier lifestyle. Setting meaningful goals and making an action plan to achieve them can help your focus and motivate you so you can sustain a momentum for your new behaviour. Meaningful goals are those that matter to you in a very personal way. Whatever your goals may be, setting them is always the first step towards reaching them. When setting yourself goals, remember that your condition is changeable, and it is important to remember to not be too hard on yourself. If being more active is your goal, even a small amount of movement on bad days can make such a difference and is still something to be proud of. You should also remember that when your condition changes, so should your goals and that is normal. Try to record how you feel after doing certain activity and learn how certain movements can make your body feel. You can also tell your family and friends about your goals and how the exercising is going, so they can help you stay on track.

Setting SMART goals

SMART goals are:

Specific - It says exactly what you want to accomplish.

Measurable - It has concrete steps that allow you to track your progress; at the end of each milestone, you'll know how far away you are from reaching your goal.

Attainable - It's something you know you can achieve because it's within reach—you are physically and mentally capable of doing it.

Relevant - It means a lot to you; achieving it will prove you are the strong, independent person you know you can be.

Timebound - It has an end date to work toward, with multiple dates as checkpoints along the way.

Set yourself small goals, like

- Completing strengthening exercises twice a week
- Being active for 10 minutes a day. Increasing 5 minutes each week
- Losing 0.5 kg in 2 weeks

Once you have a SMART goal you'd like to accomplish, it's helpful to make an action plan to achieve it. No matter the goal you'd like to achieve, an action plan can help you:

- List the steps you need to take
- Identify health obstacles and solutions
- Identify life obstacles and solutions
- Ask people for help
- Set milestones and if needed smaller targets

Keep going

Your condition can sometimes get in the way of your best intentions. That's why it's important to pick SMART goals and do your best to stick to them and try working towards a daily routine. To help you create a SMART goal you'd like to set for yourself and action plan, you can use the Active Wait Goal Setting and Action Plan workbook.

Improving your health while you are waiting for surgery will be a challenge. But it is worth it as the better health you are in before surgery by exercising, managing your weight, and by choosing a healthy lifestyle, the better and quicker the recovery will be so you can go back to living a less painful and fuller life.