

Hip Fracture Pathway

Dr.Husam Alrumaih Dr.Nouf Alsadoun Dr.Abdullah Alsultan

Project Overview

Problem:

Osteoporosis is common in the Saudi Arabia population, and its reported prevalence is >30% in men and women aged >56 years. Fragility fractures, particularly of the proximal femur may have serious consequences including early death or decreased functional mobility, ultimately affecting the patient's quality of life.

Design:

Hip fracture pathway is implemented as a hospital system via health information technology and electronic health record (EHR) which is activated once patient with hip fracture arrived to the hospital to triggering a cascade of events in a timely fashion and involve a multidisciplinary teams. It ensure the patient received a highest care and complete the management plan and discharge home safely.

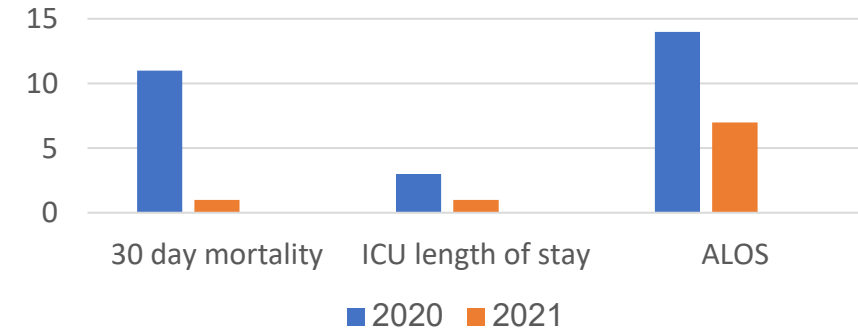
Strategy:

Patient who is >18 years old present to the Emergency department with history of fall or injury affecting their mobilization status and/or causing groin and hip pain alarms the first responder of the possibility of a hip fracture presence and the need to activate its pathway. This labels the patient as a high risk patient to all concerned medical personnel and expedites radiological investigations to confirm the diagnosis along with ensuring the patient gets surgical intervention with 48 hours from presentation. This is a multidisciplinary team effort with the involvement of Emergency physicians, Intensivist, Radiologists, Internist, Cardiology, Anesthesiologist, Physical therapist, Occupational therapist and finally the Orthopedic Surgeon. Results are for accurate diagnosis, timely preparations for surgery, and a safe surgical intervention in a timely fashion. Our aim is to standardize the work up of a common pathology easily missed by non-specialized personnel in orthopedic pathology. This ensures a safer patient experience in a cost effective manner.

Result

After implemented a hip fracture pathway project:

- Less **post operative complications rate** were observed.
- **Length of stay in ICU and hospital** are reduced.
- Significant reduction in **30 days mortality rate**.



Project Impact

Patient with hip fracture received the maximum care which is offered by multidisciplinary team within specific time frame with a 90% reduction in 30 day mortality .

Surgical intervention completed within 48hrs from admission.

Patient has lower rate of post operative complication rate (41% reduction) and less length of hospital stay secondary to early assessment by multidisciplinary team.