Elective No. 4

Name of Block	Block 1
Name of Elective	**Management of hip disorders**
Location of hospital Lab or research facility	IPD / EMERGENCY
Name of internal preceptor(s)	Dr. Pankaj Mahindra
Name of external preceptor (if applicable)	
Learning objectives of elective	1. Various types of hip fractures 2. Classification 3. Management 4. Modalities of treatment
Number of students that can be accommodated in this elective	3 – 5
Prerequisites for elective	--
Learning resources for students	Text Book of Orthopedics by Maheshwari
List of activities of student participation	1.history taking 2. clinical examination 3. identify fracture on x-ray 4. application of skin tractions
Portfolio entries required	Yes
Log book entry required	Yes
Assessment	1. Demonstration 2. MCQ's
Other comments	

Dr. Pankaj Mahindra

Management of Hip Disorders

INTRODUCTION

Hip fractures are a common injury among older adults. A hip fracture is a break in the upper part of the femur, which include femoral head, neck, greater trochanter, lesser trochanter and subtrochanteric region. The majority of hip fractures occur in elderly patients whose bones have become weakened by osteoporosis. When a hip fracture occurs in a younger patient, it is typically the result of a high-energy trauma, such as a fall from a ladder or vehicle collision.

Two major types of hip fractures include fracture neck of femur and intertrochanteric fracture which are commonly seen in elderly with osteoporotic bones resulting from low energy trauma.

The symptoms of hip fractures include severe pain in the hip, inability to move immediately after falling, difficulty walking, stiffness in the hip area, swelling and bruising in the hip, deformity in the leg on the affected side and shorter leg on the affected hip side. Diagnosis includes physical exam and imaging tests such as X-ray which shows the fracture and its position. Computed tomography (CT) produces more detailed images. Magnetic Resonance Imaging (MRI) is used in cases of osteoporosis and pathological fractures.

Treatment of these fractures is usually surgical. Various surgical interventions include fixation of fractures with metallic implants including nails and screws, replacement Arthroplasty of hip etc. Medical therapy with bisphosphonates can be given which increases bone density given to decrease the risk of a second fracture. Physical therapy includes strengthening exercises and range of motion exercises is performed.

Prevention practices include eating diet rich in calcium and vitamin D, regular exercises to strengthen bones and muscles, avoiding smoking and excessive intake of alcohol, being careful while using medication that cause dizziness, removing hazards such as rugs, electric cords that could trip you, having regular eye examinations and using a walking stick or walker if necessary.