

The Effect of Depression on the Rehabilitation Process of the Elderly following Hip Fracture

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Abstract

Due to the increase in life expectancy and the consequent increase in skeletal injuries in the elderly, more and more people are in need of rehabilitation. Depression in the elderly is the second most common diagnosis related to the field of mental health, and is the first cause of functional disability leading to a significant decline in quality of life. Moreover, depression worsens as a result of disability created by limitations in daily independence. The current literature review examined the effect of depression on the process of geriatric orthopedic rehabilitation and the implications for functioning in various areas of life. The effect of depression among patients after a hip fracture is reflected in a decrease in the daily functioning of the elderly on various levels, mainly mobility, self-care and social involvement. Functional disability and depression constitute major obstacles to independence and quality of life in the elderly population. However, often staff does not adequately consider the effects of depression on elderly rehabilitation after a hip fracture resulting in insufficient early detection of depression. Raising awareness of the importance of early diagnosis of depression among this population is critical. Indeed, finding strategies for identifying and preventing depression may promote the maximum utilization of the rehabilitation period and thus improve the quality of treatment.