

Alcohol and drug use in patients younger than 60 years with hip fracture measured by validated instruments and the clinical eye

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REGION

CONCLUSION and TAKE HOME MESSAGES

- Alcohol and substance use disorder are more common in the young hip fracture patients than in the general population
- Still “only” one fourth had harmful use or alcohol use disorder, hence gainsaying the belief that most hip fractures in younger adult life are caused by hazardous alcohol and/or drug use
- The clinician must be aware that the validated questionnaires and the clinical eye did not identify the same individuals
- A deeper understanding of screening methods is needed to identify those at risk, and to provide individualized care and rehabilitation

BACKGROUND

It is a common preconception that young individuals suffering hip fracture have alcohol- and/or substance use disorder (AUD/SUD). In previous studies, alcohol and drug use were generally poorly defined, and merely a few used validated questionnaires for alcohol use only. The sufficiency of “standard” clinical screening methods has not been investigated.

AIM

- to describe the alcohol and drug consumption in young hip fracture patients using the validated AUDIT (Alcohol use disorder test) and DUDIT (Drug use disorder test) scores.
- to investigate the agreement between the scores and the physicians’ standard reporting of usage (“clinical eye”)

AUDIT; n=194	Women n=76	Men n=118
Alcohol use disorder (AUDIT ≥6 for women, ≥8 for men)	19 (25%)	37 (31%)
AUDIT min–max	0–40	0–36
AUDIT mean (SD)	5.5 (7.21)	7.3 (7.85)
Clinical evaluation of alcohol use; n=218	Women n=90	Men n=126
Categorized as individuals with obvious alcohol use disorder	23 (25%), 11 with AUDIT ≥6 7 with AUDIT <6 [5 did not answer AUDIT]	33 (26%), 24 with AUDIT ≥8 4 with AUDIT <8 [5 did not answer AUDIT]
Number of individuals with AUD defined by AUDIT that was clinically categorized as “normal or non-users”	8	13
DUDIT; n=190	Women n=79	Men n=111
Substance use disorder (DUDIT score ≥2 for women, ≥6 for men)	4 (5%)	11 (10%)
DUDIT min–max	0–8	0–36
DUDIT mean (SD)	0.27 (1.15)	1.53 (4.63)
Clinical evaluation of drug/substance use; n=218	Women n=90	Men n=126
Categorized as individuals with obvious substance use disorder	4 (4%), 0 with DUDIT ≥2 2 with DUDIT <2 [2 did not answer DUDIT]	13 (10%), 7 with DUDIT ≥6 4 with DUDIT <6 [2 did not answer DUDIT]
Number of individuals with SUD defined by DUDIT that was clinically categorized as “non-users”	4	4

 = individuals identified with both methods

RESULTS

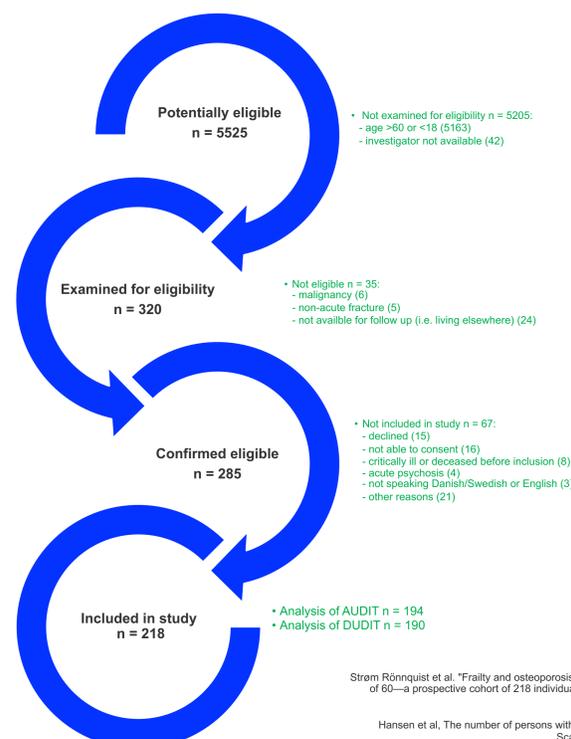
- 25% of the women and 26 to 31% of the men had hazardous / harmful alcohol use (see table). For comparison, general population studies in Denmark and Sweden show AUD in 11 and 18% in women and men, respectively (Hansen et al; Bergman et al).
- 4 to 5% of the women and 10% of the men had SUD (see table). Corresponding national prevalence has been reported to be 2% in Denmark and 3% in Sweden (Sørensen et al; Berman et al).
- There was a discrepancy between the scores and the clinical eye.
 - 8 of 19 women and 13 of 37 men with AUDIT scores indicating hazardous/harmful use were undetected by the clinical evaluation.
 - Also, all 4 women and 4 of 11 men with DUDIT indicating SUD were overlooked by clinical evaluation.



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PATIENTS AND METHODS

A prospective multicenter cohort study of Danes and Swedes aged 18-59 years who have suffered a non-pathological fracture of the hip. 218 patients included at 4 hospitals 2015-2018 (see flowchart). Patients filled in the AUDIT and DUDIT questionnaires at baseline. The clinician based his/her evaluation on clinical appearance and medical records (Strøm Rönquist et al).



References:

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