

Changing fracture hospitalization trends signal new rehab needs for seniors

According to a study done from 2003-2017 examining fracture hospitalization in older adults, extremity fracture hospitalization and related deaths have declined, especially among women. Researchers concluded that the decline was for only a certain type of fracture, low-energy femur fractures, which are usually falls from standing height. This decline may be due to the use of preventative osteoporosis medications such as bisphosphonates, which are more commonly used among women.

However, other types of fractures seem to be increasing in the older adult population. High-energy fractures (those caused by car accidents or falls from high heights) and hospitalizations for multiple fractures have risen in men. A possible explanation for this may be the improved health of some older adults, allowing them to engage in more physically demanding activities. Hospitalizations for these injuries have increased by 20% in men ages 65 to 74 years.

This study concluded that approximately 80% of fracture hospitalizations are due to lower extremity fractures, which are particularly disabling to the older population. Based on these findings, it can be concluded that there may be a growing need for fracture-related rehabilitation and recovery care in long-term care facilities.



For more information, please visit: <https://www.mcknights.com/news/clinical-news/changing-fracture-hospitalization-trends-signal-new-rehab-needs-for-seniors/>