

The Atlantic Provinces Medical Peer Review



MANAGEMENT OF SPECIFIC DISEASE ENTITIES

Orthopaedics #4 - HIP FRACTURE

It is important to note that these guidelines are meant to be of assistance to assessors in making observations. They should not be taken as standards of any of the Atlantic Provinces Licensing Authorities.

Risk factors: female; osteoporosis; Caucasian & Asian; chronic medical conditions: DM, hypogonadism, GI or rheumatoid disorders, Parkinson's, multiple sclerosis, dementia, depression; limited physical activity; poor nutrition; alcohol & tobacco use; medications: diuretics, corticosteroids, anti-convulsants, anti-coagulants, thyroid medication

General Prevention: adequate calcium and vitamin D intake; remain active; avoid tobacco and excessive alcohol use; screen for and treat osteoporosis

Signs & Symptoms:

- ✓ severe pain in hip or groin; inability to bear weight; stiffness, bruising and swelling around the hip

Diagnosis:

- ✓ history: typically hip pain after suffering a fall; sometimes history of loss of consciousness; prior syncope; chest pain; prior hip pain; pre-injury ambulatory status
- ✓ physical: shortened and externally rotated lower extremity; pain with passive ROM of the affected extremity; tenderness to palpitation of the groin; careful neurovascular exam; r/o other fractures
- ✓ tests: CBC; chemistry, coagulation studies, type and screen; urinalysis
- ✓ imaging: plain radiograph, CT, MRI, bone scan
- ✓ differential diagnosis: septic arthritis; bursitis; OA; avascular necrosis; pelvic or acetabular fracture; inflammatory arthritis; metastatic disease; lumbar disc; muscle contusion

Treatment:

- ✓ surgery within 24 - 48 hours should be the goal; choice (dependent on presentation) of: cannulated screws; hip hemiarthroplasty; total hip arthroplasty, open reduction and internal fixation with hardware
- ✓ medical RX of osteoporosis; perioperative antibiotics; thromboembolic prophylaxis

	N/A	E	S	D
Clinical history and physical exam are documented.				
It is evident that appropriate tests have been ordered and completed.				
Appropriate therapies are used and regularly reviewed.				

COMMENTS: _____
