

A comparison of treatment and outcomes of elderly distal femoral fracture patients and neck of femur fractures patients.

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**Aim:** Distal femoral fractures are associated with high morbidity and mortality in the elderly population. However, there is no treatment protocol for distal femoral fractures in the UK. This case series looks at the treatment of distal femoral fracture patients and their mortality compared to the neck of femur fracture (NOF) patients in a high performing center on the UK national hip fracture database.

**Method:** Retrospective analysis of all patients over 60 years coded for having suffered distal femoral fractures treated at St Helier hospital between January 2014 and January 2018. All images were reviewed on PACs system to ensure distal femoral fracture and review the operative fixation method. Peri-prosthetic fractures were excluded. The hospital electronic records were reviewed for post-operative outcome data. The data for the NOF patients was taken from the national hip fracture database.

**Results:** There were 44 distal femoral fracture patients identified. The average age of the patients was 81 years. The time to theatre was longer for distal femoral patients with 77% of patients in theatre in under 2 days compared to 97% of neck of femur fracture patients. Of the distal femoral fracture patients, 29 underwent an operation, while 15 were treated non-operatively. Following the operative intervention only 16 of the patients were allowed to fully weight bear immediately post-operatively. The distal femoral fracture patients had longer hospital admissions by an average of 8 days. Finally, the distal femoral patients had a higher 30day mortality of 15.9% compared to the NOF patients of 6.3%.

**Conclusion:** This study shows that distal femoral fracture patients have a poor outcome compared to neck of femur fracture patients. Distal femoral fracture patients should be given the same clinical importance as neck of femur fracture patients to reduce mortality.