

HIP FRACTURE SURGERY

Surgery within 36 hours of arriving at the first hospital is recommended for optimal recovery and to avoid complications



Someone you care about has suffered a broken hip and you may have suddenly found yourself needing to learn a lot very quickly.

- The main reasons for surgery are to relieve pain and get people back on their feet as soon as possible
- The type of surgery recommended by the doctors will depend on the type of fracture, how bad the break is, the person's age and medical condition, and their level of physical activity before breaking their hip
- Early surgery (within 36 hours) is recommended because older people are vulnerable to complications from prolonged bed rest such as blood clots, pressure areas and pneumonia
- Early surgery has been shown to be better for the recovery of mobility and independence
- The consultant orthopaedic surgeon leads a team that includes doctors who are at various stages of their training in orthopaedic surgery
- The consultant orthopaedic surgeon oversees surgical care in the operating theatre. They have years of specialist training
- The type of operation will depend on where the hip is broken and will do one of the following:
 - » Replace all or part of the hip
 - » Fix the fracture with a plate and screws
 - » Fix the fracture with screws only
 - » Fix the fracture with a rod inside the thigh bone
- Surgery can be done with a general anaesthesia which means the patient will be unconscious and not remember the operation. Or a regional/spinal anaesthesia can be used and this means the patient is conscious but will feel no pain. This can be used with or without sedation, and the sedation means it's unlikely the patient will remember the whole operation
- Sometimes both general and regional/spinal anaesthesia may be used
- The research shows there is no difference in patient outcomes between the two types of anaesthesia and the decision will be made based on what is best for the individual



36 HOURS



You may feel like you want to do something practical to help the person you care for prepare for their operation. Here are some practical tips to help them in the days before their operation.



- Assist them to provide their medical history to the health professionals as all of this information will help with making decisions on treatment
- Make the anaesthetist aware of previous surgery and any affects of the anaesthetic



Alert the health professionals to the following things:

- If the patient has made an Advance Care Directive (ACD) about their treatment choices. Ensure the staff know where the Advance Care Directive (ACD) is held
- If a doctor has signed an order indicating that the patient should not be resuscitated in the event of a cardiac arrest
- Only if requested by the person with the hip fracture, make staff aware of any person they have legally nominated to make health care decisions for them, if or when they are unable to do so. Provide a copy of the relevant documentation if required

This checklist covers some points about hip fracture surgery. If you would like more information, place a tick in the box to remind you to discuss that point with the health care team.

Tick one box for each statement below. Choose 'I need more information' if you are in doubt.	I need more information	I have enough information
I feel confident I understand the types of anaesthesia that might be offered	<input type="checkbox"/>	<input type="checkbox"/>
I feel confident I know when the surgery will be done and if this is more than 36 hours from getting to hospital I understand the reasons for the delay	<input type="checkbox"/>	<input type="checkbox"/>
I feel confident I have the information I need about the orthopaedic surgeon and the team that will be involved in the operation and surgical care afterwards	<input type="checkbox"/>	<input type="checkbox"/>
I feel confident I understand what happens in the days after the operation and the expectations for starting recovery	<input type="checkbox"/>	<input type="checkbox"/>

Information and data sourced from: 1. ANZHFR Hip Fracture Care Guide: My Hip Fracture Information and Individual Care Plan <https://anzhfr.org/patients/> 2. Australia New Zealand Hip Fracture Registry 2022 Annual Report <https://anzhfr.org/registry-reports/> 3. Australian and New Zealand Guideline for hip fracture care – Improving outcomes in hip fracture management of adults <https://anzhfr.org/wp-content/uploads/sites/1164/2021/12/ANZ-Guideline-for-Hip-Fracture-Care.pdf> Accessed 1st September 2022 4. Royal College of Physicians National Falls and Fragility Audit Programme – A guide for family and carers. <https://www.rcplondon.ac.uk/projects/hip-fracture-carers-guide> Accessed 1st September 2022

