



## **Improved care for hip fracture patients in Australia and New Zealand**

Today marks the release of The Australian and New Zealand Guideline for Hip Fracture Care. The Guideline, developed by the Australian and New Zealand Hip Fracture Registry Group and supported by a Bupa Health Foundation Award, provides evidence-based, relevant, up-to-date information to assist health care professionals to improve outcomes for hip fracture patients. The Guideline has been approved by the National Health and Medical Research Council.

Professor Jacqueline Close from the Falls and Injury Prevention Group at NeuRA led the production of the Guideline and says “We have used the best evidence available to guide clinicians looking after some of the frailest members of our society.”

“The recommendations include management of pain, ensuring people have prompt access to surgery, they also highlight the importance of rehabilitation after surgery to give the people the best chance of regaining independence and interventions to minimise the chance of future falls and fractures”.

The Guideline paves the way for the development of national clinical standards for hip fracture care in Australia. “It is hoped that the ANZ Guideline for Hip Fracture Care and subsequent standards present a real opportunity to ensure that every older person gets access to the best possible treatment”.

Similar work in the UK has seen the introduction of Guidelines and Standards for hip fracture care which has led to a significant improvement in outcomes for older people in the UK including a reduction in the chances of death after the event. Monitoring of progress over time is achieved through a national registry.

“The Australian and New Zealand Guideline builds on the excellent work already undertaken in the UK and provides us with an opportunity in Australia and New Zealand to improve the quality of care for hip fracture patients.”

Last year scientists and clinicians at NeuRA under the leadership of Prof Jacqueline Close identified a number of areas where the management of hip fracture care is variable across hospitals. This includes how long a person has to wait for surgery and the chances of being alive at 30 days after the event. “That suggests that there is room for improvement in how we deliver care for hip fracture patients. The Guideline and Standards will be there to highlight best practice whilst the Hip Fracture Registry will provide a mechanism for ongoing review of care. Using data to inform clinical practice and drive change is an incredibly important part of our work”

“The recommendations reflect the journey of a person with a hip fracture and take into account their perspective, as well as the perspective of their family and carers.”

**For a copy of the Guideline and/or to interview Prof Jacqueline Close contact Siobhan Moylan in the Communications office at NeuRA on (02) 9399 1277 or 0406 599 569.**

There are over 21,000 hip fractures in Australia and New Zealand every year and that number continues to rise. Most hip fractures occur in older people and can be a devastating event causing pain, suffering and loss of independence. For some people the hip fracture signals the end of living at home and around a quarter of hip fracture sufferers will be dead a year after the event. Each hip fracture costs between AUD\$21,000-\$32,000 in acute care costs alone.

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NeuRA is one of the largest independent centres of research on the brain and nervous system in Australia.  
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