

Clinical characteristics of Elderly Hip Fracture in Lerdsin Hospital

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INTRODUCTION:

The worldwide incidence of fragility fracture was increased including Thailand. The incidence of hip fracture was associated with an increasing in disability, morbidity and mortality particularly within one year after fracture. Awareness and identifying the causes of osteoporosis are the important management for reducing fracture in the future.

MATERIALS & METHODS:

A descriptive cross-sectional study to evaluate clinical characteristics and risk factors of elderly osteoporotic hip fracture in Lerdsin hospital, Bangkok, Thailand.

RESULTS:

The total of 116 elderly osteoporotic fracture patients, who admitted in orthopedic department at Lerdsin hospital from 1 June 2016 to 31 May 2017 (12 months). The total number of female was 84 patient, male 32 patient. (female 73.68%). The average age was 75.47 year (male 79.83 year, female 75.71 year).

Table 1: The clinical characteristics of osteoporotic hip fracture patients.

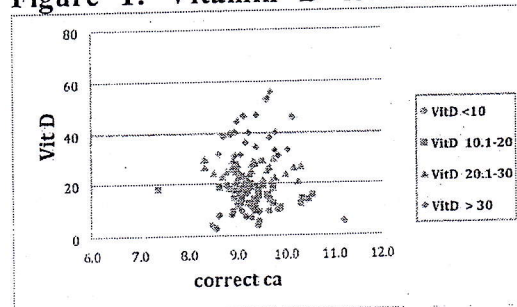
Clinical characteristics	Number	Percent (%)
Total 114		
Sex		
Male	32	27.59
Female	84	73.68
Age (average)	75.47	
Comorbid disease	100	86.2
Diabetes mellitus	42	36.2
Hypertension	80	69.0
Cardiac disease	15	12.9
Cerebral disease	16	13.8
Psychiatric disease	16	13.8
Previous fracture	10	8.6
Other	30	25.9
Drug-related osteoporosis	9	7.8

There are 100 patients (86.2%) who had medical conditions example hypertension (69%), diabetes (36.2%), cerebral disease (13.8% and cardiovascular disease (12.9%). Baseline laboratory for evaluation of osteoporotic fracture showed no significant abnormal. Interestingly, 82% of patients had low vitamin D level (< 30 ng/mL), average 23.5 ng/mL.

DISCUSSIONS:

Female has risk of osteoporotic hip fracture more than male (2.6:1). Medical conditions (such as hypertension, diabetes, vitamin D deficiency) may also contribute to bone loss and fracture.

Figure 1: Vitamin D level in the patient



CONCLUSION: Elderly people particularly postmenopausal woman has high risk for hip fracture. Awareness and identifying the causes of osteoporosis is an important management for reducing fracture in the future.

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