

00020 Non-operative Management of Hip Fractures in Elderly and Outcomes: A Quality Improvement Activity (Qia) in a Singapore Tertiary Hospital

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Aims: Singapore currently has the highest incidence of hip fracture in Asia. Although surgery is the standard of care for hip fracture, a subset of elderly are managed non-operatively due to medical co-morbidities, patient's and or family's decision. There is little information on outcomes of hip fracture patients who received non-operative management in local context and also a gap in understanding non-medical factors which influence the decision to decline surgery.

Methodology: A retrospective analysis on, 73 non-operatively managed and 329 operated, aged ≥ 65 years, with fragility hip-fracture, in Changi General Hospital from Dec-2014 to Nov-2015; and a sub-group analysis for outcomes between surgically managed vs medically-fit non-surgically managed patients were performed.

Result: Non-operated (73) cohort mean age was 84; female 64.4% ;16.4% of them were admitted from Nursing homes; 35/ 73 (47%) had Parker's score ≥ 6 ; 68% had American society of Anesthesia (ASA) criteria ≤ 3 ; 30% had ≥ 4 co-morbidities; 41/73 (56%) patients were medically deemed fit however non-operatively managed due to patient's and or family's decision.

Upon discharge, 20% more ended up in nursing home. Only 25% regained pre-fracture ambulatory status at 6-months. Non-operated group had statistically significant higher rate of in-patient complications (48% vs.23%); longer mean length of hospital stay (25 vs 12-days); higher 1 year mortality (30% vs 8%) and lower chance of survival at one year (70% vs 91%) compared to the operated cohort.

Conclusion: Surgical management in hip fracture outweighs non-operative management in reducing length of hospital stay, nursing home utilisations, morbidity and mortality and by promoting independent living, which needs to be highlighted during pre-op counseling to patients and family, to increase the uptake of surgery. However why family and or patients decided not to undergo surgery should be further examined as an explanatory study in order to better understand factors influencing such decision.