

Prevalence of Depression and Predictive Factors within Geriatric Hip Fracture Population

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Geriatric Depression in the United States

- ▶ 18.5% of American elders suffer from depression
- ▶ Estimated 20% total cases identified
- ▶ Risks associated with geriatric depression:
 - ▶ Decreased quality of life
 - ▶ Increased risk for mortality compared to non-depressed patients
 - ▶ Slow rehabilitation

Is there a relationship between geriatric hip fractures and depression?

▶ Goal:

- ▶ To understand the relationship between hip fractures and depression within geriatric patients

▶ Aims:

- ▶ Identify prevalence of depression within IGFS
- ▶ Identify risk factors

Aim 1: 30% of IGFS Patients Actively Sought Treatment for Depression

- ▶ Excluded patients with history of depression, anxiety, and Parkinson's Disease (n=147, n=71)
- ▶ Excluded patients seeking medication for depression <3 months following fracture
- ▶ Excluded short-term use of medication <16 months

Aim 2: Identifying Predictive Factors Associated with Depression

Factors

- ▶ 1. Mobility (AM-PAC)
- ▶ 2. Objective pain scores
- ▶ 3. Discharge location, i.e. Acute care, Long-term care facility
- ▶ 4. Familial presence

Results

- ▶ $p = 0.1$
- ▶ $p > 0.05$, $p > 0.05$
- ▶ $p > 0.05$
- ▶ $p \sim 0.05$
- ▶ Depression associated with patients living alone (43%) and those claiming a lack of familial presence (57%).

Future Directions

- ▶ Expand n, 5 year analysis
- ▶ Assess socioeconomic factors and correlation to depression

Impact of study:

- ▶ Identifying factors can help prevent depression in geriatric population, leading to improved recovery and quality of life