

The 7th Conference on Health Care of the Chinese in North America



Hip Fracture in Chinese Elderly, Risks and Impact on Mortality

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Abstract

Hip fracture is a common cause of functional disability in the elderly. There is considerable literature on the incidence of hip fracture among Americans of Caucasian, African and Hispanic descent. Few studies have looked at the incidence of hip fracture among Asian Americans. The current study looks at risk factors for and outcome of hip fracture among Asian enrollees of On Lok Senior Health Services in San Francisco, California, the majority of whom are Chinese elderly. Fifty Asian enrollees, 90% of whom were Chinese, were found to have acute hip fracture from June, 1987 to June, 1993. The average age was 85.9 years and 89% were women. These cases were compared to an age and gender matched control group of Asian enrollees who did not have hip fractures. The results show that when compared to the control group, fracture patients had significantly greater degrees of ADL (Activities of Daily Living) dependency especially in transfers and walking, significantly greater incidence of dementia, and had significantly greater use of sedative medications prior to fracture. These same risk factors for fracture also were predictors for early mortality within the first 12 months. The rate is twice the mortality rate of the age matched control group. The study also showed that 75% of the falls resulting in hip fracture occurred at home. The results of this study indicate that future health efforts in preventing hip fracture in the Chinese elderly must include periodic health and functioning assessments, evaluations of home safety and minimizing the use of sedative medications in at risk elderly.

Fame is a bee, It has a song - It has a sting - Ah, too, it has a wing. -- Emily Dickinson