

Fixation Of Hip Fracture Within 72 Hours

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INTRODUCTION:

¹Many guidelines suggest for hip fracture fixation within 24-48 hours of admission. Early fixation associated with better functional outcome and reduce complication and mortality rate. This study showed the time of fixation of hip fractures and reason if operation was delayed more than 72 hours in a tertiary hospital in Melaka.

MATERIALS AND METHOD:

This was a retrospective study of 108 patients who were admitted to Melaka General Hospital from February-August 2023 for hip fractures. Data collection done upon admission regarding demographic, type of fracture, type of fixation, date of operation, and reason if operation is delayed more than 72 hours.

RESULT:

Total of 108 patients identified. 43.5% of patient sustained intertrochanteric femur fractures and 45.4% sustained neck of femur fracture. 44.8% underwent Total Hip replacement and 40.6% underwent Dynamic Hip Screw(DHS) fixation. As noted from Figure 1, from 39 cases of DHS, 18 cases managed to do operation in less than 72 hours. Mean of waiting time for DHS fixation is 4 days. There are many reasons for delay as per Figure 2. 53.5% are due to no available OT time.

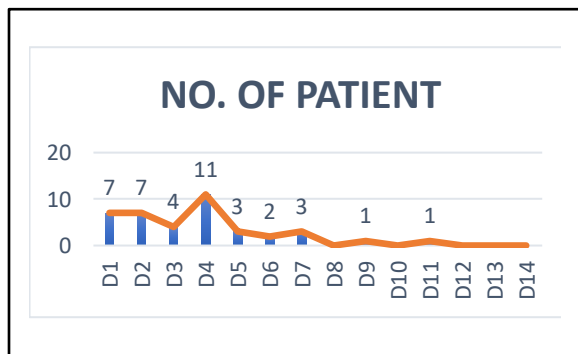


Figure 1: Time for operation-DHS

NO	REASON FOR DELAY	NO OF PATIENT	PERCENTAGE (%)
1	No OT time	45	53.5
2	Implant approval	25	26.8
3	Medically not optimized	12	14.3
4	Late decision	0	0
5	Pending investigation	2	2.4%
	Total	84	

Figure 2: Factors causing delay in operation

DISCUSSION

Minimizing the waiting time will minimize the length of patient confined to the bed thus reduce the risk bedridden complication such pneumonia, pressure sores, deep vein thrombosis, urinary tract infection. Other causes of delay are due to some patient need to be optimized including investigations of preexisting medical condition.

CONCLUSION:

Hip fixation should be done early to reduce the mortality however it requires a good teamwork from Emergency Department, Orthopedic, Anesthetist, Medical and also Rehabilitation to achieve that.

REFERENCES:

1. Management of hip fracture in old adults. Evidence based clinical practice guideline. American Academy of Orthopedic Surgeon