Background

The proximal fracture of the femur or hip fracture is one of the major health problems of the elderly people. It includes an increase in morbidity, mortality, functional impairment, costs and increases the degree of dependence and institutionalization of these patients in a year of fracture. There are studies that estimate that, worldwide, the incidence of hip fracture will exceed 6 million in the year 2050, (Vestergaard, 2011).

Some authors have already used the term epidemiic to qualify this increased incidence in proximal fracture of the femur. Overall hospital mortality is 5%, ranging from 2% to 8%. Reaching 30% of patients at 12 months of fracture, (Basora, 2011). And sin was reduced during a long second half of the last century. Its cost attributed to our environment is high. In the United States of America, it stands at about $ 20 trillion, a fact that does not oblige to prioritize not only preventive measures but also the most efficient rehabilitation alternatives, (Brauer, Coca-Perraillon & Rosen, 2009).

Since most adults who suffer from this type of fracture end the rehabilitation in their home where they are cared for mostly by relatives or primary caregivers who receive little or no training for care and mobilization by health personnel.

Of opportunity that if they did not attend can cause the older adult to recover their basic functions, causes immobility syndrome, fear of wandering, pain and worse case a displacement of the prosthesis and a new recidivism of the syndrome, (Dzupa, Bartonicek, Skála-Rosenbaum, Príkazský, 2012). Of the patients with proximal femoral fractures during the first year after the injury. Acta Chir Orthop Traumatol Cech. 2012; 69(1): 39-44.

Create the Guide to Practice for primary caregivers about how to prevent hospital readmissions by displacement of prostheses or falls that the older adult were to be as a result of poor mobilization.

Results: Will be compared. Descriptive statistics, means comparison and correlation analysis will be used.

Conclusion: It will be analyzed based on the results, if the correct mobilization of an elderly people with hip fracture, based on a standardized protocol allows the reinsertion of the elderly people to their activities prior to the event, taking into account the scientific evidence available in the advanced nursing practice and its implications on positive health outcomes in Mexican elderly.

Purpose

Develop a standardized protocol aimed at primary caregivers of elderly people with hip fracture for proper mobilization and rehabilitation exercises to achieve a successful recovery of the functions prior to the traumatic event.

In terms of the benefits it has provided for the realization of this proposal range from: health institutions, patients and nursing staff which are:

1. For the institutions, the anticipated savings in health care costs by recurrences hospitals by displacement and falls to the older adult with hip fracture.

2. For the nursing personnel, since with this protocol may be a further step in the professionalization and social recognition, and hospitable to improve the care of elderly people and avoid repercussions unnecessary for the health of this group of people.

3. For patients, because with a correct mobilization and appropriate exercises can recover their basic functions of daily life and thus avoid the functional dependence and psychological alterations by the process that is taking, so too could be reflected in less spending money for the purchase of medications or support teams.

Methods

The present proposal is based on the model of transitional care. So also this research lies within the paradigm of critical-purposeful, even in the health field, where its actions should be eminently human, flexible and we identify potentials that are constantly changing and is justified because it allows us to deal with the various situations that will be present in the normal development of research which makes the problem more manageable.

Bibliography