

SURGICAL TREATMENT OF IMPENDING AND EXISTING PATHOLOGICAL FEMORAL FRACTURES USING THE LONG CEPHALOMEDULLARY NAIL

Introduction & aims – Impending and pathological fractures from metastasis in femur were common. Surgical intervention is required for stabilisation in order to avoid impairing the patient's quality of life. Aim of this study is reporting the outcomes of intramedullary reconstructions with long cephalomedullary nails in patients with femoral metastatic bone diseases.

Method – We studied retrospectively outcomes and complications of 32 femoral lesions in 29 patients treated by long cephalomedullary nail between 2008 to June 2013

Results – Mean age at the time of surgery was 49.89 years. Mean follow up time was 13.31 months (range 6-56 months). Most of lesions were originated from the breast, lung, and myeloma. Fifteen lesions were impending fractures and actual fractures were seventeen lesions. 23 lesions were treated by open technique for tumor removal while 9 lesions were closed technique because of small lesions with intact cortical bone. Mean operative time and blood loss were about 78 minutes and 222.22 cc in closed technique group and 156 minutes and 969.56 cc in open group. In most patients, they had the satisfactory result from painless and ability to returned to activity daily living. Mean MSTs scores was 21.52 (71.13%). There were only two systemic complications postoperatively and there were no mechanical problems from this implant.

Conclusions – Our treatments with long cephalomedullary nail for femoral metastasis were good because of low complication rates. Most patients had the good quality of life due to early mobilisation and pain relief. Therefore, we recommend the aggressive treatment with long cephalomedullary nail for stabilization in patients with metastatic lesion in femur.