



**Service Priorities and Programmes**  
**Electronic Presentations**

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**Patient Safety Enhancement through the Application of Hip Protectors for Geriatric Hip Fractures in an Interdisciplinary Approach**

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**Introduction**

Falls associated with hip fractures are a major cause for loss of independence, adverse psychological effects, functional decline, morbidity and mortality in the elderly. Hip protector is newly introduced and promoted in Tseung Kwan O Hospital under hip fractures programme. Although hip protectors do not prevent a fall from occurring, they may reduce the severity of the fall. Therefore, hip protectors may be helpful in the management of high-risk people.

**Objectives**

1. To reduce hip fracture and serious injury during the incidence of fall in the elderly in order to reduce the mortality and disability burden arise from hip fractures. 2. To educate patient and patient's significant others on the knowledge of fall prevention. 3. To reinforce fall prevention intervention with the use of orthosis - Hip Protector, in an interdisciplinary approach.

**Methodology**

Patients with hip fractures aged 65 or over were recruited in the hip fracture programme. Hip protectors were prescribed by prosthetist-orthotist when patients were allowed to sit out and start walking exercises after operation. Apart from assessment, education on orthosis care and usage were provided by prosthetist-orthotist. The compliance of hip protectors was checked and reminded by nursing staff during hospitalization. Patients were scheduled for 3 months follow-up in prosthetic and orthotic out-patient unit. Patient's conditions and compliance of hip protectors were reviewed.

**Result**

From July to December 2012, 93 patients (Mean age=88.7, range 66-101) with hip fractures were recruited in the programme. 62 patients were female and 31 patients were male. 44 patients were turned up for the 3 months follow-up from October to now. 68% of patients with good compliance of hip protectors and 32% with poor compliance with different reasons including tightness of pants, inconvenience, seldom go out or

difficulties in putting on and off the hip protectors. The compliance rate is relatively higher than other publication may due to 1. Targeted patients with history of fall; 2. Interdisciplinary approach with Prosthetist-Orthotist and nursing staff.