Oral presentations
Theme 3: Health and Wellbeing OP22

Instrumental activities of daily living and associated factors among patients with lower limb fractures followed up at the orthopaedic clinics of Teaching Hospital Jaffna

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Background and objective: Fracture is a type of musculoskeletal injury that hinders performance of daily activities. Several factors influence the ability to engage in instrumental activities of daily living (IADL) among fracture patients. This study aims to assess IADL and the factors influencing it among adult patients with lower limb fractures attending the orthopaedic clinics of Teaching Hospital Jaffna.

Methods: This hospital-based descriptive cross-sectional study was carried out among 292 adult patients with lower limb fractures selected by systematic sampling from the orthopaedic clinics of Teaching Hospital Jaffna. Demographic details, fracture details, and existing medical conditions were obtained using an interviewer-administered questionnaire and data extraction sheet. The Lawton's Scale was used to assess IADL. Data were analyzed and processed with SPSS 21. Various statistical analytical tools were used, including percentages, contingency tables, and the chi-square test.

Results: IADL were severely affected in 68.5% of participants, while in 20.9% and 10.6%, respectively, IADL were moderately and mildly affected. There was a significant association between IADL and anatomical site of fracture ($p=0.001$), type of fracture ($p=0.035$), total number of fractures ($p=0.042$) and number of co-morbidities. With respect to anatomical site, IADL were most severely affected in participants with femoral and tibiofibular fractures. Other factors such as age, sex, marital status, and highest educational qualification were not significantly associated with IADL.

Conclusion: The ability to perform IADL was severely impaired among the majority of participants. Anatomical site of fracture, type of fracture, number of fractures and number of co-morbidities were associated with the ability to perform IADL. Early treatment and rehabilitation are required to improve the IADL of patients following lower limb fractures.

Keywords: Instrumental Activities of Daily Living, Lower Limb Fractures, Rehabilitation, Jaffna