



**Quality  
Standards**

**PATIENT REFERENCE GUIDE**

## **Hip Fracture**

Care for People With Fragility Fractures

**Health Quality  
Ontario**

*Let's make our health system healthier*

Patients, families, and health care professionals partnered together on this guide to define what the best care should look like for people with hip fractures. The information in this guide has been created to help patients, families, and caregivers know what to ask for when receiving treatment in hospital and after discharge. It is based on the best available research and is designed to help ensure the highest-quality care possible.



## If you or your loved one is being treated for a hip fracture...

**You can use this guide to help you and your health care professionals develop a care plan that works for you. You should use this information to become aware of what high-quality care looks like and to ask informed questions about your care. Care plans can be very different for each person, so it is important to work closely with your health care professionals.**

**Here are some things to consider if you or a loved one is being treated for a hip fracture.**

### Before Your Surgery

- Your pain should be assessed and treated promptly upon arriving at the emergency department. Various pain relief treatments should be considered, including non-opioid treatments.
- You should be seen by a doctor within 1 hour of arriving at the hospital so you can be diagnosed and receive treatment as quickly as possible. You should be transferred to an inpatient bed within 8 hours of arriving at the hospital.
- You should be assessed for delirium (confused thinking and reduced awareness) while you're in the emergency department and twice a day while you're in the hospital, after any move to a new setting, and if there is a change in your medical status.
- You should have surgery on your hip fracture within 48 hours of arriving at the hospital, even if you need to be transferred to a different hospital to have your surgery.
- Your surgeon should explain which type of surgery is most appropriate for your type of hip fracture.

## After Your Surgery

- You should receive care from a team of health care professionals who understand the health needs of older adults.
- You should receive a blood transfusion after hip fracture surgery only if your hemoglobin is very low (below 80 g/L).
- You should be able to put as much weight as is comfortable on the injured leg within 24 hours of your surgery.
- You should receive help to stand and walk the day after your surgery and every day after that while you're in the hospital.
- While you are in the hospital, a health care professional should assess you for osteoporosis (which causes bones to become brittle) and offer you the appropriate medication to help your bones be as healthy as possible.

## Once You've Left the Hospital

- When you leave the hospital, you should be offered a rehabilitation program to help get you back to the activities you were able to do before your fracture.
- You should have an appointment with a primary care provider within 2 weeks of returning home, plus a follow-up appointment with the hospital's orthopaedic service within 12 weeks of your surgery.
- Throughout your care journey, you and your caregivers should be given information about your care. This information should be offered to you in a variety of ways, including verbally, written down, or in a video.

Everybody is different, and some statements may not apply in your situation. If you have questions about your care, **it is important to speak with your health care professional.**

A more detailed version of this quality standard is available for health care professionals so they are able to stay current on the newest best evidence for treating hip fractures, from the time a patient arrives at the emergency department until three months following surgery. This detailed version is also available to members of the public and can be found on our website.

## Looking for more information?

Please see the complete quality standard at [hqontario.ca](http://hqontario.ca) and contact us at [qualitystandards@hqontario.ca](mailto:qualitystandards@hqontario.ca) if you have any questions or feedback about this guide.

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## About Health Quality Ontario

Health Quality Ontario is the provincial advisor on the quality of health care. We are motivated by a single-minded purpose: **Better health for all Ontarians.**

Our quality standards are concise sets of statements outlining the best possible care for patients based on the best available evidence. They are developed in collaboration with clinical experts from across the province and patients and caregivers with lived experience with the condition being discussed.

For more information about Health Quality Ontario and our quality standards, visit: [hqontario.ca](http://hqontario.ca).