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Multidisciplinary Care in Elderly Patients With Immobility Due to Femur Fractures

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ABSTRACT

Introduction: the aging of the Brazilian population is a growing and inevitable phenomenon. Concomitantly, Brazil has a high number of cases of femur fractures in the elderly due to its propensity for falls and osteoporosis. There were more than 180,000 cases between 2008 and 2012, generating a great economic and social impact, as well as being responsible for a high morbidity and mortality rate in this population. **Objective:** this study aims to highlight the importance of the multidisciplinary care of immobilized elderly as a result of femur fractures. **Methodology:** a bibliographic review was performed through the electronic databases Scielo, Uptodate and Pubmed with the following descriptors “idosos E fratura de fêmur E cuidado” and “elderly AND femoral fracture AND care”. Out of the articles found, 7 were selected that were published in Portuguese and English between 2010 and 2017. **Results and Discussion:** femur fractures have a great impact on the health of the elderly. Most of the procedures for the treatment of these fractures have a surgical approach. However, due to the general state of this population, conservative treatments are sometimes chosen. Many of these patients become bedridden, generating some degree of functional dependency. In addition, an estimated one-third of elderly patients with a femur fracture are estimated to die within a year. **Conclusion:** considering that the Brazilian elderly population is increasing, it should be expected the increase in cases of femur fracture. It is important that health professionals who work with the elderly population are aware of the possible risk factors that lead to this event and the possible complications once the event has occurred, acting together to provide a better quality of life for this population.

Keywords: femur fracture; elderly; care.

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