

ED QUICK QUIZ

WHAT IS THE DIAGNOSIS?

BACKGROUND

You are asked to review an 83 yr old lady who lives alone and fell 'en route' to the bathroom this morning. She is crying in pain and on examination her right hip is shortened and in external rotation.

PMH - IHD, T2DM, frequent falls.

DH - Clopidogrel, Metformin, Ramipril

Obs- Sats 98% in air, RR 20, BP 160/92, HR 101

You request an AP pelvis and lateral hip Xray. The AP pelvis film is below.



QUESTIONS

1. After your initial A-E assessment- what is your first priority?
2. How would you describe this fracture to orthopaedics?
3. What is the importance of this type of fracture?
4. The family ask you about prognosis of patients with hip fracture – what do you tell them?

ANSWERS & DISCUSSION

1. Analgesia at presentation has been found to be poorly done in A&E and is one of the priorities in managing #NOF patients. This is one of the standards audited.
2. This patient has an undisplaced intracapsular fracture of the right neck of femur. This is an X-ray of a fracture that was missed.

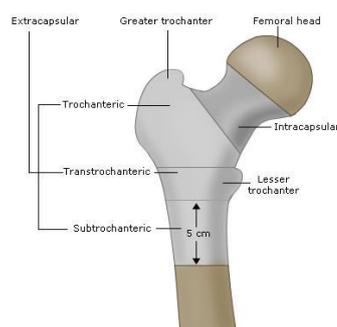
A systematic approach is needed to review the hip X-ray:

- Check the intactness of shenton's line- disruption may indicate fracture



- Looks at the line of the trabeculae along the neck of the femur
 - A sclerotic line across the neck of the femur as this may indicate an impacted fracture
 - Look for steps in the cortex
3. The importance is that it is an intracapsular fracture and a large amount of the blood supply to the head of femur comes from this area, therefore, there is a risk of avascular necrosis of the head of femur and non union.

The diagram below shows intra and extracapsular areas of the femur



4. Some numbers on fractured neck of femur. The 30-day in-hospital mortality is about 10%, though only about half is caused by the fracture. The 12-month mortality is about 30% and this reflects co-morbidity. Only about half will return to their previous level of independence and 10-20% of patients admitted from home will need residential or nursing home care.

References

1. NHS e learning for health Fractured Neck of Femur module [Henry Guly](#), [James Waiting](#)
2. Pre-course material for Ultrasound Guided Regional Anaesthesia- Basic Course May 26th 2017