

EPIDEMIOLOGICAL AND CLINICAL PROFILE OF FRACTURE NECK OF FEMUR

Submitted by:

Arun Basil Mathew
Arun Raj M.V.
Asha George

Guide:

Dr.P.B.Kumari Jayageetha
Associate Professor
Dept. of Community Medicine
Govt. Medical College, Thiruvananthapuram

Abstract

Background:

FNOF is one of the most common injuries causing morbidity and mortality in people of geriatric age group. Age specific incidence rate have increased substantially in recent decades especially among women. In India very few research works were done in FNOF and even in that all the variables relating to FNOF were not taken into account. Against this background we decided to conduct a study on the epidemiological and clinical profile of FNOF.

Objective:

To study the epidemiological and clinical of FNOF.

Materials and Methods:

Descriptive study among consecutive patients (N=100) having FNOF admitted in orthopedic wards of MCH, Thiruvananthapuram. Each patient was interviewed with a semi structured questionnaire.

Results:

Most prominent ones from our study were:

- Approximately 90% of the fractures are due to falls.
- Around 70% of the total study subjects were in the age group of 60-79 years.
- 88% of the total study subjects were females.
- A possible higher incidence of FNOF among Muslim community as evidenced by the study.
- 55% of FNOF cases lead a sedentary lifestyle.
- 92% of the male FNOF cases were chronic smokers.
- 95% of the female FNOF cases have number of deliveries greater than three.
- Around 70% of the total study population were having one or other forms of chronic illnesses (Hypertension, diabetes mellitus, tuberculosis, bronchial asthma, COPD).

Conclusion:

- Implementation of effective multifactorial Falla prevention programs.
- A possible association of FNOF with smoking, sedentary lifestyle, blood group, religion, number of deliveries, chronic illness etc are suggested and should be considered for further studies and intervention in FNOF.
- For prevention of hip fractures, especially geriatrics should be encouraged to be physically active, maintain reasonable body weight and quit smoking.