ABSTRACT

Background: Approximately 18,000 adults sustain a hip fracture annually in Sweden. A hip fracture results in declined function outcomes for 40 percent even by previously healthy adults. The overall aim of this project is to investigate factors influencing the ability to regain pre-fracture function.

Aims
Study I: To explore healthy older patients’ perceptions of their own capacity to regain pre-fracture function, in the acute phase after hip fracture surgery. Study II: To illuminate how previously healthy persons, aged 65 years and older, describe how they adapt to daily life four months after a hip fracture. Study III: To investigate patient-reported factors influencing on previous healthy persons’ ability to regain previous physical function after a hip fracture. Study IV: To investigate if predicted factors in study 1-3 are associated with recovery to previous functions after hip fracture surgery.

Methods:
Study I: An explorative interview study conducted at acute ward two to five days after hip fracture surgery. Study II: An explorative follow up interview study, four months after hip fracture surgery. Study III: Data collection finished. A prospective quality-register/questionnaire study conducted at acute ward and after 4 months. Study IV: A feasibility study will be planned, based on the results from study 1-3.

Findings:
Study I: Initially patients believed in recovery and thought nothing would be altered. Since they had to adapt to the ward culture at the acute hospital, they became passive and got insecure about their future life situation. Publication: Gesar, B., Hommel, A., Hedin, H., Bååth, C., 2016. Older patients’ perception of their own capacity to regain pre-fracture function after hip fracture surgery - an explorative qualitative study. International Journal of Orthopaedic and Trauma Nursing. doi: 10.1016/j.ijotn.2016.04.005.

Study II: Four months later the hip fracture surgery influenced on everyday life. Physical impairments affected psychologically and conversely psychological factors affected physically. These impairments had forced participants into a life transition. Some had given up, some fought for independence, and some handled the situation by means of self-esteem and power. (Manuscript submitted)

Study III: Data collection finished.