Clinical Practice:
Standards and Clinical Guidelines for Hip Fractures beginning in the Emergency Department and the role of the Nurse Practitioner.

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Oral Presentation

Introduction: This presentation outlines the Standards and Clinical Guidelines for managing patients admitted with proximal hip fractures, previously and commonly referred to as fractured neck of femur -NOFs from admission to the Emergency Department. The presentation also outlines the valuable role of the Orthopaedic Nurse Practitioner in facilitating the care of this cohort of patients.

The aging population and increased admissions of patients with minimal trauma hip fractures led to development of a Hip Fracture Clinical Pathway and the introduction and implementation of Clinical Care Standards for managing this vulnerable group of patients. The fractured hip clinical pathway incorporates a care plan and guidelines as an integral part of ensuring the standards and met. The pathway begins in the emergency department and includes perioperative management, and strategies for preventing and reducing risks and complications including pain management, bladder and bowel management, fluid management and strategies for reducing delirium. In addition it begins primary investigation and treatment of osteoporosis and falls prevention.

The development of this pathway was a multidisciplinary approach with all key stakeholders including Emergency Department Consultants, the orthopaedic surgeons, anaesthetists, orthogeriatric team, nurses and allied health teams. This clinical pathway has continued to evolve facilitating best care and ensuring ‘The Standards’ for managing patients with hip fractures continues. The orthopaedic Nurse Practitioner is an integral part of the Orthogeriatric team and plays a vital role in the care of these vulnerable elderly patients. This presentation will discuss the clinical pathway, clinical standard of care and the valuable role the Orthopaedic Nurse Practitioner can play in managing this vulnerable group of patients.