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Title: Older patients' perception of their own capacity to regain pre-fracture function after hip fracture surgery- an explorative qualitative study

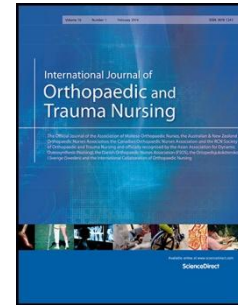
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Older patients' perception of their own capacity to regain pre-fracture function after hip fracture surgery- an explorative qualitative study

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ABSTRACT

Aims and objectives. To explore healthy older patients' perceptions of their own capacity to regain pre-fracture function, in the acute phase following hip fracture surgery.

Background. The incidence of hip fractures is expected to increase. In Sweden, of the patients who sustain a hip fracture, 40 per cent of patients are healthy and lived independently pre fracture. However, a hip fracture often results in declined functional outcomes for 40 per cent of these patients.

Design. The study had an explorative inductive qualitative design.

Methods. Semi-structured interviews (n=30) were conducted, two to five days after hip fracture surgery. Data were analysed using manifest inductive content analysis.

Results. As a description of patients' perception of their own capacity to regain pre-fracture function after a hip fracture. One main category emerged: To end up in a new situation with or without control. Patients expressed that they believed in recovery and thought nothing would be altered. However, since they had to adapt to the ward culture at the acute hospital, they became passive and became insecure about their future life situation

Conclusion. The attitudes of staff at the acute hospital can influence the outcome for hip fracture patients. Patients believe in recovery but do not receive psychological support to regain physical capacity.

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