



Geriatric Fracture Program

We are Ready to Help



You are here to be treated for a fractured bone. A fall with a broken bone is a frightening event, but you should feel confident that you are in the best of hands. Your physicians and nurses are experienced and compassionate and are dedicated to your care and recovery.

Additional Information

Helpful Phone Numbers

Patient Information
484-526-4000

Visitors

Visitors are welcome 24-hours-a-day at St. Luke's University Hospital Bethlehem. To determine the best time to visit, call the hospital operators at 484-526-4000 and ask to be connected to the P9 unit.

Parking

Family and visitors are encouraged to follow signs for visitor parking for Entrance A.

Cafeteria

The 1872 Food Court Cafeteria is located on the first floor and is open during the following hours:

Monday – Friday, 6 am to 8 pm
Saturday/Sunday, 6 am to 7 pm

Geriatric Fracture Program — Our Unique Approach

The Geriatric Fracture Program at St. Luke's University Hospital Bethlehem is dedicated exclusively to the care of older patients with fractures. Each patient will follow a clinical pathway that will manage pain and reduce time spent waiting for surgery. This approach has proven to help patients achieve faster and fuller recovery. Our comprehensive and interdisciplinary team works together to provide you with the highest level of care available.

St Luke's
UNIVERSITY HOSPITAL
BETHLEHEM

801 Ostrum Street • Bethlehem, PA 18015
www.sluhn.org

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What will Happen When You are Here?

Admission

Our streamlined admission process ensures that our patients receive care as quickly as possible. Upon admission, patients will rapidly be seen by an orthopaedic surgeon and a hospitalist to prepare them for surgical repair of the broken bone.

Effective pain management is one of our primary goals from the time the patient arrives. Besides pain management by medicine, we aim for early surgical treatment to relieve pain from the fracture.

Anesthesia

Our anesthesiologists are highly skilled specialists in treating elderly patients with bone fractures. Anesthesia is generally epidural unless otherwise indicated. In some cases, a regional nerve block may be used for fracture care. The anesthesiologist, in conjunction with the team of physicians, will choose the most appropriate anesthetic.

Surgery

Surgery is performed in the operating rooms at St. Luke's University Hospital Bethlehem. We are fully equipped with a complete inventory of fracture repair devices and replacement parts to treat essentially any type of fracture. Surgical time will vary with the complexity of the fracture. Time in the operating room may take from 1-3 hours.

Post-Operative Care

Most patients will leave the operating room and spend some time in the recovery room as they wake from anesthesia. They will then be transferred to P9, the floor for orthopaedic surgical care. Care for each patient is co-managed by an orthopaedic surgeon, hospitalist and multidisciplinary team.

Physical Therapy

Physical therapy is generally started the day after surgery and done daily. Early mobilization after a fracture is essential to begin recovery.

After Your Hospital Stay

Discharge Process

Many patients may need continued rehabilitation in a skilled nursing or acute care facility. Case managers will meet with patients and their families to determine the appropriate discharge destination. Discharge from the hospital may possibly occur on the second or third day, depending on the patient's status. Many fractures take from three to six months to heal, while others may take up to a year or more to completely heal. With proper care and physical rehabilitation, a return to pre-injury level of function and independence is possible.

About Hip and Femur Fractures

The Normal Hip and Femur

The femur is the largest bone in the body. It extends from the hip joint to the knee joint. The hip joint is a ball and socket joint and the knee is a complex hinged-type joint. The femur, which provides structural support for the human body, is frequently injured in older people.

What is a Fracture?

Fractures come in many varieties. These include an undisplaced crack (the bone has not separated) across the bone or a partially displaced crack (partially separated) across the bone. Some fractures are displaced where the two ends of the bone are no longer in contact; these are more significant injuries. Hip fractures come in many varieties, depending on where the bone is broken. The femur fracture may involve an area on the neck of the femur, the upper portion of the femur, or the mid or lower portion of the femur. Treatment will depend on where the fracture is and how much displacement is present. Almost all hip fractures and femur fractures require surgery.

How do Hip Fractures Occur?

Most hip fractures occur when a person falls. Falls may be the result of loss of balance, medication side effects, poor vision, impaired mobility or environmental problems. Women are three times more likely to be hospitalized from a fall than men. Many seniors are afraid of falling, which causes them to voluntarily restrict their activity level. This actually leads to muscle weakness, poor balance and joint stiffness. The best prevention against falling is staying active and in good physical condition.

Statistics about Hip Fractures

One-third of people over age 65 fall at least once each year. Three percent of these falls result in fracture. Falls are more frequent among residents of nursing homes. There are 350,000 hip fractures every year in the U.S.

