

I've broken my hip!

Scottish Hip Fracture Audit

I've broken my hip – this happens when the thigh bone breaks at the hip.



Why did it happen to me?

- More than one in 20 people over the age of 65 will suffer from a hip fracture.
- Hip fractures are common and are usually due to a fall.
- A condition called 'osteoporosis' can weaken bones, meaning that they break more easily.
- It's more likely to happen to women as they are more likely to have osteoporosis.

What happens now?

- Pain often causes people the most worry. You will be given pain relief by the ambulance staff and then when you get to hospital.
- Normally you will have an operation to repair the fracture. However, you can decide with your doctor, if this is the best option for you.
- You can discuss your treatment with your doctor who will help you to understand the options available.
- The operation will normally be carried out within 36 hours of your admission to hospital ward.

Can anything go wrong?

- It's important to know that things can go wrong sometimes. The risk of this usually depends on the state of your health when you were admitted to hospital.
- It's very common for people to become confused while in hospital and this is called 'delirium'. This can be caused by many things including constipation, infections and some medications. This is usually a temporary condition which will clear up as you recover.

SIGN guidelines on delirium can be found at:

<https://www.sign.ac.uk/patient-and-public-involvement/patient-publications/delirium/>

- Sometimes, people can experience infection, blood loss, clots in the leg or ongoing pain.
- Hip fracture is a serious injury and approximately 7 in every 100 people die within 30 days of suffering a hip fracture.
- The risk of this and other complications is increased if you have other serious medical conditions rather than something going wrong with the operation.
- Your doctor will discuss with you the risks involved.



What about after my operation?

- The ward staff will help you get back on your feet as soon as possible, usually on the day of, or the day after your operation, however for some people this may take longer.
- You may find this uncomfortable but it is important to be mobile as soon after the operation as possible. This can help to avoid many of the possible post-operative complications.
- You will be given pain relief to help with this.

When can I go home?

- The average length of stay in hospital is about 18 days, however it is normal for this to vary from person to person and depends on how well you recover.
- Some people need extra help with physiotherapy and Occupational Therapy after their operation which can make their stay in hospital longer.
- Getting back home will probably be one of your main priorities. To help you with this, we will support you and your family/carers to achieve this as soon as possible.
- Studies show that more than half of people who were admitted from their own home will return there within 30 days.
- As you have broken your hip, your risk of another broken bone and further falls is increased. Your team should discuss with you the options to improve your bone health and help prevent further falls.

How do hospitals improve what they do?

- Together, the Scottish Government and the Scottish Hip Fracture Audit have set standards of care that you can expect to receive.
- Information on how hospitals are meeting these standards is collected by local audit coordinators and then passed to their local teams so that they can identify any improvements needed.
- Further details on how the data is used and published is available at <https://www.shfa.scot.nhs.uk/>

Useful links to other organisations

Scottish Hip Fracture Audit

<https://www.shfa.scot.nhs.uk/>

Healthcare Improvement Scotland

www.healthcareimprovementscotland.org

NHS Choices

www.nhs.uk/Conditions/hip-fracture

Scottish Delirium Association

<https://sites.google.com/site/scottishdeliriumassociation/home>

Royal Osteoporosis Society

<https://theros.org.uk/>

Age Scotland

www.ageuk.org.uk/scotland/

Age Scotland Helpline: 0800 12 44 222

<https://www.nhsinform.scot/campaigns/falls>

Accessibility and translations

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