

# **Descriptive study of patterns of osteoporotic fractures in patients admitted to Teaching Hospital Jaffna**

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## **Introduction**

Osteoporotic fractures are emerging as a major health problem in ageing population. Fractures result in increased morbidity, mortality and health expenditure.

## **Materials & Methods**

Data were collected by interviewer administered questionnaire from the patients who were admitted to Teaching Hospital Jaffna in the month of December 2014.

## **Results**

85 patients were admitted with osteoporotic fractures during this period. Out of these 57 (67.1%) were female. Among these 27(31.8%) had hip fractures another 27 had colles fracture and only 1 had spinal fracture(1.2%).

These fractures results from road traffic accidents in 32 patients(37.6%) and from fall in 53 patients(62.4%).

51 patients(60%) were managed conservatively 26 (30.6%) with internal fixation, 6 (7.1%) with joint replacement and 2 (2.4%) managed with external fixation.

## **Discussion**

As no DEXA scan facilities are available osteoporosis is diagnosed with Xray findings of decreased cortical thickness and loss of bony trabeculae. Number of colles fractures are equal to hip fractures, may be due to most of the colles fractures are managed in peripheral hospitals. Only one had spinal fracture due to most of them are unnoticed. Even though most of the fractures are managed conservatively, majority of hip fractures need internal fixation.

## **Conclusion**

Osteoporotic fractures result in increase morbidity and health expenditure. So there should be a screening program to identify individuals at high risk of disabling fractures and providing treatments to individuals most in need.