

HIP FRACTURE

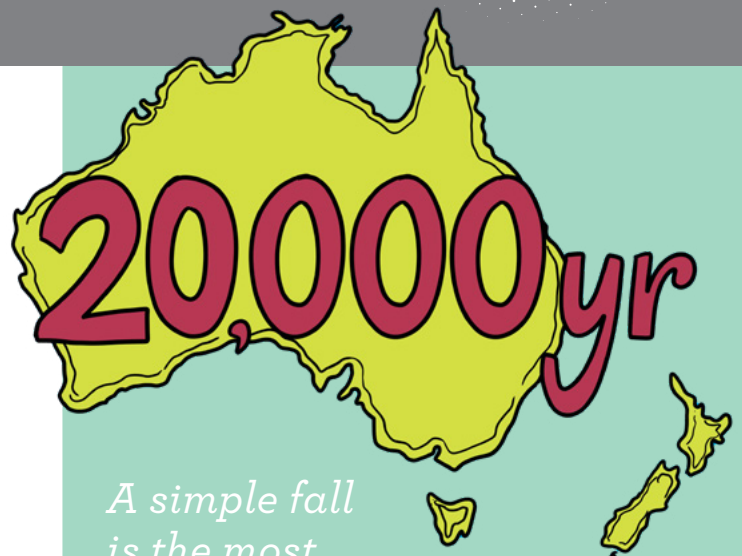
In Australia and New Zealand, about 20,000 older people break their hip each year



Someone you care about has suffered a broken hip and you may have suddenly found yourself needing to learn a lot very quickly.

WHAT IS A HIP FRACTURE?

- A hip fracture describes the same injury to the leg as a broken hip, a fractured hip, or fractured top of the femur.
- The hip is a ball and socket joint where the thigh bone, known as the femur, meets the pelvis. A hip fracture is when the thigh bone breaks near to where the ball fits into the socket
- A hip fracture is broken down into different types depending on which part of the upper thigh bone is broken. You might hear the doctors talking about these different types of hip fracture.
- The words you might hear them use for a hip fracture are: 'intertrochanteric' fracture, 'subtrochanteric' fracture, 'intracapsular' fracture, 'extracapsular' fracture.
- More women than men break their hip and a simple fall is the most common cause
- While a broken hip is more common in older people it is not just a part of being old. Falling and breaking a hip is usually a sign the bones in our skeleton are weak. This is called osteoporosis.



*A simple fall
is the most
common cause*



THE TEAM APPROACH

- Most people need an operation to fix the broken bone. An orthopaedic surgeon does the operation
- As well as the orthopaedic surgeon, it is recommended another doctor, a physician called a geriatrician, is also involved in looking after the person with the hip fracture
- A geriatrician specialises in the medical care of older people and will make sure the person you care for is medically well before and after the operation
- The involvement of a physician is important as older people commonly have other health conditions that need to be reviewed before an operation to fix their broken hip
- Some hospitals do not have access to geriatricians so general physicians, general practitioners, or specialist nurses, may be involved instead
- The teamwork between surgeons and geriatricians is called an 'orthogeriatric model of care' and research has shown it improves the way older people are cared for in hospital and the outcomes of the care for their hip fracture
- The surgeon, geriatrician, and the other health professionals are called a multidisciplinary team
- Other members of the multidisciplinary team are ambulance officers, paramedics, anaesthetists, nurses, physiotherapists, occupational therapists, dietitians, and social workers
- All members of the team will talk to each other to make sure they are all working towards the best outcome for the person with the hip fracture

You may feel like you want to do something practical to help the patient in their recovery. Here are some practical tips of simple things that can make a difference to the person you care for.



- It can be overwhelming to meet so many different health professionals in such a short time. Write down names and roles of the different staff members as you meet them so you can help the person you care for be aware of who the different people are. Familiarising them like this may help them feel safer and more settled.



- Talk with the person you care for about their goals while in hospital. Their goals may be as simple as getting in and out of bed, or sitting and standing from a chair. It can be helpful to share these goals with the multidisciplinary team to make sure they are realistic and able to be achieved.

Listed below are suggested points for discussion about a hip fracture and its treatment. If you would like more information, place a tick in the box to remind you to discuss that point with the health care team.

Tick one box for each statement below	I need more information	I have enough information
I feel confident I understand the type of hip fracture the person I care for has, and I am confident I understand the recommended treatment	<input type="checkbox"/>	<input type="checkbox"/>
I feel confident I know which health professionals are part of the multidisciplinary team	<input type="checkbox"/>	<input type="checkbox"/>
I feel confident I know who to talk to about specific things, like the surgery, the patient's medicines, or the plan for treatment	<input type="checkbox"/>	<input type="checkbox"/>

Information and data sourced from: **1.** ANZHFR Hip Fracture Care Guide: My Hip Fracture Information and Individual Care Plan <https://anzhfr.org/patients/> **2.** Australia New Zealand Hip Fracture Registry 2022 Annual Report <https://anzhfr.org/registry-reports/> **3.** Australian and New Zealand Guideline for hip fracture care – Improving outcomes in hip fracture management of adults <https://anzhfr.org/wp-content/uploads/sites/1164/2021/12/ANZ-Guideline-for-Hip-Fracture-Care.pdf> Accessed 1st September 2022

