

AB104. SOH21AS004.

Assessing outcomes in patients with hip fractures under the age of 60

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Background: Hip fractures are a common and serious orthopaedic injury. The principles of treatment for hip fractures in the “non-elderly” patient is to preserve the native hip. There is limited published literature in this area. The aim of this research is to review all of the “non-elderly” hip fracture patients to report on the demographics, fracture patterns, fixation types and revisions.

Methods: This was a retrospective single-site review of all of the “non-elderly” patients who underwent operative management for hip fractures between 1999 and 2019. A manual review was done of all of the X-rays for the identified patients to confirm the fracture type and identify further surgeries.

Results: A total of 381 patients were identified. Their average age was 48.4 years old. Of all patients, 239 were intra-capsular and 142 were extra-capsular fractures. Dynamic hip screw (DHS) was the most popular fixation method. In the recent decade of data, the number of hemiarthroplasties remained consistent but the number of total hip arthroplasties (THAs) performed increased sevenfold. The mean follow-up was 35 months. Forty-three (11%) patients required follow-up surgery. Non-union accounted for 56% of all revisions and avascular necrosis for 19%.

THA was performed in 70% of all revisions.

Conclusions: DHS remains the most widely used fixation technique in an effort to preserve the native hip. The use of THA has increased and surpassed the usage of hemiarthroplasty in recent times. A high proportion of these patients will go on to develop complications requiring secondary surgery, therefore they all need long-term follow-up.

Keywords: Avascular necrosis; hemiarthroplasty; non-elderly hip fractures; non-union; revision rate

Acknowledgments

Funding: None.

Footnote

Conflicts of Interest: The authors have no conflicts of interest to declare.

Ethical Statement: The authors are accountable for all aspects of the work in ensuring that questions related to the accuracy or integrity of any part of the work are appropriately investigated and resolved.

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doi: 10.21037/map-21-ab104

Cite this abstract as: Keohane D, Al Azawi L, Downey C, Quinlan J. Assessing outcomes in patients with hip fractures under the age of 60. *Mesentery Peritoneum* 2021;5:AB104.