



FEMuR III

Fracture in the Elderly

Multidisciplinary Rehabilitation

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Study Overview

- Proximal Hip fracture with surgical repair
- Randomised to usual care or enhanced rehabilitation:
 - ✓ Enhancing usual care
 - ✓ Work book and diary
 - ✓ Up to 6 additional therapy sessions (at home)
 - ✓ Tailored around patient needs

Background

- Number of patients on the national hip fracture database = 65,645 (2015)
- 14-58% dying within the following 12 months following hip fracture
- 29% unable to regain their level of functioning after one year



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Challenges Encountered

Recruitment

- Delayed start
- Majority of screened patients are ineligible
- Concerns over carers influence on decisions especially if related to the patients.

Blinding

- Workbook and Diaries
- Visits from the trial Occupational therapist

Site Set up

- 3 separate acute hospitals in one site, all opening at different times
- Each hospital uses different processes in recruitment



Site Setup (continued)

- Each site requires a separate screening log therefore communicating screening details between 3 hospitals wasn't feasible
- Discharge time

Clinical and Research Staff

- Understaffed (mainly hospital clinicians)
- Time limited due to other commitments
- Leaving job/acquiring new roles

All research, no matter how well planned, will face challenges and major set backs. Many problems will not be identified until the trial has begun, adapting efficiently to these situations will determine how quickly the trail gets back on track as well as improving those stress levels!

