

# Improving Ortho-Geriatric Outcomes: Reducing Immobility & Post-Operative Hypotension in Patients With Neck of Femur Fractures

Dr Shubham Gupta\*<sup>1</sup>, Dr Hela Jos<sup>1</sup>, Dr Josh Brampton<sup>1</sup>, Dr Avinash Sharma<sup>1</sup>

\* Presenting author 1 Chelsea and Westminster Hospital, 369 Fulham Road, London SW10 9NH

## Introduction

- National guidance **advises mobilising patients** with neck of femur fractures (NOFF) on day 1 post-operatively [1]
- This **reduces delirium, pneumonia and length of stay** [2]
- Hypotension is a leading cause** of immobilisation post-operatively
- National guidance advises appropriate **fluid resuscitation** and review of polypharmacy when indicated [3]
- This quality improvement project **aimed to reduce post-operative hypotension** and improve day one post-operative mobilisation in NOFF patients

## Method

- 3 months** of surgical NOFF patients were retrospectively analysed pre-intervention
- Patients **unable to mobilise** on day 1 post-operatively due to hypotension were identified
- Whether pre-operative intravenous fluids were given and anti-hypertensives were held was noted
- A face-to-face educational intervention was implemented to encourage:
  - Pre-operative intravenous **fluids**
  - Pre-operative suspension of **anti-hypertensives**
  - Post-operative detection and escalation of **oliguria or hypotension**
- 3-month post-intervention data were collected (a 2<sup>nd</sup> cycle of clinical audit, closing the loop) (**Figure 1 & Figure 2**)

## Results

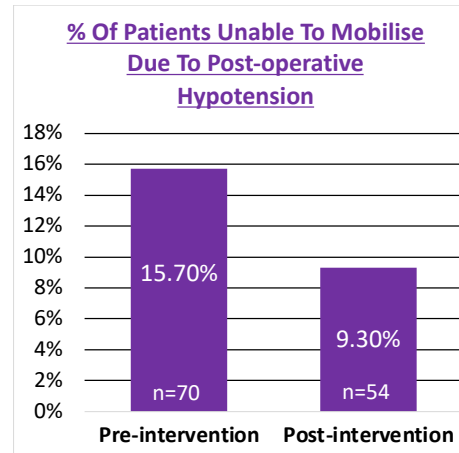


Figure 1: Proportion of post-operative day 1 NOFF patients unable to mobilise due to hypotension

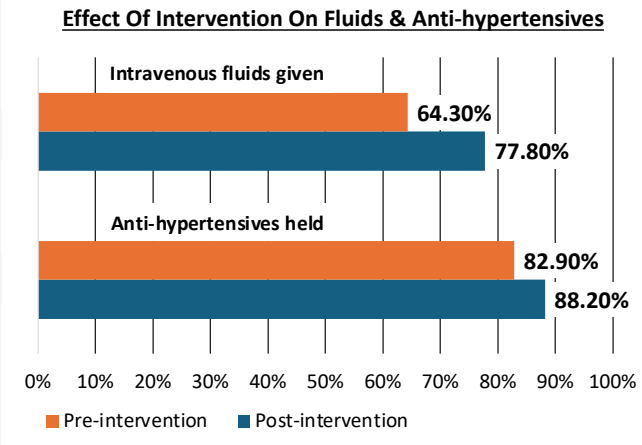


Figure 2: Pre- and post- intervention rates of fluid administration and suspension of anti-hypertensives

## Conclusion

- Simple educational interventions** can reduce post-operative hypotension in NOFF patients
- Developing local guidelines** may facilitate persistent clinical change, as improvements following poster distribution and teaching sessions may be transient

### References

- [1] NICE, 2023, QS16
- [2] Sallehuddin & Ong, Age and Ageing, 2021, 50, 356-357
- [3] British Orthopaedic Association, 2007