

# **DESCRIPTIVE STUDY OF PATTERN AND OUTCOMES OF HIP FRACTURE IN ELDERLY PATIENTS ADMITTED TO TERTIARY REFERRAL CENTRE**

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## **Introduction**

One of the serious complication of fall in elderly is hip fracture. It is hard to recover from hip fracture and many people are not able to live in their own.

## **Objectives**

To describe the pattern and outcomes off hip fracture in elderly patients admitted to Teaching Hospital Jaffna

## **Materials & Methods**

Data were collected by interviewer administered questionnaire from the patients who were admitted to Teaching Hospital Jaffna in the month of November 2014. Out come after one year was analyzed by an over the phone interview.

## **Results**

During this period 31 patients were admitted with hip fracture. Mean age at presentation was 73.2 years. Out of these 20(64.5%) were female. Among these 19(61.3%) were extracapsular neck of femur fractures. There is no significant correlation between sex and type of fracture. 27 (87.1%) of fractures were due to trivial fall while RTA caused 3 (9.7%) fractures. 28 (90.3%) patients underwent surgery. Among these 20(71.4%) had fixation of fracture & the rest underwent joint replacement. 4 patient died during the study period including the two with comorbidities and subsequently managed conservatively. 29 (93.5%) patients had full function of activities of daily living according to Katz index. Among these at one year follow up 18 (66.7%) have full function of activities of daily living, 4 (14.8%) have moderate impairments.

## **Discussion and conclusion**

Incidence of hip fracture was common in females than males as reported in most previous studies. Most of the patients were offered surgery except in patients with multiple comorbidities. Mortality rate at one year was less in our study in contrast to previous studies, may be due to less number of patients and duration of study.