



## Geriatric Fracture Program

**The goal of the Geriatric Fracture Program at Southern Ocean Medical Center is to streamline the care of all geriatric hip fracture patients (those over 65) and to minimize complications while maximizing timely return to function.**

### Did You Know...

- In 2006 there were more than **316,000 hospital admissions for hip fractures in patients older than 65.**
- **More than 90% of hip fractures in those older than 65 are caused by falls.**

**However, studies have shown that timely repair of hip fracture reduces risk of death in geriatric patients after hip fracture by 25%.**

*Source: CDC Information On Hip Fracture Among Older Adults*

### What You Can Expect From The Southern Ocean Geriatric Fracture Program

- Combines the resources of orthopedic surgery, anesthesiology, internal medicine/geriatrics, physical therapy, social work and nutrition
- Timely surgical repair of hip
- Daily management of patient by orthopedic surgeon and internal medicine physician to minimize complications from bleeding, infection, delirium, and chronic medical issues
- Early and intensive post-operative physical therapy evaluation and treatment to maximize return to ambulation and independent function
- Close monitoring and treatment by all staff for delirium, a common complication after hip fracture surgery in the elderly
- Close follow-up with patient's primary care physician for further assessment and management of osteoporosis in order to prevent recurrent fractures
- Close monitoring and treatment of pain with a wide range of medications in order to allow for quicker return to function with decreased side effects of medication
- Specialized hip fracture nursing care to minimize development of pressure sores, infections and delirium
- Considerate social work and discharge planning to allow patient to continue to regain function at an appropriate rehabilitation or nursing facility