

Factors increasing mortality of the elderly following hip fracture surgery

Hip fracture is one of most common public health problems with significant financial burden on the patient and health care systems. Risk of mortality in elderly patients with several comorbidity is high especially during first year following hip fracture surgery. It is urgent that we learn more about which factors increase mortality risk occurred during the first year following surgery. In different Studies role of patient related factors, surgery factors and health care system factors have been evaluated. However lack of information in our setting were a problem; for public health policy and early interventions in prevention of mortality.

So the current project identified more important factors which have highest role in increasing mortality in first year following hip fracture. All consecutive admitted patients aged more than 50 years with hip fracture from January 2008 to August 2013, were included in study. Information will come from several sources. These sources include hospital records and interviewing using phone to ask about possible mortalities. During the study period, 724 patients completed the survey with 1-year follow-up interview. Mortality rate following hip fracture surgery in our study was 22.4% at 1 year which was similar to previous studies in developed countries. Age, BMI, and smoking to be the patient factors which could significantly increase the risk of mortality.

That way, every 7 years increasing in age could result in increased twofold risk of death, each 6 unit decreasing in BMI may result in increased chance of death about twofold and smoking increased likelihood of mortality 1.46 1-year follow-up periods. In conclusion, decreased BMI, increased age, and smoking are the major predictors of mortality after surgery of hip fracture in old population. It is clear that stopping smoking and gaining more energy with better nutrition, as modifiable factors, could reduce the mortality rate if hip fracture occurs in the elderly.

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Publication

[Factors increasing mortality of the elderly following hip fracture surgery: role of body mass index, age, and smoking.](#)

Vosoughi AR, Emami MJ, Pourabbas B, Mahdavi azad H
Musculoskelet Surg. 2017 Apr