

Incidence of Second Contralateral Hip Fracture among Elderly Population in Ipoh

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INTRODUCTION:

Patients with hip fracture are at higher risk of sustaining a second contralateral hip fracture¹. Risk factors for second hip fracture are female, low socioeconomic status, trauma, osteoporosis, reduced mobility and chronic medication usage². We present our study which reports the incidence of second contralateral hip fracture among the elderly population in Ipoh.

METHODS:

This is a retrospective cohort study involving 343 patients aged 60 years and above that presented with intertrochanteric and neck of femur fracture from September 2022 until August 2023. All data were recorded using data collection forms and analyzed using SPSS software version 29.

RESULTS:

The mean age of patients was 77 years old. Female patients accounted for 67.1%, while the Chinese ethnic made up 51.3% of the study population. The incidence of second contralateral hip fracture turned out to be 3.79% while the mean duration between bilateral hip fractures was reported to be 4.23 months.

Table 1 showing frequency and percentage:

		Frequency	Percent (%)
Gender	Male	113	32.9
	Female	230	67.1
Race	Malay	96	28.0
	Chinese	176	51.3
	Indian	69	20.1
	Others	2	0.6
Laterality	Right	163	47.5
	Left	180	52.5
Type	Neck of femur	137	39.9
	Intertroch anteric	206	60.1

Table 2 showing incidence of second hip fracture and time period between bilateral hip fractures (months):

	N	Percent (%)	Mean duration between bilateral fractures (month)
Incidence	13	3.79	4.23

DISCUSSIONS:

This study shows that patients with hip fractures have 3.79% risk of sustaining second contralateral hip fracture. Although the incidence is reportedly low, the mean duration between occurrence of bilateral hip fractures is short, reflecting on the lack of measures to prevent recurrent fragility fractures.

CONCLUSION:

Higher awareness, preventive measures and treatment of underlying causes should be reinforced to prevent new occurrence of such fragility fractures among the elderly population.

REFERENCES:

1. Seong et. al. Sequential 2020; 99-104.
2. Kim et. al. Hip Fracture 2014; 89(12):945-51.