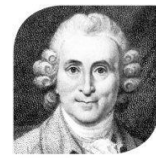


BROKEN BONES IN OLDER PEOPLE



James
Lind
Alliance

Priority Setting Partnerships

Musculoskeletal Injury: fragility fractures of the lower limb and pelvis

Tell us what you think are the big questions that should be answered by research?

Did you know?

- Approximately 500,000 people sustain a fragility fracture in the UK each year
- Osteoporosis leads to 9 million fractures annually worldwide
- Fragility fractures cost the NHS approximately £3 billion per year
- 70,000 people fall and break their hip in the UK every year
- 85% of fractures of the thigh bone around the knee (distal femur) are fragility fractures
- Ankle fractures in the over 60's are predicted to rise 3-fold by 2030

Pelvis

Hip

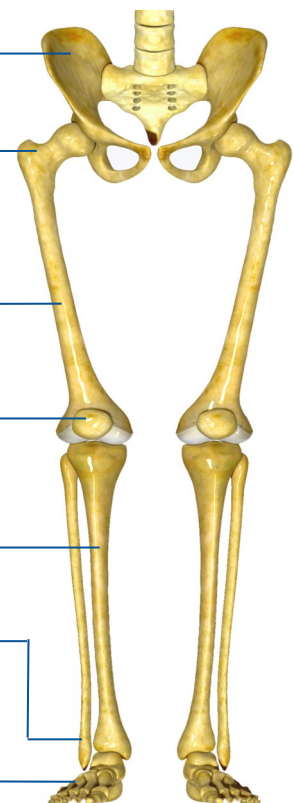
Femur (thigh)

Knee

Tibia (shin)

Ankle

Foot



Who are we?

We are a group of patients, clinicians and researchers who are passionate about improving the care and quality of life of older patients who suffer a fragility fracture of the lower limb and pelvis. We are undertaking a James Lind Alliance Priority Setting Partnership to identify research priorities in fragility fractures of the lower limb and pelvis.

What is a fragility fracture of the lower limb and pelvis?

It is a break in one of the bones in the leg, anywhere from the pelvis to the feet, and usually occurs after a trip or a fall from standing. These fractures typically affect men and women over 60 years of age because as we get older our bones get weaker (fragility) and break more easily (fracture). These injuries can be very painful and seriously affect the patient's ability to move around and live independently.

Why do we need your help?

We are asking everyone involved - patients, their relatives, and healthcare professionals – to help us understand what is important in the care of fragility fractures. We want **your** views to guide research and for **you** to have a voice in shaping the

What will we do with your survey answers?

We will use your survey responses to take to the next stage of the process where the Top Ten research questions will be decided. We will then pass this on to the people who fund research so that your priorities drive the research.

Ultimately we want to provide answers to your most important questions.

What we are asking you to do...

We have grouped the questions into 11 themes all related to fragility fractures. The themes are **pain, nutrition, surgery, medications, anaesthesia, rehabilitation, falls, anxiety & depression, diagnosis, information, and service delivery.**

Each theme has a list of questions which were submitted by patients, carers, and healthcare professionals. For each question please assign an importance level from 'Not Important' to 'Extremely Important' based on how important each question is to you personally.

Contact us:

oxfordtrauma@ndorms.ox.ac.uk

YOU CAN COMPLETE THIS SURVEY ONLINE AT www.ndorms.ox.ac.uk/broken-bones-in-older-people

Or you can use this form — please continue on to the survey opposite.

By participating in this survey you give us, and partner organisations, permission to publish your answers when reporting on the Priority Setting Partnership, but the information you give will be anonymised (so your name will not be published and you will not be able to be identified from what you have told us).

THE SURVEY

Below each theme is a list of research questions relevant to that theme. For each research question please assign an importance level from 'Not important' to 'Extremely important'. Please work your way through the themes.

THEME: PAIN

This first theme is about pain associated with fragility fractures. The first question has 6 settings (listed below the question) where pain may be a problem. Please assign an importance level to each one.

What is the best pain relief, including non-drug therapies and alternatives to reduce morphine or opioid use, for adults with a lower limb fracture at the following stages of care?..

- **Before arrival in hospital**

Not important Low importance No opinion High importance Extremely important

- **On arrival in hospital (in the emergency department or ward)**

Not important Low importance No opinion High importance Extremely important

- **During anaesthesia and immediate recovery after surgery**

Not important Low importance No opinion High importance Extremely important

- **During in-hospital rehabilitation**

Not important Low importance No opinion High importance Extremely important

- **Upon discharge from hospital**

Not important Low importance No opinion High importance Extremely important

- **For long term pain more than 6 months after injury**

Not important Low importance No opinion High importance Extremely important

Please continue to the next page for more on this theme

Theme PAIN continued...

What is the best immobilisation device (such as a splint or similar device to reduce painful movements of the affected limb) to transfer adults with a suspected hip fracture?

Not important Low importance No opinion High importance Extremely important

What is the best method to assess pain in adults with and without confusion (either short term or long term such as dementia) following a lower limb fracture?

Not important Low importance No opinion High importance Extremely important

THEME: NUTRITION

This theme is about nutrition in fragility fractures. The first question has 3 settings (listed below the question) where nutrition may be important.

What are the best nutritional supplements (such as vitamins, protein drinks, etc) for adults with a fracture of the lower limb at the following stages of care?

- **Before surgery, and immediate recovery after surgery**

Not important Low importance No opinion High importance Extremely important

- **During in-hospital rehabilitation after surgery**

Not important Low importance No opinion High importance Extremely important

- **For long-term supplementation after discharge from hospital**

Not important Low importance No opinion High importance Extremely important

What is the best method to assess nutritional needs and guide supplementation in adults with a fragility fracture of the lower limb?

Not important Low importance No opinion High importance Extremely important

Please continue to the next page for the next theme.

THEME: SURGERY

This theme is about surgery and fragility fractures.

What is the role of non-surgical treatment (allowing the bone to heal naturally without surgery) in some adults with a hip fracture?

Not important Low importance No opinion High importance Extremely important

How effective is a partial hip replacement compared with total hip replacement in adults undergoing treatment for a hip fracture?

Not important Low importance No opinion High importance Extremely important

How effective and safe is a modern cemented partial hip replacement compared with a modern cementless replacement in adults undergoing surgery for a hip fracture?

Not important Low importance No opinion High importance Extremely important

Does the position of the surgical incisions to skin and muscles (the surgical approach) affect outcomes in adults undergoing surgery for a hip fracture?

Not important Low importance No opinion High importance Extremely important

What is the best surgical treatment for unstable hip fractures outside of the hip capsule (trochanteric) in adults?

Not important Low importance No opinion High importance Extremely important

Does the length of time it takes to complete surgery affect the outcomes following hip fracture surgery?

Not important Low importance No opinion High importance Extremely important

Please continue to the next page for more on this theme

Theme SURGERY continued...

What is the effect of the surgeon's experience on the outcome of hip fracture surgery in adults?

Not important Low importance No opinion High importance Extremely important

How effective is surgery compared with non-surgical treatment for fractures of the pelvis?

Not important Low importance No opinion High importance Extremely important

What is the best surgery for fractures around the hip socket (acetabulum)?

Not important Low importance No opinion High importance Extremely important

What is the effectiveness of reinforcing surgical fixation using cement or bone substitute for fractures of the hip and pelvis?

Not important Low importance No opinion High importance Extremely important

What is the best surgical treatment for fractures of the distal femur (the thigh bone close to the knee)?

Not important Low importance No opinion High importance Extremely important

What is the best treatment for fragility fractures of the knee-cap (patella)?

Not important Low importance No opinion High importance Extremely important

What is the best treatment for fragility fractures of the tibial plateau (the top of the shin bone which forms part of the knee joint)?

Not important Low importance No opinion High importance Extremely important

Please continue to the next page for more on this theme

Theme SURGERY continued...

What would be the effect of setting national treatment targets (such as waiting time to surgery) which each hospital has to meet for all fractures of the lower limb?

Not important Low importance No opinion High importance Extremely important

What is the best surgical treatment for fragility fractures of the ankle?

Not important Low importance No opinion High importance Extremely important

What is the best treatment for fractures of the foot and ankle where surgery would not be effective?

Not important Low importance No opinion High importance Extremely important

What is the best treatment for fractures of the joint between the tibia and fibula at the bottom of the shin (syndesmotic injuries) in adults with a fracture of the ankle?

Not important Low importance No opinion High importance Extremely important

What is the best way to promote healing in adults with a fracture of the lower limb?

Not important Low importance No opinion High importance Extremely important

What is the best method of pin site care in adults undergoing treatment with an external metal frame for a fracture of the lower limb?

Not important Low importance No opinion High importance Extremely important

Please continue to the next page for more on this theme

Theme SURGERY continued...

What is the best treatment for fractures around existing implants (periprosthetic fractures)?

Not important Low importance No opinion High importance Extremely important

What is the best wound dressing (including no dressing) for lower limb fractures?

Not important Low importance No opinion High importance Extremely important

What is the best way to prevent surgical site infection in adults undergoing surgery for fractures of the lower limb?

Not important Low importance No opinion High importance Extremely important

What is the best antibiotic/s to prevent surgical site infection in adults undergoing surgery for fractures of the lower limb?

Not important Low importance No opinion High importance Extremely important

What is the best treatment for surgical infections in adults following surgery for fractures of the lower limb?

Not important Low importance No opinion High importance Extremely important

Please continue to the next page for the next theme.

THEME: MEDICATION / DEVICES

This theme is about medication / devices and fragility fractures. The first question has 2 settings (listed below the question). Please tell us how important they are to you.

What is the best way to reduce harmful blood clots within the following situations:

- In adults with a hip fracture?**

Not important Low importance No opinion High importance Extremely important

- In adults treated with a plaster cast (or splint) for fractures of the lower limb?**

Not important Low importance No opinion High importance Extremely important

Have national guidelines aimed at reducing harmful blood clots been effective in adults with a hip fracture?

Not important Low importance No opinion High importance Extremely important

Do adults with lower limb fractures who take medications to thin the blood, such as Warfarin, have delays to surgery and increased blood loss?

Not important Low importance No opinion High importance Extremely important

Do adults with fractures due to the side effects of bone protection medication have worse outcomes compared with adults after fractures which are unrelated to medication?

Not important Low importance No opinion High importance Extremely important

What is the effectiveness of bone protection medication in promoting healing in adults with a fracture of the lower limb?

Not important Low importance No opinion High importance Extremely important

Please continue to the next page for more on this theme

Theme MEDICATION / DEVICES continued...

Does the use of medication to treat anxiety and depression (e.g. antidepressants) slow healing time in adults following a fracture of the lower limb?

Not important Low importance No opinion High importance Extremely important

THEME: ANAESTHESIA

This theme is about anaesthesia and fragility fractures.

What is the effect of general anaesthetic (being asleep during surgery) compared with epidural or local anaesthetic (regional anaesthesia) on early postoperative outcomes and recovery of patients with a lower limb fracture?

Not important Low importance No opinion High importance Extremely important

What are the best treatments to prevent and treat confusion and delirium after surgery in adults with a lower limb fracture?

Not important Low importance No opinion High importance Extremely important

What are the consequences of worsening confusion after surgery in patients sustaining a fracture of the lower limb?

Not important Low importance No opinion High importance Extremely important

What is the best way to prevent a low blood count after surgery in adults with a lower limb fracture?

Not important Low importance No opinion High importance Extremely important

Please continue to the next page for the next theme.

THEME: REHABILITATION

This theme is about rehabilitation and fragility fractures. The first two questions have a number of settings (listed below the questions). Please tell us how important they are to you.

What is the best weight bearing regime following treatment (with or without surgery) in the following situations:

- **For fractures of the ankle?**

Not important Low importance No opinion High importance Extremely important

- **For fractures of the pelvis and acetabulum (hip socket)?**

Not important Low importance No opinion High importance Extremely important

- **For fractures of the tibial plateau (the top of the shin bone which forms part of the knee joint)?**

Not important Low importance No opinion High importance Extremely important

What is the best physiotherapy and/or occupational therapy regime for adults in the following situations:

- **During their in-hospital recovery from a lower limb fracture?**

Not important Low importance No opinion High importance Extremely important

- **During out-of-hospital recovery from a lower limb fracture?**

Not important Low importance No opinion High importance Extremely important

How can we improve the way we link services and the effectiveness of rehabilitation when patients transition from one environment to another (e.g. from hospital to home) following a lower limb fracture?

Not important Low importance No opinion High importance Extremely important

Please continue to the next page for more on this theme

Theme REHABILITATION continued...

What are the key components of a rehabilitation pathway for adults with dementia/cognitive impairment following a fracture of the lower limb?

Not important Low importance No opinion High importance Extremely important

What is the best intervention/method to enable and support early discharge of patients from hospital with a lower limb fracture?

Not important Low importance No opinion High importance Extremely important

What are the important parts of an enhanced recovery pathway (such as early mobilisation) for adults with a fracture of the lower limb?

Not important Low importance No opinion High importance Extremely important

What are the support needs of the family and carers of adults recovering from a lower limb fracture?

Not important Low importance No opinion High importance Extremely important

What is most important to adults in their recovery from a fracture of the lower limb?

Not important Low importance No opinion High importance Extremely important

What is the role of accelerometers, movement monitors, and novel technologies in the recovery and outcomes of adults with a lower limb fracture?

Not important Low importance No opinion High importance Extremely important

Can we predict which are the most important aspects of care, (from both the patient and healthcare providers point of view) in the recovery of a lower limb fracture?

Not important Low importance No opinion High importance Extremely important

Please continue to the next page for the next theme

THEME: FALLS

This theme is about falls and fragility fractures.

What are the best physical therapies to treat adults with a fear of falling after a lower limb fracture?

Not important Low importance No opinion High importance Extremely important

What are the best psychological therapies to treat adults with a fear of falling after a lower limb fracture?

Not important Low importance No opinion High importance Extremely important

Which patients are more likely to develop a fear of falling after a fracture of the lower limb?

Not important Low importance No opinion High importance Extremely important

THEME: ANXIETY & DEPRESSION

This theme is about anxiety & depression related to fragility fractures.

What are the best physical therapies to treat adults at risk of anxiety and depression following a lower limb fracture?

Not important Low importance No opinion High importance Extremely important

What are the best psychological support methods (e.g. talking therapies, community support services) to treat adults at risk of anxiety and depression following a lower limb fracture?

Not important Low importance No opinion High importance Extremely important

What is the best assessment method/s to identify and predict those at risk of developing anxiety and depression following a lower limb fracture?

Not important Low importance No opinion High importance Extremely important

Please continue to the next page for the next theme

THEME: DIAGNOSIS

This theme is about diagnosis of fragility fractures.

How often is diagnosis of a fracture delayed and how can this be improved?

Not important Low importance No opinion High importance Extremely important

What is the effectiveness of tools used to diagnose a lower limb fracture in adults before arriving in hospital?

Not important Low importance No opinion High importance Extremely important

THEME: INFORMATION

This theme is about the provisions of information related to fragility fractures.

What information about recovery (e.g. rehabilitation, medication, exercises, nutrition, pain), and in what form, should be provided to patients and carers following a fracture of the lower limb?

Not important Low importance No opinion High importance Extremely important

THEME: SERVICE DELIVERY

This theme is about the way we deliver services associated with fragility fractures.

How effective are virtual clinics (via telephone or other means) compared with conventional face-to-face clinics in adults with fractures of the lower limb?

Not important Low importance No opinion High importance Extremely important

How effective are specialist trauma wards for older people compared to current care for adults with a fracture of the lower limb?

Not important Low importance No opinion High importance Extremely important

Please continue to the next page for more on this theme

Theme SERVICE DELIVERY continued...

What are the specific barriers to hospital discharge (factors which delay or prevent discharge from hospital) for adults with a fracture of the lower limb?

Not important Low importance No opinion High importance Extremely important

Does involvement in research and clinical trials improve care and outcomes for adults with fractures of the lower limb?

Not important Low importance No opinion High importance Extremely important

Is there a geographical variation in the quality of care provided for adults with a fracture of the lower limb?

Not important Low importance No opinion High importance Extremely important

How best can patients and carers be supported (e.g. patient networks, support groups) following a fracture of the lower limb?

Not important Low importance No opinion High importance Extremely important

What is the impact of open visiting times in hospitalised adults with a fracture of the lower limb?

Not important Low importance No opinion High importance Extremely important

THANK YOU for completing this survey

Please continue to the next page to tell us a little bit about yourself.

ABOUT YOU — optional

The final part will ask a little bit about you so that we can ensure we have collected the views from a wide range of people with various experiences. Your personal information will be stored securely and separately from your survey answers.

Please tick one box which best describes you below.

- I have previously had a fragility fracture when aged 60 years or older
 - I know someone who has had a fragility fracture
 - I am, or have been, a carer for someone with a fragility fracture
 - I am a healthcare professional treating people with these fractures
- If so, what is your role? _____

Are you:

Male Female Other Prefer not to say

What is your age?

Under 20 20-29 30-49 50-69 70-79 80+ Prefer not to say

What is your ethnic group?

White Asian/ Asian British Black/African/Caribbean/Black British
Arab Mixed/multiple ethnic groups Prefer not to say
Other ethnic groups (Please describe) _____

What is your post code, (first 3 or 4 characters only):

THANK YOU for completing this survey.

Please return your completed survey to a staff member.

KEEP IN TOUCH

Would you like to hear the outcome of the Top 10 priorities? Are you interested in attending the final workshop on the 25th January 2018 where the Top 10 research priorities will be decided (limited spaces available)?

If so please provide your name and either your postal address or an email so that we can contact you.

NAME: _____

EMAIL: _____

ADDRESS: _____