

## Limited benefit from hip protectors

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<b>Clinical Question</b>	How effective are hip protectors in preventing fractures in older people?
<b>Bottom Line</b>	In older people living in nursing care facilities, providing a hip protector decreased the chance of a hip fracture slightly (11 fewer per 1,000 people), may have increased the small chance of a pelvic fracture slightly (one more per 1,000 people) and probably had little or no effect on other fractures or falls. For those living at home, providing a hip protector probably had little or no effect on hip fractures. The incidence of adverse events while wearing hip protectors, including skin irritation, ranged from 0% to 5%. Adherence, particularly in the long term, was poor.
<b>Caveat</b>	The quality of evidence for most outcomes was of moderate or low quality primarily due to risk of bias and imprecise results because of few fracture events.
<b>Context</b>	Older people living in nursing care facilities or older adults living at home are at high risk of falling and a hip fracture may occur after a fall. Hip protectors have been advocated as a means to reduce the risk of hip fracture.
<b>Cochrane Systematic Review</b>	<a href="#">Santesso N et al. Hip protectors for preventing hip fractures in older people. Cochrane Reviews, 2014, Issue 3. Art. No.: CD001255.DOI: 10.1002/14651858.CD001255.pub5.</a> This review contains 19 studies involving approximately 17,000 participants (mean age range 78-86 years).

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