

MANAGEMENT OF TROCHANTERIC FRACTURES IN ELDERLY PATIENTS

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Background. Trochanteric fracture involves greater/lesser trochanters of femur mainly affecting elderly due to osteoporosis with serious risk of loss of independence. It affects over 1.5 million people worldwide were the absolute majority fall in risk of morbidity and mortality. **The objective of the study.** to analyze the proper treatment of trochanteric fractures in elderly patients. **Material and methods.** The study presents a retrospective analysis of clinical and radiological data of 30 patients with trochanteric fractures in the Department of traumatology nr.2, Institute of Emergency Medicine during the year 2023. There were 19 females (63,3%) and 11 males (36,7%) aged from 58 till 90, the mean age was 74 years. All the patients underwent a complex examination including X-rays, ECG, consultation of traumatologist and other specialists. Low energy trauma

was the cause of trochanteric fractures in 29 cases, traffic accident – 1. According to Evans classification there was a domination of type III and V fractures (87%). **Results.** The patients underwent complex and individual treatment according to fracture type, age, comorbidities. Surgical treatment was performed in 23 cases (77%) by ORIF (with bone graft in 1 case) that allowed early rehabilitation of the patients and prevention of complications. Antiosteoporosis treatment (Ca +vitamin D, antiresorptive drugs) was recommended to continue in outpatient department, active lifestyle, prophylaxis of recurrent fractures. **Conclusions.** Treatment of osteoporotic trochanteric fractures should be done without any delay to decrease the mortality rate and to improve the independence and quality of patient's life. **Keywords:** Trochanteric fracture, ORIF, osteoporosis.

Studiu realizat cu suportul proiectului 160101 „Managementul politraumatismului: acordarea asistenței medicale specializate pacienților cu leziuni multiple și asociate ale aparatului locomotor în urma accidentelor rutiere în Republica Moldova” din cadrul Programului instituțional cercetare (2024-2027), coordonator de proiect: KUSTUROVA Anna, dr. șt. med., conf. univ., autoritatea contractantă: Ministerul Sănătății.

THE EVALUATION OF STUDENTS FACING “TEXT NECK SYNDROME” DUE TO INCREASED USE OF ELECTRONIC DEVICES IN DAY-TO-DAY LIFE.

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Background. Text neck syndrome refers to a repetitive stress injury to neck caused by having head in a forwarded position for extended period. The overuse of smart devices has become a basic necessity in day-to-day life leading to health problems. **The purpose of the research** is to evaluate the prevalence of Text neck syndrome and postural changes in students. **Material and methods of research.** This prospective study included 166 students aged between 18 and 26 who gave their honest opinion on how they felt about this condition. The students' data were collected through an online anonyne survey. The questionnaire consisted of sections including socio-demographic, smartphone usage, self-report of text neck posture, musculoskeletal questionnaire-neck component. **Results.** Out of the 166 students 89(53.6%) were females and 77(46.4%) were males. Cent percent of students are using smart phone followed by 80% of them using laptops collaboratively. The purpose of using smartphones was to study by 95.8% of them and for social

media by 94.6% followed by gaming by 53.6%. Around 67% of them have been using smartphones and 41.6% of them have had a laptop for more than 5 years. On an average daily basis around 32.5% of them use 5-7 hours and 26.5% of them by more than 7 hours. About 84.9% of them used smartphones in sitting position and 69.9% were in laying on back both are followed by tilted their neck by 30° forward bending. Around 50% of students had symptoms such as neck pain, headache, discomfort and 30% with stiffness in the neck, upper back pain followed by 18.7% without any symptoms. Treatment: 84% of them were not taking any kind of medicine and 8% were taking some NSAIDs and analgesics. **Conclusions.** More than 80% of the participants experienced neck disorders due to smartphone overuse. Measures of healthy use of smartphones including postural education, sport activities, and support devices are recommended. **Keywords:** Text Neck Syndrome, smartphones, students.