



Service Priorities and Programmes
Electronic Presentations

Convention ID: 221

Submitting author: Dr Albert HSU

Post title: Consultant, UCH, KEC

The Effects of Post-fracture Nurse Clinic on Secondary Prevention of Falls and Fractures in Hip Fracture Patients - A Retrospective Review

Hsu YC

Department of Orthopaedics & Traumatology, United Christian Hospital

Keywords:

Nurse clinic

Hip fracture

Geriatric

Fall

Osteoporosis

Introduction

Geriatric hip fractures have major impact on patients' function, health and life-expectancy. Early operation and rehabilitation are the first steps to improve patients' outcomes but secondary prevention of fall and fracture are equally important. We have started a post-fracture nurse clinic to improve care in the spect of secondary prevention since 2014.

Objectives

To review the efficacy of nurse clinic in function outcomes of patients, use of bone protection medications, osteoporosis assessment, referral to community rehabilitation resources and fall re-admissions.

Methodology

A retrospective review of all patients who have attended our post-fracture nurse clinic in 2014-2016.

Result

There were total 1511 attendances, with mean age of 82.18. The average waiting time for the 1st nurse clinic is 16.27 weeks. 7.48% of our patients lost their ambulation ability, which is significantly less than previous audit in 2009 and 2013. 16.12% patients moved from home to elderly home, again significantly less than previous audit in 2009 and 2013. Rate of antiresorptive agent prescription is 38.11%, significantly higher than previous audit in 2009. 10% patients were arranged DEXA scan, and 3% patients referred for community rehabilitation. Fall-readmission rate is only 2%. Our nurse clinic is effective in improving functional outcome and improving prescription rate of anti-resorptive agents. However, there could still be improvement in patient recruitment, more bone protection and DEXA scan arrangement, and community rehabilitation.