

# EVIDENCE FOR NUTRITIONAL INTERVENTION IN HIP FRACTURE AND ISSUES FOR CLINICAL PRACTICE



Brought to you by the Hip Fracture Recovery Research Special Interest Group, Fragility Fracture Network

**1<sup>st</sup> December 2020, 12:00pm (UK)**  
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**SESSION 1:** This session will introduce the impact of malnutrition on patients with hip fracture and evidence for the importance of nutritional management primarily from Professor Avenell's Cochrane reviews. It will consider the typical patient with hip fracture, their likely pathway to the acute setting and issues of ethics, consent, engagement, and nutritional screening in vulnerable patients. Finally, it will review the evidence for the use of oral nutritional supplements in patients with hip fracture.

**PROFESSOR ALISON AVENELL**, *Clinical Chair of Health Services Research, University of Aberdeen; Honorary Consultant in Clinical Biochemistry, NHS Grampian. Alison's research interests include improving the evidence base of nutritional interventions by undertaking randomised trials and systematic reviews. With three other consultants she leads the multidisciplinary nutrition team at Aberdeen Royal Infirmary.*



**SESSION 2:** This session will extend the information presented in session 1 and review the variety of options (both conventional and novel) for nutritional intervention in both acute and community settings as well as making links between intervention options and the underlying causes of malnutrition. It will review evidence for benefit of these interventions in a general clinical context and specifically in patients with hip fracture.

**DR CHRISTINE BALDWIN**, *Lecturer in Nutrition & Dietetics, King's College London. Christine's research interests are in the nutritional management of malnutrition, systematic reviews methodology and use of evidence-based practice in clinical practice. She is the author of numerous systematic reviews in this area including two published in the Cochrane Library.*



**SESSION 3:** This session will demonstrate the numerous opportunities that nutritionally vulnerable patients have for screening with healthcare services and the role of the multidisciplinary team in the detection and early management of malnutrition. The session will also present preliminary data on the potential for the introduction of nutritional screening and front-line nutritional management in falls' prevention services.

**MS MASSAR DABBOUS**, *PhD Student, King's College London. Massar is currently in the final year of her PhD exploring the nutritional management of nutritionally vulnerable older adults in the community, specifically within falls' prevention services.*

**SESSION 4:** The speakers will suggest recommendations for practice which will be open for discussion.

To find out about future free events join the FFN and this special interest group for free at:  
<https://www.fragilityfracturenetwork.org/membership/>

*Dr Katie Sheehan and Prof Jay-Young Lim,  
Co-Leads Hip Fracture Recovery Research Special Interest Group*