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Estimation of risk factors in relation to catastrophic decline of walking status in older adults after hip fracture surgery

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The purpose of this study is to investigate walking recovery after hip fracture surgery with the aim of identifying risk factors of catastrophic decline of walking status. 120 participants older than 65 years were included in this cross-sectional study. The walking status was investigated at 3 to 6 months after hip surgery and compared with pre-fracture walking status. The participants was divided into two groups according to walking ability (Group-1: Walking and Group-2: Not walking at all) and risk factors associated with failure to walk were determined using binominal logistic regression analyses. The rate of walking recovery at 3 to 6 month after hip fracture surgery was about 16.3% and 25% of participants could not walk at all. One of risk factors for not walking at all was poor pre-fracture walking status as a non-modifiable factor, whereas dwelling place, LOS before surgery and hospitalization period were factors possible to intervene in nursing care. Based on the findings, living in one's own home seems to be relevant to protect against the catastrophic walking decline in Korea. Assessing the reasons for delaying hip surgery is required as well. Lastly, older adults hospitalized inevitably during longer periods should be focused on their functional care. In turn, acknowledging walking status at short-term period after hip fracture surgery enables to minimize catastrophic decline to walk.

Biography

Young Ji Ko has completed her PhD from Yonsei University, South Korea. She is an Assistant Professor of Nursing Department in Daegu Hanny University in Korea. Her interest area is Geriatric Nursing especially in functional decline older adults.

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