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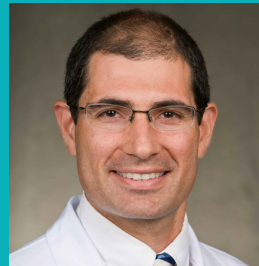


ZUCKERBERG
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Hospital and Trauma Center

UCSF Osher Mini Medical School 2018

Hip Fractures: A Growing Epidemic

Saam Morshed MD, PhD, MPH



Paul Toogood MD





University of California
San Francisco



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Epidemiology of Hip Fractures

UCSF Osher Mini Medical School 2018
Hip Fractures: A Growing Epidemic

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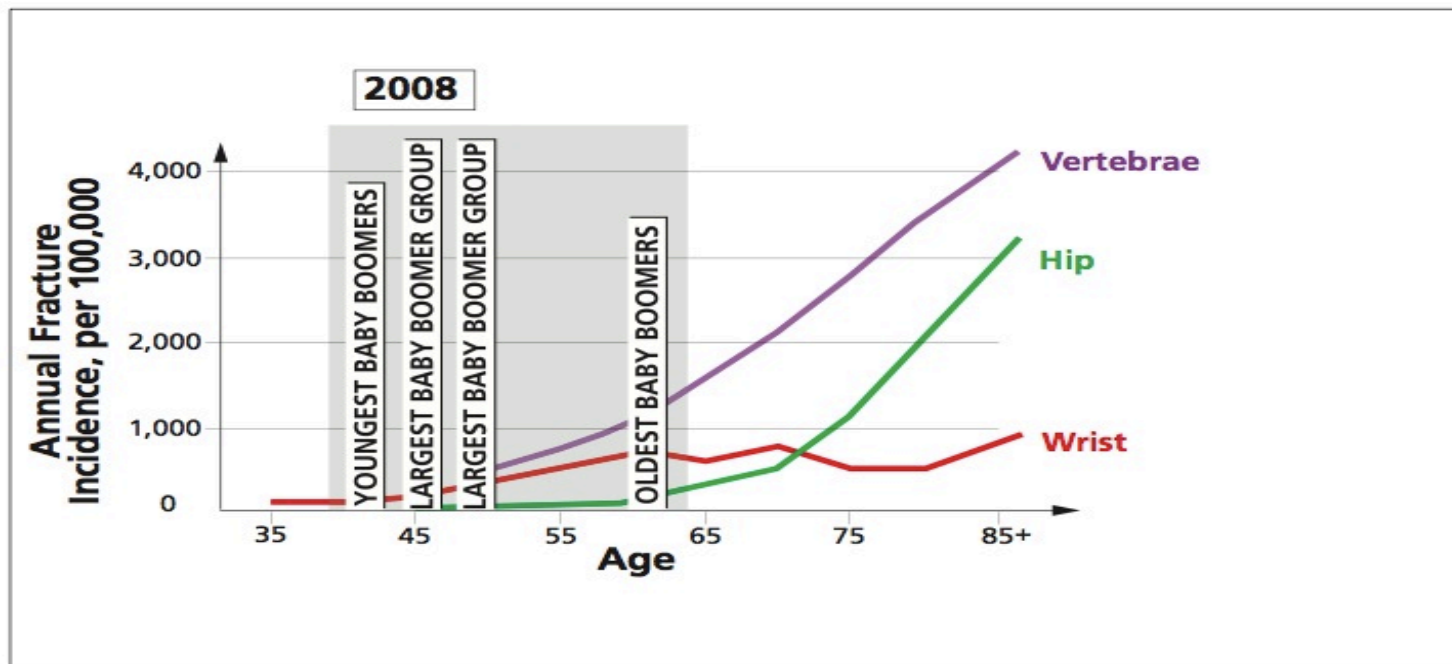
5/22/2018



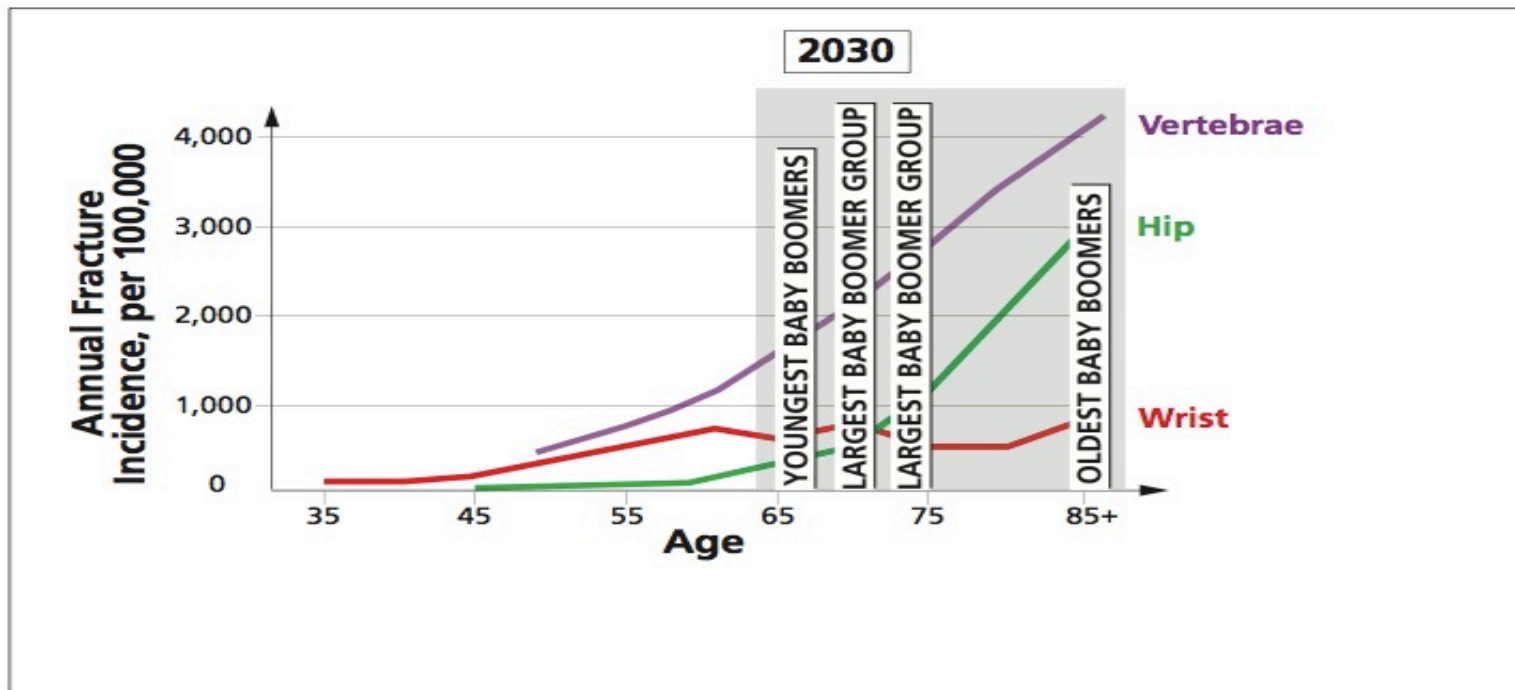
Overview

- Frequency of injury
- Availability of treatments
- Expected outcomes

Frequency of Fragility Fractures Rising with and Aging Population



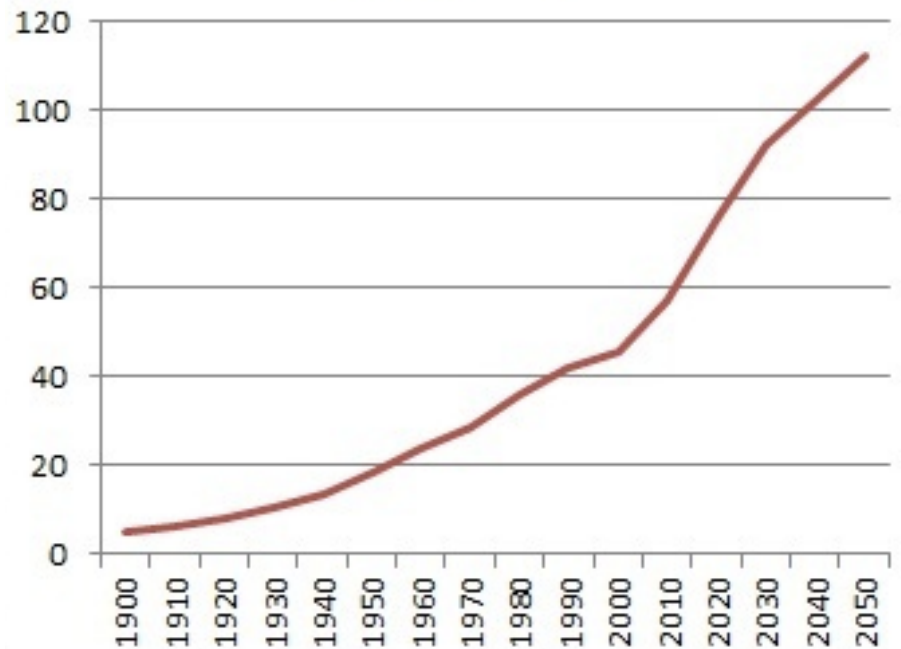
Frequency of Fragility Fractures Rising with and Aging Population



Hip Fractures

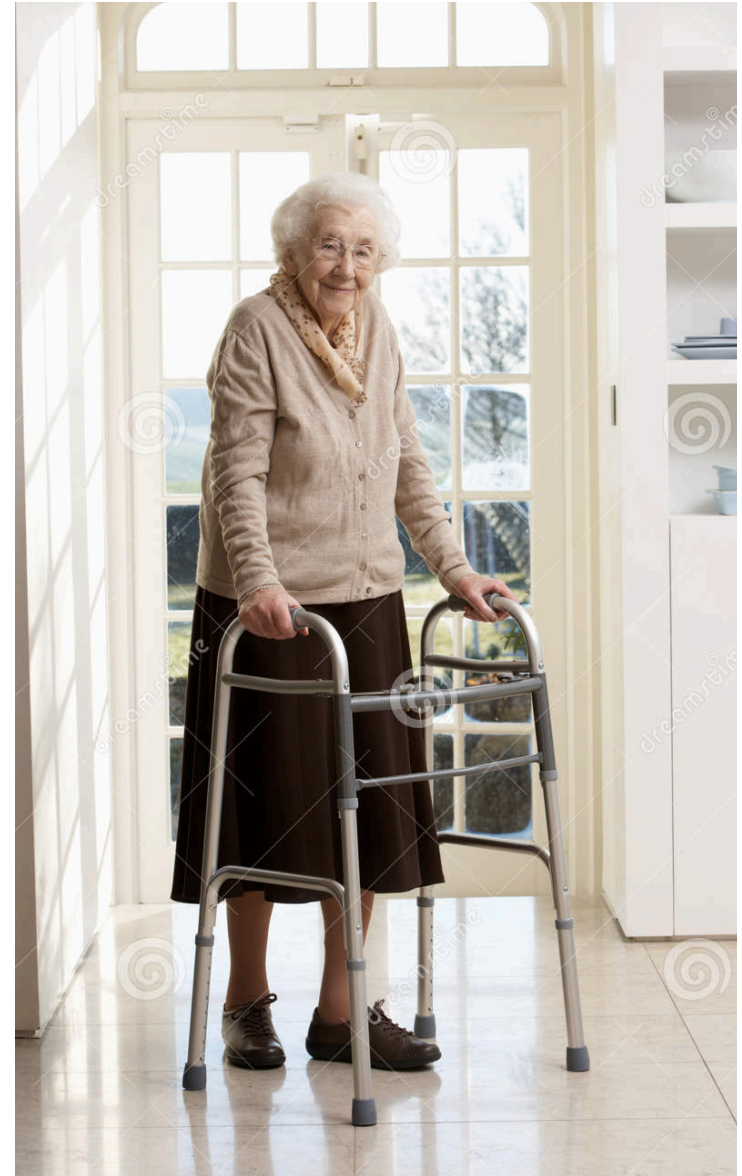
- Common Problem
 - ♀ 0.8% per year over 65
 - ♂ 0.4% per year over 65
- 320,000 Hospitalization/yr
- Estimated global incidence
 - 1990: 1.6 million per year
 - 2050: 6.3 million per year
- \$9 Billion Annual Expenditure in the US

U.S. 60+ population (in millions)



What is the outcome after surgery?

- HIGH mortality
 - 5-10% in 30 days
 - 20-35% in 1 year
- HIGH Morbidity
 - 11% become bedridden
 - 16% require LTC facility
 - 53% >65yo lose independence



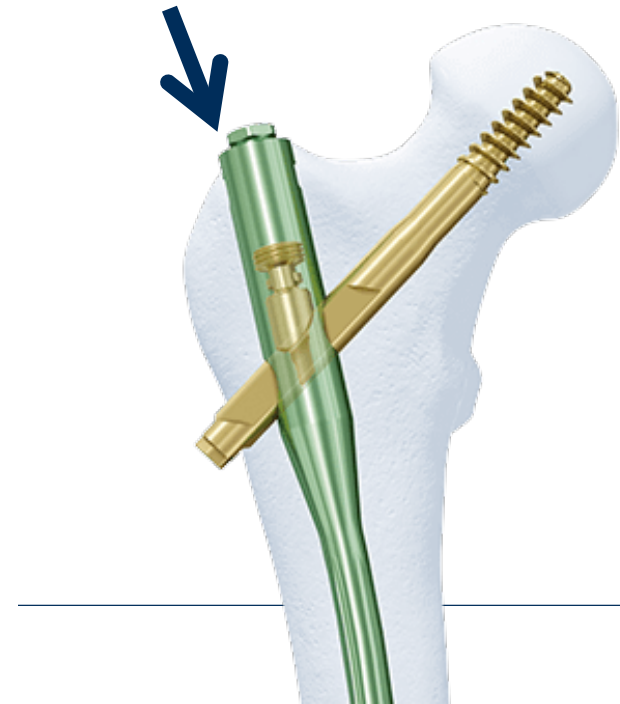
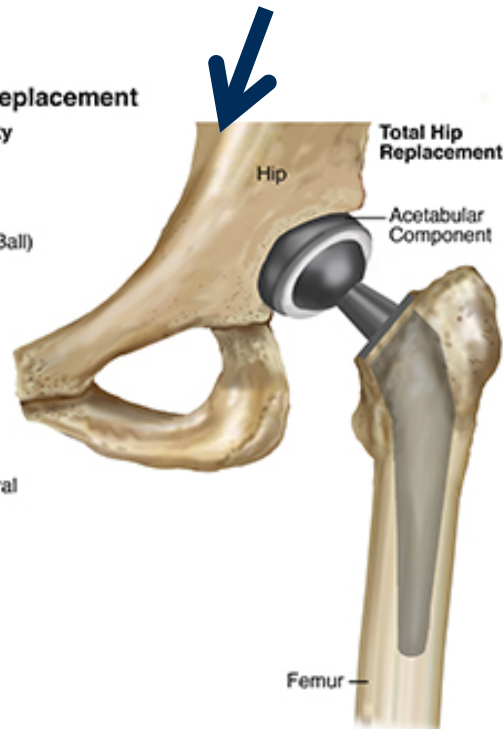
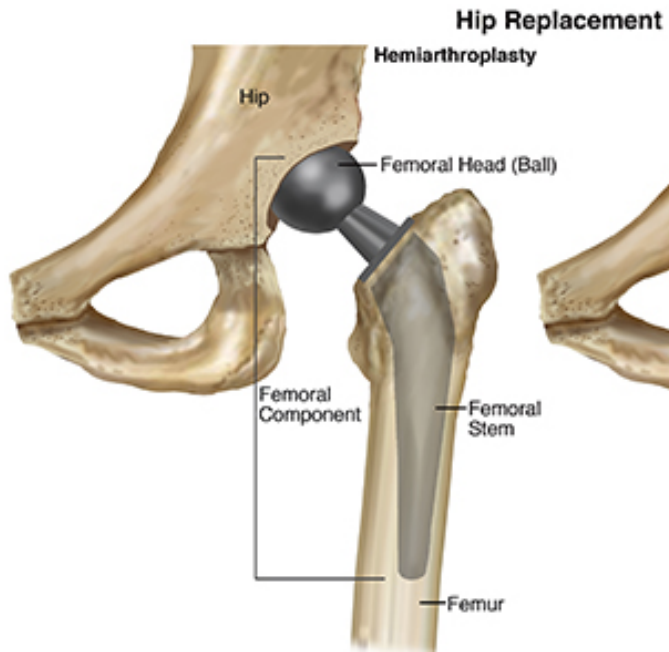
HIGH



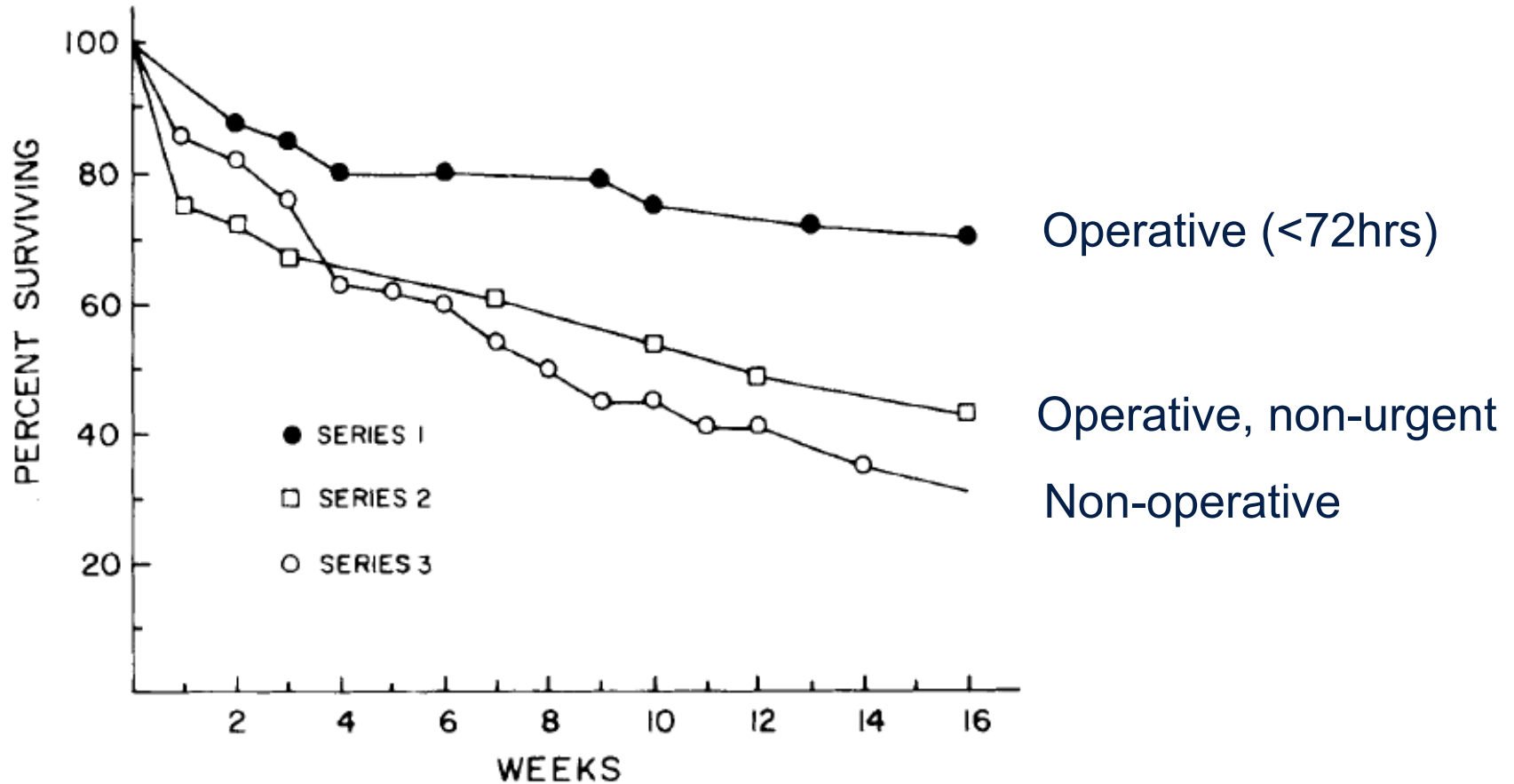
Femoral neck fracture



Intertrochanteric fracture

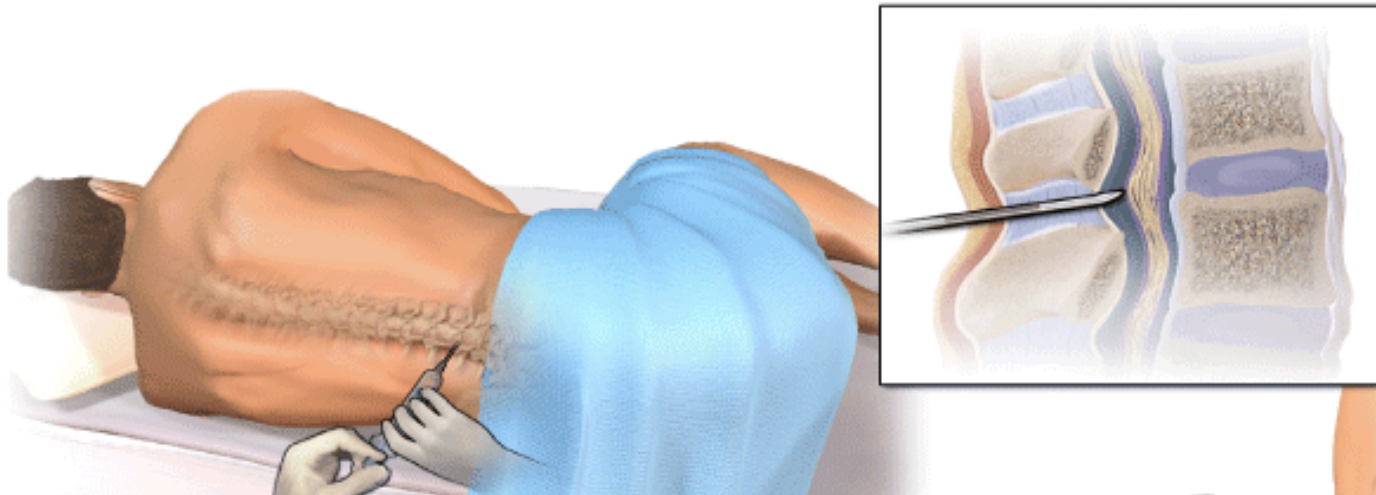


Prompt Surgery Prolongs Life



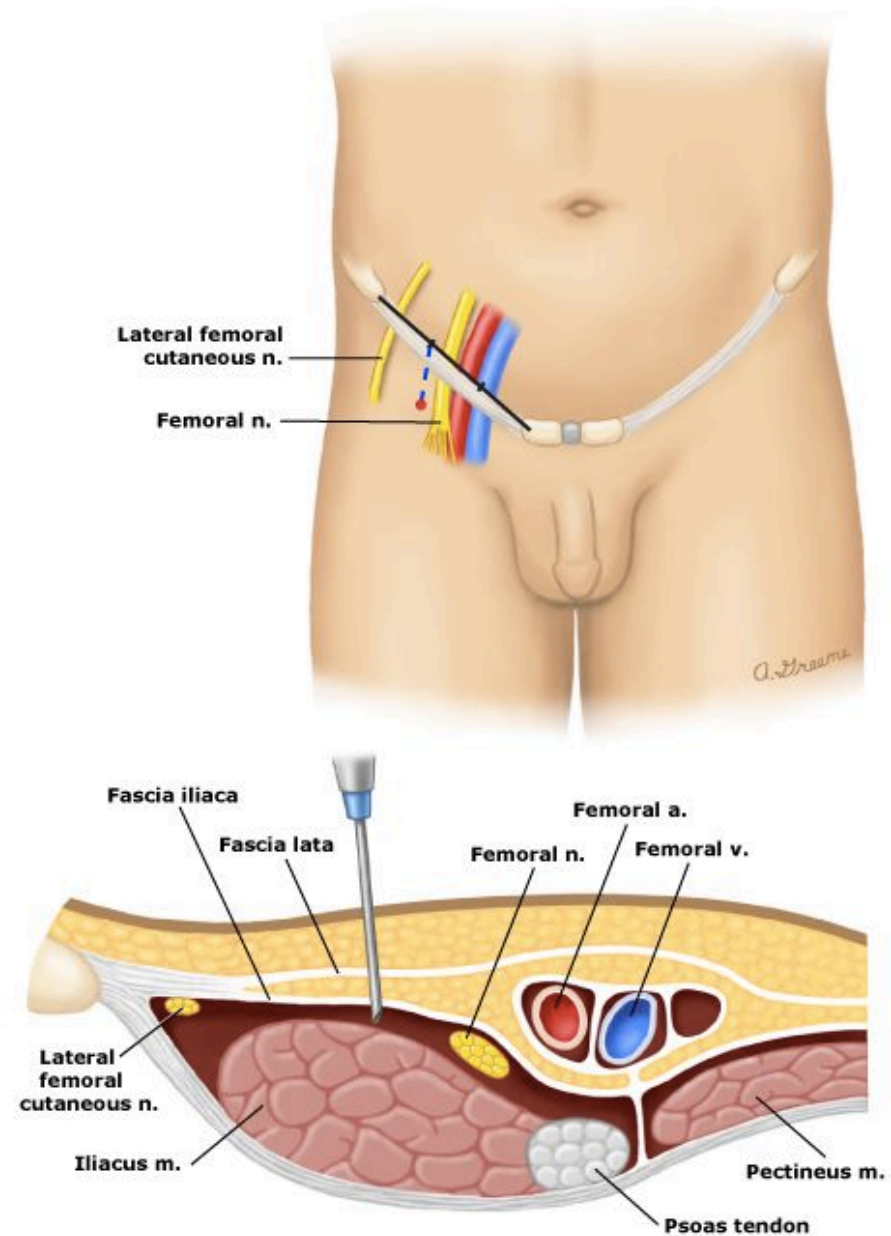
What about specific anesthetic issues?

- General anesthesia vs. Neuraxial anesthesia
 - Data inconclusive
 - RCT's are limited
 - 2016 Cochrane review says no difference in 30 day mortality, but lower in-hospital mortality and shorter length of stay.



Fascia Iliac Block

- This block DEFINITELY:
 - Reduces acute pain after hip fracture
 - Reduces the need for opiates
 - Decrease the incidence of delirium
- This block MIGHT
 - Improve long-term function, mortality, and quality-of-life



Other Standards in Treatment

- Medical management of osteoporosis
 - Calcium and Vitamin D
 - Bisphosphonates
 - Denosumab and Teriparatide
- Exercise
 - Building Strength, Balance, and WALK!!!

Remember

- Hip fracture will affect you, your friends and/or family
- Surgical care is effective in restoring mobility, but . . .
- Morbidity and mortality are high
- Optimal care combines:
 - timely anesthesia/surgical care
 - medical management of osteoporosis
 - rehabilitation

The image features the UCSF logo, which consists of the letters 'UCSF' in a white, bold, sans-serif font. The letters are arranged in a slightly overlapping manner, with the 'U' and 'C' on the top line and the 'S' and 'F' on the bottom line. The logo is centered within a dark blue square background.

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