

# IMPACT OF HIP FRACTURES IN PEOPLE LIVING WITH DEMENTIA



## A Scoping Review

30 studies reporting health outcomes following hip fracture in people with cognitive impairment or dementia were included in the review.

## Outcomes

Subsequent falls, hospitalizations, functional status, quality of life, mortality, and risk of institutionalization

## People living with dementia experience worse outcomes following a hip fracture than those without dementia

- 1 Hospitalization Rates** - 2x higher following a hip fracture
- 2 Falls** - 5x the risk of falling post discharge
- 3 Quality of life** - Significantly reduced quality of life scores
- 4 Risk of Institutionalization** - 5x risk of not returning home post-fracture
- 5 Mortality Rates** - More than doubled at 1 year post-fracture
- 6 Functional Status** - Poorer mobility and functional status persisting at 3, 6, and 12 months; impaired functioning



## Findings highlight the need for:

- Research focusing on the development of effective strategies for fracture prevention;
- Optimization of osteoporosis treatment among people living with dementia
- Targeted interventions to improve the impact of fractures on functional outcomes and to reduce institutionalization rates in this vulnerable population.

<sup>1</sup>Reference: AbuAlrob, H., Afeef, V. M., Shurman, A., Shulkin, A., Azizudin, A., Hillier, L., Ioannidis, G., Thabane, L., Griffith, L. E., Costa, A. P., & Papaioannou, A. (2025). Scoping review exploring the impact of hip fracture in older adults with cognitive impairment or dementia. *BMJ Open*, 15(4), e093893. <https://doi.org/10.1136/bmjopen-2024-093893>

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