

Abstract

NMA/AGSM/2022/SURG/002 - Pattern and Treatment of Femoral Shaft Fractures in a Tertiary Hospital: One-Year Retrospective Review

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Abstract

Background: Femoral shaft fractures are common orthopaedic problems with interesting treatment evolution based on evolving clinical evidence. Though closed reduction and locked intramedullary nailing are the gold standards in adults, the requisite tools and skills for this option may be unavailable in some low-income countries necessitating other treatment options. We retrospectively review the presentation pattern and treatment outcomes of 71 femoral shaft fractures in a tertiary centre.

Methodology: The records of patients who met the inclusion criteria were recruited into the study. Relevant data were extracted from the patients' folders and supplemented with calls to the patient's where needed information was unavailable. Data was presented in frequency tables, graphs, and charts.

Results: Femoral shaft fractures represent 7.6% of the total number of patients with musculoskeletal conditions seen at the study center within the study period with a male preponderance. Open reduction and locked intramedullary nailing and hip spica cast were the treatment of choice in adults (62%, n=44/71) and children respectively (11.3%, n=8/71). The bone union rate at 12 weeks post-intervention was (57.7%). This increased to 90.1% by the end of the eighteenth post-operative week. The most common complication was wound infection in open fractures (4.2%, n=3/71).

Conclusion: Open Reduction and Locked Intramedullary Nailing in Adults and Hip Spica Cast in Children Can Effectively Treat Femoral Shaft Fractures.

Keywords: Femoral Shaft Fractures, Spica Cast, Open Reduction, Locked Nailing.

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