

ORIGINAL ARTICLE

**Predictive factors of hospital stay, mortality
and functional recovery after surgery for hip
fracture in elderly patients[☆]**



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KEYWORDS

Hip fracture;
Elderly;
Prognostic factors;
Functional recovery;
Intravenous iron;
Nutritional
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Abstract

Objectives: Due to its high prevalence and serious consequences it is very important to be well aware of factors that might be related to medical complications, mortality, hospital stay and functional recovery in elderly patients with hip fracture.

Material and methods: A prospective study of a group of 130 patients aged over 75 years admitted for osteoporotic hip fracture. Their medical records, physical and cognitive status prior to the fall, fracture type and surgical treatment, medical complications and functional and social evolution after hospitalisation were evaluated.

Results: Patients with greater physical disability, more severe cognitive impairment and those who lived in a nursing home before the fracture had worse functional recovery after surgery. Treatment with intravenous iron to reduce transfusions reduced hospital stay and improved walking ability. Infections and heart failure were the most frequent medical complications and were related to a longer hospital stay. The prescription of nutritional supplements for the patients with real indication improved their physical recovery after the hip fracture.

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PALABRAS CLAVE

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Anciano;
Factores pronósticos;
Evolución funcional;
Ferroterapia
intravenosa;
Suplementos
nutricionales

Conclusions: Evaluation of physical, cognitive and social status prior to hip fracture should be the basis of an individual treatment plan because of its great prognostic value. Multidisciplinary teams with continuous monitoring of medical problems should prevent and treat complications as soon as possible. Intravenous iron and specific nutritional supplements can improve functional recovery six months after hip fracture.

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Factores determinantes de estancia hospitalaria, mortalidad y evolución funcional tras cirugía por fractura de cadera en el anciano

Resumen

Objetivos: Analizar las características de los pacientes ingresados por fractura de cadera y su evolución 6 meses tras la cirugía para determinar los factores potencialmente relacionados con estancia hospitalaria, complicaciones médicas, mortalidad y recuperación funcional tras esta enfermedad tan prevalente y con graves consecuencias.

Material y métodos: Estudio prospectivo de un grupo de 130 pacientes mayores de 75 años hospitalizados por fractura de cadera de perfil osteoporótico. Se evaluaron sus antecedentes médicos, situación mental y física previas a la caída, tipos de fractura y tratamiento quirúrgico, complicaciones hospitalarias, así como evolución funcional y social tras la hospitalización.

Resultados: Los pacientes que tenían mayor grado de deterioro físico y mental previamente a la fractura y los institucionalizados tuvieron peor capacidad de recuperación tras la cirugía. El empleo de terapias alternativas a la transfusión para el tratamiento de la anemia se relacionó con disminución de estancia hospitalaria y mejor capacidad de deambulación a medio plazo. Las principales complicaciones médicas en el ingreso fueron infección e insuficiencia cardiaca, e implicaron prolongación de la hospitalización. La prescripción de suplementos nutricionales en pacientes adecuadamente seleccionados se relacionó con mejor evolución funcional.

Conclusiones: La valoración de la situación mental, física y social previas a la fractura debe ser la base de un plan de tratamiento individualizado por ser claramente determinante de pronóstico. Los equipos multidisciplinares con seguimiento médico continuado simultáneo al quirúrgico son importantes para prevenir y tratar precozmente las frecuentes complicaciones perioperatorias. La administración de ferroterapia intravenosa y la prescripción de suplementos de nutrición pueden mejorar la recuperación física a medio plazo del paciente intervenido fractura de cadera.

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Introduction

Hip fractures in elderly patients are important because of their high prevalence, serious associated functional deterioration and the high costs they entail. Patients with hip fractures often have many comorbidities, dementia and/or functional deterioration prior to the fracture and frequently have medical complications during their hospital stay. Multidisciplinary medical and surgical treatment is associated with fewer complications, lower mortality and better prognosis.¹ The professionals in orthogeriatric teams have a common interest in identifying factors that will potentially result in a favourable outcome for patients who undergo intervention.

The objective of this study was to analyse the clinical features of elderly patients admitted after a hip fracture, their outcome and treatment after surgical admission to determine the parameters relating to mortality, functional recovery and hospital stay. The aim was to individualise care plans and identify the therapeutic measures that might

improve outcomes. It was considered of particular interest to evaluate how the recovery of these frail patients was influenced by a systematic nutritional approach and by treating anaemia with complementary therapies to transfusion.

Material and methods**Study design**

An observational prospective study of the medical and surgical features of 130 patients aged over 75 admitted consecutively after proximal fracture of femur to the orthopaedics department of the University Hospital of Guadalajara between the months of November 2014 and June 2015. All of the patients were assessed on admission and treated by the geriatric team on a daily basis during their hospital stay. Progress was monitored on discharge, and at 3 and 6 months after the fracture.

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