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Patients' understanding of Hip Fracture: a two centre audit and quality intervention study

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Introduction: Patient education as part of management has been shown to improve outcomes in a wide range of conditions. However, it has been demonstrated that the majority of orthopaedic trauma patients demonstrated limited comprehension of their condition, treatment options and postoperative instructions.

Objective/Aims: We aim to gauge the awareness of patients' understanding of hip fracture and their knowledge of treatment options, complications and long term prognosis. Secondly, we aim to evaluate the effectiveness of a patient information leaflet in improving understanding of their condition.

Method: Patients with hip fractures presented to the Orthopaedics at Royal Infirmary Edinburgh and Ninewells Hospital were recruited prospectively over a 2-month period. Patients with dementia, visual impairment or who were clinically unstable were excluded. In the first loop, 59 patients recruited were given a Likert scale questionnaire to rate how much they know about hip fractures, its treatments and complications. Sixty-four patients were recruited in the second loop and were given a patient information leaflet describing the causes, risk factors, available treatment options, complications and outcomes of hip fractures before the administration of the questionnaire. The average score for each question and a total score for all five questions from each loop was then tabulated and tested to see if it statistically significant.

Results: We found that there is a statistically significant improvement ($p < 0.0001$) in all components -understanding of what a hip fracture is, risk factors, treatment options, complications and prognosis of hip fractures. The total score averaged at 11.7 prior to intervention, and 18.5 after the patient information leaflet ($p < 0.0001$).

Conclusion: We recommend the provision of an information leaflet as it has obvious benefits to patients' understanding of hip fracture and further study to look at what type and amount of information to be provided in that leaflet.