

Hip fracture: management

Information for the public

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Hip fracture: the care you should expect

Hip fracture (breaking your hip) is very common, especially in older people. Every year, about 65,000 people break their hip and it can have a huge impact on their lives. We want this guideline to make a difference to people with a hip fracture by making sure:

- You have surgery quickly if you need it, either the same day or the day after you get to hospital.
- You are helped to get up and moving again soon after your surgery; this will help you recover and leave hospital much earlier.
- Your hospital care team gives you a full programme of care that includes checking for other conditions that might need treating; a hip fracture can often be a sign of other health problems.

In January 2023, we updated the advice in this guideline on full and partial hip replacements for people with a type of fracture called a displaced intracapsular hip fracture. This will help doctors decide which type of surgery would work best for you depending on your circumstances.

Making decisions together

Decisions about treatment and care are best when they are made together. Your health professionals should give you clear information, talk with you about your options and listen carefully to your views and concerns.

To help you make decisions, think about:

- What matters most to you; what do you want to get out of the treatment?
- What are you most worried about; are there risks or downsides to the treatment that worry you more than others?
- How will the treatment affect your day-to-day life?
- What happens if you do not want to have treatment?

If you need more support to understand the information you are given, tell your health professional.

Read more about [making decisions about your care](#).

Where can I find out more?

The [NHS website](#) has more information about hip fracture.

This organisation can give you more advice and support: [Royal Osteoporosis Society](#),
0808 800 0035

NICE is not responsible for the content of these website.

To share an experience of care you have received, contact your local [Healthwatch](#).

We wrote this guideline with people who have been affected by hip fracture and staff who treat and support them. All the decisions are based on the best research available.

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