Patients with hip fractures are likely to demonstrate an improvement in outcomes and faster recovery after treatment when they are a part of a larger social network.

Hip fractures can considerably affect the physical as well as the mental well-being of a patient. But few studies have specifically explored the impact hip fractures have on the psychosocial status of patients.

The Pronounced Impact of Hip Fractures on Psychosocial Well-being

Swayambunathan et al. (2020) DOI: 10.5435/JAAOS-D-19-00530

National Health and Aging Trends Study

Cohort
- Aged 65 years or older
- Driving and mobile

Patients with one hip fracture (n = 82)

Controls (n = 4495)

Outcomes after hip fractures were compared between both groups

Patients with hip fractures showed

Notable decrease in driving frequency 1 year post-fracture

Increased depressive symptoms and decreased participation

Normalization of activity and mobility levels within 2 years

Improved outcomes when part of larger social networks

Patients with hip fractures are likely to demonstrate an improvement in outcomes and faster recovery after treatment when they are a part of a larger social network.