

DESCRIPTIVE STUDY OF FRACTURE PATTERNS IN ELDERLY AFTER FALL ADMITTED TO TEACHING HOSPITAL JAFFNA

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Key words

Fracture, Fall, elderly

Background

Falls are the one of the most common cause of injury in elderly and the top reason for hospital admission and fractures. Fractures result in increased morbidity, mortality and health expenditure.

Materials & Methods

Descriptive study was performed using interviewer administered questionnaire from elderly patients with fracture following a fall at Teaching Hospital Jaffna between 1st of December to 31st of December 2014.

Results

44 elderly patients with fracture after fall were admitted during this period. Out of these 33(75%) were female. Among these hip and colles fracture accounted for 21(47.7%) and 14(31.8%)patients each. 23(60%) patients were managed Conservatively, 14 (31.8%) with internal fixation, 5(11.4%) with joint replacement and 2 (4.5%) managed with external fixation. All the patients had full function of activities of daily living according to Katz index before the injury. Among these at one year follow up 7 (20.5%) have moderate impairments.

Discussion

Gender base difference in falls rate may be the reason for high incidence of fracture in females. Number of colles fractures were equal to hip fractures, may be due to most of the colles fractures were managed in peripheral hospitals by general surgeons.

Conclusion

Fractures following fall in elderly lead to increase morbidity and health expenditure. So advocated measures to prevent falls in elderly should be implemented. In addition to that alternative methods to prevent fracture by decreasing the impact of falls by using external hip protectors may be considered in high risk patients.