The level of platelets in patients operated for a fracture of the neck of the femur

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Summary

Admission. Treatment of hip fractures is one of the most serious challenges for musculoskeletal traumatology, as these fractures occur mainly in the elderly. Despite the fact that modern traumatology has reached a high level, femoral neck fractures are still a very big problem among societies.

The purpose of the study was an assessment of the level of platelets in patients
treated with surgery for a fracture of the neck of the femur.

**Material and method.** The research was conducted in December 2019 in one of the trauma and orthopedic wards in Upper Silesia. The study included 35 patients aged 48-78 years treated surgically due to a hip fracture. All obtained data on patients come from medical records.

**Results.** The analysis showed that 8 of the 35 patients included in the study had a decrease in the level of platelets 24 hours after the surgical treatment of a hip fracture. One week after the surgery, the level of platelets was normal.

**Conclusions.** A relationship has been demonstrated between the level of platelets and surgical treatment of a fracture of the femoral neck. A significant drop in platelets was noticed in 23% of the subjects 24 hours after the surgery and their normal value was reached a week later. The problem requires further observation and research.

**Key words:** hip fracture, platelet levels, surgery

**ADMISSION**

Treatment of hip fractures is one of the most serious challenges for and traumatology of the musculoskeletal system, because these fractures occur mainly in the elderly, who are also very often burdened with other diseases. Therefore, this injury is very often accompanied by difficulties related to the growth of bone tissue, which may lead to a high risk of complications or various complications. Despite the fact that modern traumatology has reached a high level, femoral neck fractures are still a very big problem among societies [1,2].

After a hip fracture, a large group of elderly patients is under obligatory temporary or permanent care. The mortality associated with this procedure is often the result of complications caused by infections, thrombosis and complications from the cardiovascular system. The most common death of the patient is six months after surgery,
despite the fact that it was successful. An indicator of increased risk is the inability to stand upright quickly. The observations show that older people who had depression after the fracture more often died due to various complications [23].

Fractures of the femoral neck, like other fractures, heal according to the laws of the pathophysiology of one hundred bone tissue. Healing of this type of fracture is particularly unfavorable because it takes place in specific anatomical and pathomechanical conditions. These are primary and secondary proximal ischemia, as well as the specific instability of these fractures [18].

The choice of the treatment method depends not only on the type of hip fracture, but also on the age, general health of the patient and the operating skills [16].

There are four fundamental principles in the treatment of hip fractures. Belong to them:

- resolutely avoidance of re-damage to the vascularization of the fragments,
- quick and very accurate fracture adjustment,
- early stable fixation of the fragments,
- allowing the injured lower limb to take physiological actions as soon as possible [16].

It should be emphasized, however, that conservative treatment is not working nowadays. It is used only in selected cases. Belong to them:

- true wedge fractures of the femoral neck
- early stress fractures of the femoral neck,
- fractures of the femoral neck partially stable - supposedly wedged, there is a significant burden on the patient here, as well as a high surgical risk,
- an unquestionable contraindication to surgical treatment [16].

Conservative treatment is associated with long immobilization, which may lead to serious complications, such as: circulatory failure, bedsores, nappy rash, as well as urine retention, constipation, discouragement to life (depression), weakness and, which is also important, loss of independent movement. This treatment for hip fractures takes an average of six to ten weeks. This is the period of satisfactory healing of the clinical fracture. After this time, the patient starts walking, but for the first four months without any load on the affected limb [18].

In overburdened patients, i.e. elderly patients, who cannot undergo surgical treatment, the intra-articular lidocaine blockade is used from the first days, with simultaneous care in the
form of rehabilitation, upright positioning or planting. In such a case, there is a possibility of
the formation of a pseudo-joint at the fracture site [16].

The fundamental goal of the treatment of hip fractures is the best possible limb
efficiency in the shortest possible time, because this disease is most common in the elderly [2].
Already a few days after the fracture and surgery, the patient must be upright quickly and it is
necessary to protect him against serious complications, both general and local [16].

PURPOSE OF THE STUDY

The aim of the study was to assess the level of platelets in patients treated with surgery
for a hip fracture.

MATERIAL AND METHOD

The research was conducted in December 2019 in one of the trauma and orthopedic
departments in Upper Silesia. The study included 35 patients aged 48-78 years treated
surgically due to a hip fracture. All obtained data on patients come from medical records.

FINDINGS

The research group consisted of 24 women (69%) and 11 men (31%).

Figure 1 shows the breakdown of the study population in terms of BMI, which could
be one of the causes of a hip fracture. Studies have shown that only 3 (12%) women were
within the normal BMI index, 5 (21%) were overweight, and 16 (67%) were obese. However,
in the group of men 2 (18%) were normal, 3 (27%) were overweight and 6 (55%) were obese.

![Classification of the study group according to the BMI index](image)

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Dig. 1 Classification of the study group according to the BMI index

Source: own material
Figure 2 presents the number of platelets in the examined women and men before the procedure. All (24 - 100%) tested women had normal PLT levels. In the group of men, 1 (9%) had a deficiency, and 10 (91%) had normal PLT levels. No increased amount of PLT was observed in any of the subjects.

In figure 3 shows the amount of PLT in the study group 24 hours after the procedure. PLT deficiency was observed in 3 (12%) women, and platelet levels were normal in 21 (88%) cases. For men, 5 (45%) were deficient and 6 (55%) were normal. There was no increased number of platelets in the study group.

Figure 4 shows the number of platelets one week after surgery. Both 100% of women (24) and men (11) had normal PLT levels. There was no increased or decreased PLT level in the study group.
Figure 5 presents the level of PLT in women before the procedure - 24 (100%) women were within the normal range, but no deficiency and increased number of platelets were recorded. On the second measurement the day after surgery - 3 (12%) women had PLT deficiency, and 21 (88%) were normal. There were no women with elevated levels of thrombocytes. However, in the third measurement, as many as 24 (100%) women had normal platelet levels and no deficiency or increased amount of PLT was noted.

Figure 6 presents the level of platelets in the surveyed men. Before surgery - 1 (9%) of men developed PLT deficiency. The PLT result of the remaining men (10-91%) was within the normal range. The increased amount was not observed. In the study one day after surgery, 5 (45%) men were PLT deficient, and the results of 6 (55%) were normal. Again, no increased amount of PLT was noted. In the study, one week after surgery, 11 (100%) men achieved normal results.
In figure 7 shows the level of PLT in the study group before the procedure. Overall, only 1 (3%) of the patients had a thrombocyte deficiency, while 34 (97%) had normal PLT levels. In the second study, the day after surgery, the analysis showed that 8 (23%) patients had a platelet deficiency, and 27 (77%) of them had normal PLT levels. In the third test, one week after surgery, normal PLT levels were observed in 35 (100%) patients. There was no deficiency and no increased number of thrombocytes in the blood.

**DISCUSSION OF RESEARCH RESULTS**

Platelet counts are performed as part of routine surveillance, often as part of periodic testing. And it is used to detect, recognize and monitor disorders and diseases that affect the platelet count. Thanks to this test, it is possible to recognize both disorders in which the number of platelets is too low, and then we are dealing with thrombocytopenia, and too high,
i.e. a condition known as thrombocytosis. Thrombocytopenia may develop suddenly as acute thrombocytopenia, may be temporary, or it may develop over an extended period of time, i.e. chronic thrombocytopenia. Correct and rapid differentiation of disorders in the number of platelets is crucial when choosing a possible therapy. Due to the etiology, thrombocytopenia can be divided into the central, i.e. resulting from the reduction in the production of blood platelets in the bone marrow and peripheral, consisting in inappropriate distribution or increased destruction.

Due to its mechanism, thrombocytopenia may be pseudo-like (pseudothrombocytopenia), may result from haemodilation, may result from excessive use of platelets, excessive destruction or sequestration of platelets, also on an immune basis, or may also be caused by reduced production of platelets in the bone marrow. In the absence of factors disturbing the reconstruction, after a sudden loss of platelets and, for example, surgery, their number should return to the baseline values after 3-4 days. Conversely, a slow decline in platelets over 5-7 days indicates a problem of overuse or decreased production. On the other hand, a significant and sudden drop in the platelet count within 1-2 days most likely indicates an immunological cause, e.g. a transfusion or drug reaction.

CONCLUSIONS

Based on the conducted research, the following conclusions were drawn regarding the number of platelets operated on for hip fracture:

1. Before the procedure, all patients had a blood platelet test, i.e. thrombocytes, and only one patient was deficient. However, in the remaining patients before the procedure, PLT was normal.
2. The next platelet measurement was taken the day after surgery. At that time, approximately 23% of patients developed PLT deficiency, including five men and three women. On the other hand, most of the patients, about 77% of PLT, were normal.
3. The third PLT measurement was taken one a week after the procedure, then in all patients this level stabilized and was normal.

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