



YOUR BROKEN HIP: EMERGENCY DEPARTMENT



A fractured 'Neck of Femur' (NOF) is a broken hip – or a fracture at the top of the thigh bone (femur) just below the hip joint.

If you have a broken hip, the usual treatment is to have an operation. We try to arrange this as soon as possible.

In the Emergency Department you will have some tests to help us decide the best timing for the operation, and exactly which type of operation you will need.

- **X-rays of the hip and chest** *You will need to be able to bend your uninjured leg and put your foot up on the bed for a special x-ray. It is important that you can bend your good leg up for this x-ray. Please let your nurse know if you are in too much pain or cannot do this.*
- **ECG** *a tracing of your heart*
- **Blood tests** *to look for problems to address before your operation*

INFORMATION FOR FAMILY/WHĀNAU

If your family/whānau member is diagnosed with a fractured neck of femur, it is likely that they will have surgery to repair the broken bone. They will stay in hospital for between 3 and 14 days, depending on their overall health and wellness.

There are some things that they will need you to bring in for them:

- **Medication** *(and a yellow medication card if the patient has one). Patients will be given medicines from the hospital stock during their stay, but we ask that patients' usual medicines be brought in so that we know exactly what is being taken.*
- **Comfortable day clothes** *(these will be needed as soon as they are out of bed, the day after their surgery)*
- Toiletries
- Nightwear
- Dressing gown
- Slippers *(well fitting, not backless)*
- Glasses / hearing aids



PAIN RELIEF

Pain from a hip fracture can be severe and difficult to treat. It is often made worse by muscle spasm. It can be felt in the groin and also the knee (*due to nerve pathways*). We treat the pain in more than one way:

- Oral painkillers: such as Paracetamol (Panadol), Ibuprofen (Nurofen) and/or Codeine. Taking these tablets will not affect the possibility of an early operation.
- Intravenous (IV) Analgesia: a cannula will be placed into a vein on your hand/arm where blood tests will also be taken. We will be able to then give stronger pain relief such as morphine through the cannula if needed.
- Fascia Iliaca Compartment Block: this is a type of local anaesthetic block with a medication is called Ropivacaine. It will be done by your Doctor or Clinical Nurse Specialist. It is injected into the groin area of your painful hip where the nerves run down into the leg. This injection partially blocks the nerves that cause the pain and should last between five to eight hours. It may not take all of the pain away but should hopefully make you more comfortable.

Possible side effects of this injection include:

- Bruising or bleeding
- Infection at the injection site
- Allergic reaction (rare)
- 'Pins-n-needles' around the mouth, dizziness, slow heartbeat
- Convulsions (rare)
- Reaction to the anaesthetic medication that affects the oxygen carrying ability of your blood (very rare)

If you have any other questions or concerns about your treatment options, please ask your doctor or nurse. Please let us know if you are still uncomfortable