

腦中風病人發生股骨近心端骨折之研究

Post-Stroke Proximal Femoral Fracture

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摘要

腦中風與股骨近心端骨折，都屬於年紀相關(age-related)疾病，隨著國內老年人口比率逐年增加，這兩種造成老年殘障及死亡主因的疾病也隨之增加，而腦中風病人發生股骨近心端骨折者亦不在少數。本文收集 1987 年 7 月至 1990 年 12 月間到羅東博愛醫院治療之股骨近心端骨折病人 156 例，由門診追蹤詢問檢查，不能來院者以電話及病歷記載完成，並特別針對骨折前曾罹腦中風之 28 例(17.95%) 進行研究。發現以 Brunnstrom Stage III 及 IV 患者佔最多，而骨折大多發生於中風癱側(84.6%)。本研究提出對腦中風後肢體近心端骨折預後預測之可循規則及強調復健的重要性。由步行能力分析得知：骨折發生於腦中風三個月內、骨折之發生無明確跌倒或碰撞病史、骨折後未接受復健治療等都是影響預後不良的顯著因子。至於性別、中風癱側、骨折的區域、開刀及治療的方式、骨折與中風癱側是否同側等因子，對預後並無顯著影響。骨折後可否步行與一年死亡率顯著相關 ($P < 0.01$)。腦中風病人之股骨近心端骨折以在浴室中、平常步行及轉位時較易發生。瞭解骨折發生的機轉，小心避免骨折是最上策，若不幸發生了，雖先前有腦中風，只要處理得當並接受復健治療。理應可恢復到同於或趨近於骨折前之步行能力。本研究中 13 例接受復健治療的病人全部都可步行。

Abstract

Post-Stroke Proximal Femoral Fracture (PSPFF) is not uncommon. In the study, We had followed up 156 patients with Proximal Femoral Fracture (PFF) happened during Jul. 1987 and Dec. 1990 via OPD for 1 year to 4 and a half years. Some patients being unable to visit our clinic were followed up by phone or by the chart record. The focus was on the 28 cases with Stroke prior to the PFF. We found PSPFF is apt to happen in cases with motor status around Brunnstrom Stage III&IV. The PSPFF happened almost ipsilaterally to the side of hemiplegia or hemiparesis (84.6%). The study pointed out some rules to predict the prognosis of PSPFF patients and emphasize the importance of "Rehabilitation". By Analyzing the ability of ambulation, we concluded: PSPFF happen within 3 months since stroke, no definite trauma history and without receiving rehabilitation are correlated with the poor prognosis significantly. Whereas, the sex, laterality of stroke, site of PFF and ipsilaterality between stroke and PFF affect the prognosis non-significantly. The ambulation ability is significantly correlated with the one-year mortality in PSPFF patients.

The high risk activities of PSPFF are bathing, walking and transferring. Understanding the high risk activities for prevention is the best policy. Once happened, proper treatment and rehabilitation will make it possible for patient to recover to equal or near the status prior to the PSPFF. The 13 PSPFF patients receiving rehabilitation all became ambulatory in the study.