

The Influence of Preoperative Nutritional Status on the Prognosis of Pertrochanteric Fractures in Elderly Patients

*Chtai S
Jedidi M
Hadj Mansour H
Khalifa MA
Osman W
Ben Ayeche M.L*

Department of orthopedics and traumatology. Sahloul Hospital. Sousse. Tunisia

Please cite this article as: Chtai S et al. The Influence of Preoperative Nutritional Status on the Prognosis of Pertrochanteric Fractures in Elderly Patients. Middle East Journal of Age and Ageing. 15(3):67. DOI:: 10.5742MEJAA.2018.93580

ABSTRACT

Pertrochanteric fractures often occur in a frail elderly population that is multitarea and malnourished. Control of co-morbidities and nutritional status should be done as soon as possible so as not to delay surgery. The aim of our prospective study was to evaluate the influence of nutritional status on the prognosis of these fractures.

In our study, 61% of the malnourished patients died compared to only 2% of patients in good nutritional status. Complications were more common in the malnourished population: 56% had pressure ulcers compared to 8% in the nutritious population. Sepsis on osteosynthesis equipment was noted in 8% of malnourished patients compared to only 1.4% in healthy subjects. Mortality at one year was 6% in malnourished subjects compared to only 2% in healthy subjects.