

Hip Fractures in the Elderly

Hip fractures are serious fall injuries that often result in long-term functional impairment, nursing home admission and increased mortality.

As our population ages, the number of hip fractures is likely to increase

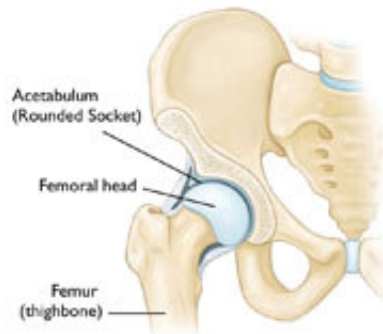
Cause:

CDC reports, over 95% of hip fractures are caused by falls. In 2009, there were 271,000 hip fractures and the rate for women was almost three times the rate for men.

Center of Disease Control & Prevention: FACTS

- 281,000 hospital admissions for hip fractures among people age 65 and older; CDC 2007 reports.
- Over 90% of hip fractures are caused by falling, most often by falling sideways onto the hip.

- In 1990, researchers estimated that by the year 2040, the number of hip fractures would exceed 500,000. However, since 2000, the annual number of hip fractures has remained relatively constant.



Best Practices

Hospital-wide nurse staffing levels are associated with increased in-hospital mortality among patients admitted with hip fractures.

Post-operative management monitored by a geriatrician, with high-frequency PT/OT, with the interventions carried out within an acute care setting increased recovery of ambulatory ability

CDC Prevention Tips

Exercises such as Yoga, Tai Chi, and weight bearing exercises improve balance.

Regular Vision Check-ups

Improve Home Safety—reduce trip hazards, add grab bars

Additional Factors:

Medications such as blood pressure, tranquilizers, sleeping pill, any type of sedative, antidepressants, narcotic pain medications

Costs

In 2000, falls among older adults cost the U.S. health care system over \$19 billion dollars or \$30 billion in 2010 dollars. With the population aging, both the number of falls and the costs to treat fall injuries are likely to increase.

