



North Bristol
NHS Trust

Service: **Orthopaedic - Emergency**

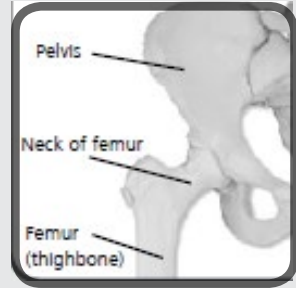
Hip fracture



Exceptional healthcare, personally delivered

What is a hip fracture?

- The hip is a ball and socket joint where the femur (thigh bone) joins the pelvis.
- A hip fracture is when you break the femur at the hip joint.
- A hip fracture is also known as a fractured neck of femur.



How a hip fracture is treated

- Hip fractures are painful and will reduce your ability to mobilise.
- You will be offered pain killers to make you more comfortable, and the nursing staff will assist you with basic needs (e.g. washing and toileting).
- Most hip fractures require an operation to fix them.
- We aim to provide surgery within 36 hours of being admitted to hospital.
- For the operation you will need to be starved of food and water to ensure your stomach is empty. The minimum required time is six hours without food and two hours without water.

Operation

- There are many different types of operation that can be used to treat a hip fracture.
- The emergency department will refer you to the orthopaedic surgical team.
- The orthopaedic team will describe the treatment options available to you, including the types of surgery for your fractured hip. This will include the risks and benefits of the proposed surgery.

If you decide on having a surgery you will be asked to sign a consent form.

Aftercare

- After your operation you will be able to eat and drink.
- You will be encouraged to mobilise as soon as possible after the operation (usually the next day).
- Our physiotherapists will assist you with mobilising and rehabilitation
- We will start planning your discharge from hospital once you have had your operation.
- On average patients require between seven and thirty days in hospital.

Please notify a member of staff if you have any concerns.

Other sources of information

- Hip Fracture Programme (patient leaflet)

**PATIENT
APPROVED** 

How to contact us:



0117 414 5100



www.nbt.nhs.uk/ed

If you or the individual you are caring for need support reading this leaflet please ask a member of staff for advice.

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