

# HIP FRACTURE REQUIRES COMPLEX, COORDINATED STRATEGIES

Getting hip fracture program development right—transforming fragility fracture prevention and acute care management through comprehensive multispecialty programs—will be increasingly important. Rising acuity, the shift to population health management and the aging population will heighten the stakes for optimizing care for the medically complex frail elderly population.

The System of CARE for hip fracture patients is **NOT** linear. It is ongoing and variable. Along the way, hospitals and health systems can identify opportunities to develop targeted interventions....



**KEY INSIGHT:** Osteoporosis is a chronic medical condition that needs active management to reduce the risk of hip fracture, as well as during and after care in the event of a fracture to avoid readmission and/or secondary fracture. Strategic interventions in the community, such as care coordination and fall prevention education, can improve quality of life and care outcomes.

## Inpatient

- Proactive discharge planning and secondary fracture prevention education
- Patient and family education
- Orthogeriatric or hospitalist assessment for medical optimization
- Use of standardized orders
- Pain management

## EMS

- Patient transferred to surgery-ready facility
- Pain control started in field

## Acuity-Based Post-acute Care

- Discharge to lower level of acuity (eg, home health)
- Discharge to preferred PAC provider
- Primary care provider communication

## Diagnostic Imaging Center

- Interpretation of results with treatment recommendations

## Primary Care Office

- Regular fall assessment for primary and secondary fall prevention
- Pharmacologic therapy and vitamin supplementation

## Outpatient Rehab

- Fall prevention
- Strength and functionality training

## Community Programs

- Fall risk education and assessment
- Closer locations to vulnerable patient population

## Home Care

- Home safety evaluations
- Funding/grants to develop or expand programs

EMS = emergency medical service; PAC = post-acute care. Source: Sg2 Analysis, 2019.

**LEARN MORE!** To view the complete source list and take a deep dive into the hip fracture System of CARE, visit [Sg2.com](https://sg2.com) to read the full article, *You Asked: Trends in Hip Fracture Prevention and Acute Management*.

