

PREDICTORS OF FUNCTIONAL RECOVERY AND MORTALITY AFTER HIP FRACTURE- DO WE RECOGNIZE THEM IN DAILY CLINICAL WORK?

**Emilija Dubljanin Raspopović¹, Nela Ilić¹, Una Nedeljković¹,
Ivan Selaković², Silvana Stojčić³, Milica Aleksić³**

¹ School of Medicine, University of Belgrade, Clinical Center Serbia, Serbia

² School of Medicine, University of Belgrade, Serbia

³ Clinical Center Serbia, Serbia

e-mail: edubljaninraspopovic@gmail.com

Background and Aims

Hip fractures in the elderly are followed by increased mortality, and functional decline. Identification of early postoperative mortality and functional predictors enables the stratification of high-risk patients and can help in the development of strategies aimed at reducing risk and improving outcome after hip fracture. The primary aim of this study was to investigate predictive factors during the early postoperative phase related to mortality and functional outcome after hip fracture.

Methods

We examined 344 elderly patients with hip fracture. Multivariate logistic regression analysis was used to explore independent prognostic factors for 1 year mortality. We further analyzed functional recovery of 191 patients with hip fracture after 6 months.

Results

By the end of 12 months, 87 patients (25.4%) had died. Our results revealed that age, cognitive status, functional status prior to injury, functional status on discharge, and presence of delirium were independent predictor of 1 year mortality. Our investigation further showed that patients with worse general health, weaker handgrip strength and longer time from admission to surgery had worse functional recovery 6 months after hip fracture.

Conclusion

Identifying patients upon admission for mortality and worse functional outcome possibly enables development of targeted prevention and intervention strategies in older patients with hip fracture.

Keywords: hip fracture, mortality, functional outcome