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A Comparative Study of Proximal Femoral Nail Versus Dynamic Hip Screw Fixation for Unstable and Complex Intertrochanteric Fractures of the Femur

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Abstract

Aims & objectives: The study is to compare the clinical, radiological and functional results of Dynamic hip screw (DHS) and Proximal femoral nail (PFN) for the treatment of complex and unstable intertrochanteric hip fractures. **Materials & Methods:** Seventy patients (34 male and 36 female, mean age, 71 years) surgically treated for intertrochanteric fractures were divided into two groups. The outcome for each group was analysed, and union rates and failures, complications (early and late), functional outcomes (using harris hip score) and blood transfusion rates were recorded. The results were statistically compared. **Results:** The mean union rates, early and late complication rates between treatment groups revealed statistically significant differences. It was observed that higher union rates and better Harris hip scores were associated with group 2 as compared to 1. Complication rates and blood transfusion rates were higher for group 1 as compared to group 2. **Conclusion:** In unstable and complex intertrochanteric fracture femur PFN fixation was a better alternative to DHS fixation with higher union rates, lesser rates of complications and of blood transfusion.