

BMJ Open Effect of regional versus general anaesthesia on postoperative delirium in elderly patients undergoing surgery for hip fracture: a systematic review

Vanisha Patel,¹ Rita Champaneria,² Janine Dretzke,³ Joyce Yeung^{4,5}

To cite: Patel V, Champaneria R, Dretzke J, *et al.* Effect of regional versus general anaesthesia on postoperative delirium in elderly patients undergoing surgery for hip fracture: a systematic review. *BMJ Open* 2018;**8**:e020757. doi:10.1136/bmjopen-2017-020757

► Prepublication history and additional material for this paper are available online. To view these files, please visit the journal online (<http://dx.doi.org/10.1136/bmjopen-2017-020757>).

Received 23 November 2017
Revised 17 October 2018
Accepted 26 October 2018



© Author(s) (or their employer(s)) 2018. Re-use permitted under CC BY-NC. No commercial re-use. See rights and permissions. Published by BMJ.

For numbered affiliations see end of article.

Correspondence to

Dr Joyce Yeung;
j.yeung.4@warwick.ac.uk

ABSTRACT

Objective Older patients with hip fractures who are undergoing surgery are at high risk of significant mortality and morbidity including postoperative delirium. It is unclear whether different types of anaesthesia may reduce the incidence of postoperative delirium. This systematic review will investigate the impact of anaesthetic technique on postoperative delirium. Other outcomes included mortality, length of stay, complications and functional outcomes.

Design Systematic review of randomised controlled trials and non-randomised controlled studies.

Data sources Bibliographic databases were searched from inception to June 2018. Web of Science and ZETOC databases were searched for conference proceedings. Reference lists of relevant articles were checked, and clinical trial registers were searched to identify ongoing trials.

Eligibility criteria Studies were eligible if general and regional anaesthesia were compared in patients (aged 60 and over) undergoing hip fracture surgery, reporting primary outcome of postoperative delirium and secondary outcomes of mortality, length of hospital stay, adverse events, functional outcomes, discharge location and quality of life. Exclusion criteria were anaesthetic technique or drug not considered current standard practice; patients undergoing hip fracture surgery alongside other surgery and uncontrolled studies.

Results One hundred and four studies were included. There was no evidence to suggest that anaesthesia type influences postoperative delirium or mortality. Some studies suggested a small reduction in length of hospital stay with regional anaesthesia. There was some evidence to suggest that respiratory complications and intraoperative hypotension were more common with general anaesthesia. Heterogeneity precluded meta-analysis. All findings were described narratively and data were presented where possible in forest plots for illustrative purposes.

Conclusions While there was no evidence to suggest that anaesthesia types influence postoperative delirium, the evidence base is lacking. There is a need to ascertain the impact of type of anaesthesia on outcomes with an adequately powered, methodologically rigorous study.

PROSPERO registration number CRD42015020166.

Strengths and limitations of this study

- This systematic review provides an update to evidence that examines whether the type of anaesthesia affects the development of postoperative delirium in patients with hip fractures.
- The review included randomised and non-randomised studies that included one or more types of regional versus one or more types of general anaesthesia provided they are in current use as described in the UK.
- Other outcomes were mortality, length of hospital stay, adverse events, functional outcomes, discharge location and quality of life.

INTRODUCTION

There are an estimated 70 000–75 000 hip fractures in the UK each year with an annual cost of £2 billion.¹ This is projected to rise and reach 100 000 patients a year and costing £3.6–5.6 billion by 2033.²

Patients undergoing hip fracture surgery are often frail with intercurrent illness³ and are at risk of mortality and significant morbidity. In 2014, the National Hip Fracture Database reported 30-day mortality as 7.5%.⁴ Following surgery, adverse outcomes can include delirium, myocardial infarction, pneumonia and cerebrovascular accident.⁵

Delirium is a common neuropsychiatric syndrome defined in the Diagnostic and Statistical Manual of Mental Disorders, 5th edition (DSM-V) as the disturbance of attention, awareness and cognition which develops over a short period of time, represents a change from baseline and tends to fluctuate during the course of the day.^{6,7} Postoperative delirium has been reported to affect between 32% and 53.3% of patients and is associated with prolonged hospital stay, discharge to care homes, difficulty in regaining function in activities of daily living and increased risk of development of cognitive dysfunction and

dementia in the future.^{8–13} The aetiology of delirium is multifactorial, with both modifiable and non-modifiable risk factors.^{14 15} There is no known treatment for delirium; however, a careful approach in the perioperative period may reduce its incidence and severity.^{6 9 15–18} Guideline committees have cautiously recommended that regional anaesthesia should be given unless contra-indicated.^{19 19} Despite this, the type of anaesthesia administered in patients with hip fractures remains varied.⁴

Ninety-eight per cent of patients with hip fracture are offered surgery and will require anaesthesia.⁵ Anaesthesia can be broadly classified into general (GA) or regional anaesthesia (RA). RA uses neuraxial blocks that avoid the use of GA drugs and opiates which have been linked to postoperative delirium.³ Excessive depth of anaesthesia and perioperative hypotension have been reported in GA patients and are both associated with an increased risk of mortality.²⁰ However, the risk of perioperative hypotension and sedation is not completely eradicated with RA.^{21 22}

Findings from previous systematic reviews looking at the effects of type of anaesthesia on postoperative outcomes in patients with hip fracture are broadly suggestive of improved outcomes^{3 5 23 24} and reduced incidence of postoperative delirium in patients having RA.^{3 5 22 25 26} However, some studies included in these reviews reported use of outdated anaesthetic drugs that are no longer relevant to current clinical practice.^{5 24} Further limitations were the inclusion of only randomised controlled trials,^{3 5 23 24} lack of focus on delirium as a primary outcome,^{3 5 22 24 26} a limited search strategy²² and restrictive selection criteria (eg, exclusion of studies with patients with cognitive impairment).^{23 25 26} Inadequate exploration of heterogeneity relating to delirium assessment and rating scales and assessment time points was also common. This systematic review aims to provide an up-to-date, comprehensive and methodologically robust analysis to examine the effect of RA versus GA on postoperative delirium and other outcomes in older patients undergoing surgery for hip fracture.

METHODS

The protocol for this systematic review has been published and is registered with PROSPERO (CRD42015020166).²⁷ A summary of the methods is outlined below. Reporting of the systematic review was in accordance with the Preferred Reporting Items for Systematic Reviews and Meta-Analyses guidelines.²⁸

Search strategy and selection criteria

Bibliographic databases (Embase, MEDLINE, CINAHL and the Cochrane Library (CENTRAL)) were searched from inception to June 2018 using a combination of index terms and keywords relating to the population, intervention and comparator (see online supplementary appendix A for sample search strategy). There was no restriction by search date, study design or language.

Web of Science and ZETOC databases were searched for conference proceedings. Reference lists of relevant articles were checked, and clinical trial registers (www.clinicaltrials.gov, www.isrctn.com and <http://www.who.int/ictrp/en/>) were searched to identify ongoing trials (online supplementary appendix B). Endnote V.7 (Thomson Reuters) was used to store records and facilitate screening.

Study selection

Studies were eligible for inclusion if they met the following predefined criteria:

1. Population—patients aged ≥ 60 years (or with a majority ≥ 60) undergoing surgery for fragility hip fracture.
2. Intervention and comparator—one or more types of regional versus one or more types of general anaesthesia provided they are in current use as described in the UK.¹⁹
3. Outcomes—primary outcome: postoperative delirium (any criteria as defined by study authors); secondary outcomes: mortality, length of hospital stay, adverse events, functional outcomes, discharge location and quality of life.
4. Randomised or non-randomised controlled studies (prospective or retrospective).

Exclusion criteria for the primary outcome of ‘postoperative delirium’ were anaesthetic technique or drug not considered current standard practice (eg, outdated anaesthetic agents—halothane, enflurane, xenon); patients undergoing hip fracture surgery alongside other surgery (eg, multiple trauma injuries); uncontrolled studies. Two reviewers (RC, VP) independently screened titles and abstracts. Any disagreements were resolved with the support of JY. Reasons for exclusion were recorded at the full text stage.

Data extraction and quality assessment

A piloted, standardised data extraction form was used to record information on study design, patient characteristics, type of surgery, anaesthesia type and outcomes. The Cochrane Collaboration risk of bias tool²⁹ was used to assess the methodological quality of randomised controlled trials and the Newcastle–Ottawa scale³⁰ for non-randomised studies. Full translations could not be obtained for three included studies^{31–33}; extracted data are therefore based mainly on numerical data and the English abstract. Data was extracted by RC and VP, with data checking by JY (for RC) and JD (for VP).

Data analysis and synthesis

Findings were grouped according to outcome. Where there was sufficient data, results were presented in forest plots (delirium, mortality and length of hospital stay). Results for studies not included in the forest plot were reported narratively. Effect estimates were not pooled as clinical and methodological heterogeneity was considered to be too great. Forest plots were thus used for illustrative purposes only and potential sources of heterogeneity

(such as study design or timing of assessment) have been highlighted. Where studies did not report sufficient data for inclusion into a forest plot (eg, results reported narratively only, or a p value only stated) results or conclusions from the study were nonetheless described in order to report the totality of the available evidence. Occurrence of delirium and mortality were reported as relative risks or ORs; length of stay (days) was reported as a mean difference. Adverse events were tabulated, where possible, according to the postoperative morbidity survey (POMS) criteria.³⁴ Findings for other outcomes (functional outcomes, quality of life and discharge location) were reported narratively as heterogeneity and/or a paucity of data precluded representation in forest plots. Formal sensitivity analysis according to study quality, and assessment of publication bias using funnel plots were not possible.

Patient and public involvement

This systematic review is part of a programme of research looking at impact of anaesthesia on postoperative delirium. The research programme has received input from patient partner and Clinical Research Ambassador Group at Heart of England National Health Service Foundation Trust.

RESULTS

Of 4859 citations screened, 104 studies met the eligibility criteria (figure 1). There were 7 randomised controlled trials (RCTs), 34 prospective and 63 retrospective controlled studies.

Twenty-two studies reported delirium (5 RCTs,^{35–39} 9 prospective^{18 40–47} and 8 retrospective studies^{48–55}); 58 studies reported mortality (2 RCTs,^{35 38} 12 prospective^{42 45}

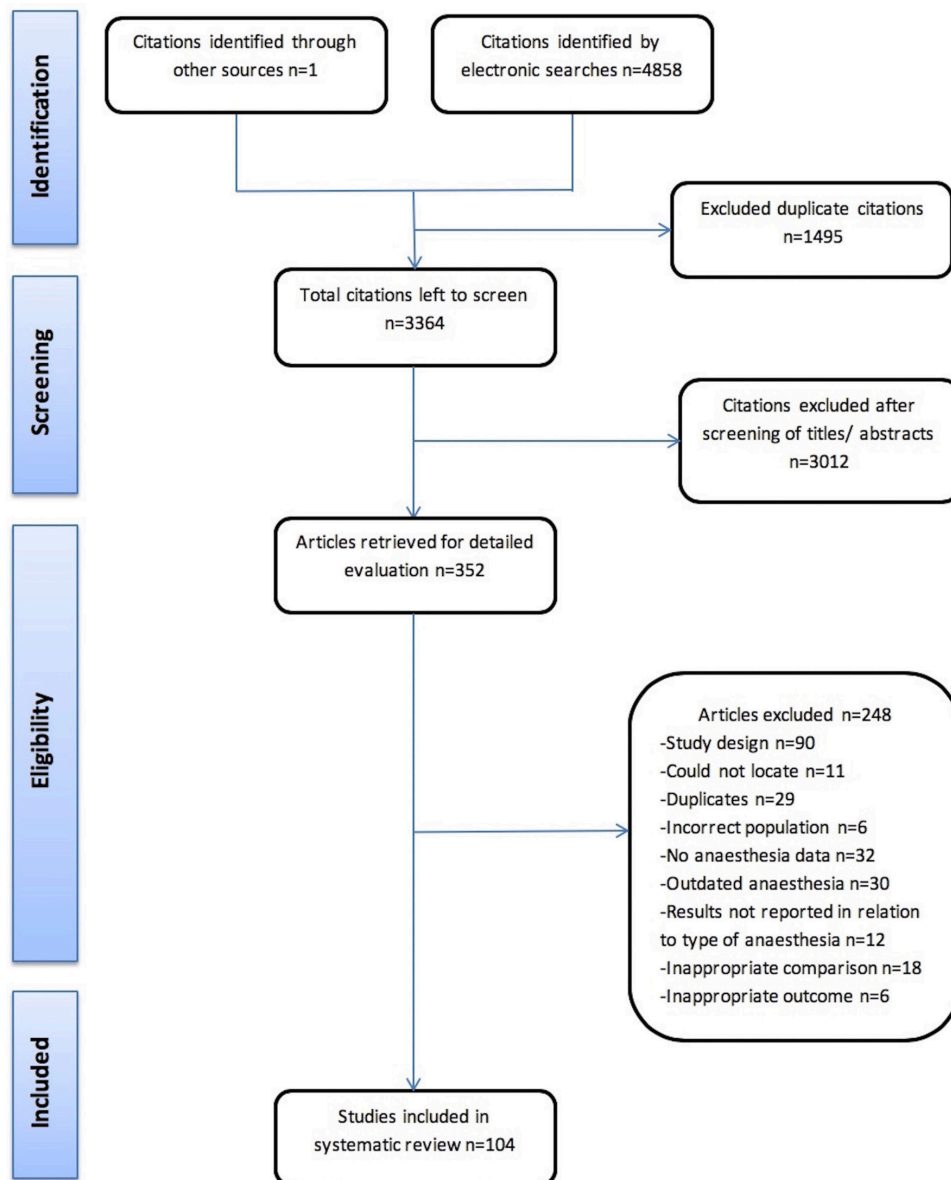


Figure 1 Preferred Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA) flow diagram. The PRISMA diagram details our search and selection process applied during the review.

56–65 and 44 retrospective studies^{4 20 21 31 32 48 51 52 54 66–100}); 25 studies reported length of hospital stay (2 RCTs,^{36 38 6} prospective^{42 45 58 101–103} and 17 retrospective studies^{21 51 57 68 70 71 75 78 80–83 95 98 99 104 105}); 27 studies reported adverse events (4 RCTs,^{35 36 39 106} 7 prospective^{42 43 45 58 101 107 108} and 16 retrospective studies^{20 21 48 51 52 68 69 71 75 79–81 95 96 109 110}); 11 studies reported functional outcome (3 RCTs,^{35 36 111} 4 prospective^{42 45 103 112} and 4 retrospective studies^{62 73 105 113}); 5 studies reported discharge location (2 prospective^{43 114} and 3 retrospective studies^{21 48 99}).

Thirteen potentially relevant ongoing trials were identified, with three (ISRCTN15165914, NCT03318133 and NCT02213380) planning to measure delirium postoperatively (online supplementary appendix B). No interim data were available.

Study, population and intervention characteristics

Given the large number of studies identified, only the 22 studies reporting the primary outcome of postoperative delirium have been described in detail (table 1).

Primary outcome

Postoperative delirium

Fifteen studies (four RCTs,^{36–39} six prospective studies^{18 41–45} and five retrospective studies^{22 48 51 52 54}) reporting unadjusted results are represented in the forest plot (figure 2). Of these 15 studies, only one study found a statistically significant benefit in favour of general anaesthesia⁵² and overall there was no evidence of a benefit of one type of anaesthesia over another. Seven studies were not included in forest plot due to insufficient data with five studies^{40 46 47 50 53} reported only as abstract, one RCT³⁵ did not report delirium as dichotomous outcome and one retrospective study⁵⁵ only included patients who developed delirium post surgery. Only two studies compared delirium according to anaesthetic types. One retrospective study that only included patients with delirium found GA to be a significant risk factor for immediate delirium (within 24 hours of surgery) compared with RA, but GA was not associated with delayed delirium (after 24 hours post surgery).⁵⁵ A further study reported as abstract also found that delirium was more common with GA, but this did not remain statistically significant on multivariable analysis. The assessment tool for delirium was not stated.⁴⁷

Overall, there was substantial heterogeneity across the 22 studies regarding assessment tools, assessment time-points and anaesthetic protocol. Many assessment tools were poorly defined. Only 7 out of 22 studies used either DSM-IV criteria^{18 40 49 53 54} or Abbreviated Mental Test.^{35 50} Delirium or cognitive impairment was frequently not a primary outcome, but listed as one of several complications.

None of the RCTs that were quality assessed reported all relevant details (table 2A). Details were lacking on the delirium assessment tools used³⁸ and method of randomisation.^{35 36 38 39} Blinding of outcome assessment was either not undertaken³⁸ or unclear.³⁶ There appeared to be no loss to follow-up in three RCTs,^{36 38 39} but this was unclear

for the other RCT.³⁵ The RCT by Kamitani *et al* was not quality assessed as a full translation was not available.³⁷

The observational studies were generally considered to be at low risk of bias in terms of patient eligibility; however, most had no details on blinding of outcome assessors and the level of completeness of data (table 2B). There was variation in reporting and adjustment of potential confounding factors such as the American Society of Anesthesiologists Physical Status Classification System (ASA) score, age, gender, comorbidities, surgery type, time to surgery and physical function. There were no details on characteristics of patients who completed follow-up compared with those lost to follow-up. There was also a general lack of detail on the type of assessment tool used and/or where the cut-off for a 'positive' diagnosis of delirium was.

Secondary outcomes

Mortality

Two RCTs reported mortality (table 3). One found a small and statistically significant survival benefit at 120 days and 1 year for GA, but no such benefit was evident at 30 or 90 days of follow-up.³⁸ Ten observational studies reported adjusted results or results based on a matched analysis (table 3). Two of these^{20 68} found a statistically significant benefit in favour of RA for in-hospital mortality. The remaining eight studies found no significant differences. There was a lack of consistency across studies in terms of number and type of variables included in models.

Of the remaining 46 studies (results not shown) reporting unadjusted mortality results only, six^{56 60 67 73 74 76} found statistically significant results in favour of RA. The remainder found no statistically significant differences or benefit comparing RA with GA.

Overall, there is a paucity of good-quality evidence evaluating mortality, with only one good-quality RCT³⁸ suggesting benefit from GA at later but not earlier time-points.

Length of hospital stay

Twenty-five^{21 36 38 42 45 51 57 58 68 70 71 75 78 80–83 95 98 99 101–105} studies reported length of hospital stay; nine could be included in a forest plot (figure 3). There was no difference in length of hospital stay based on one RCT.³⁸ Three retrospective studies^{21 68 81} compared patients with propensity score matching and showed a slight benefit towards a shorter length of stay with RA; while this was statistically significant in two studies,^{21 68} the absolute reduction was small (up to around a third of a day). Results from the studies reporting unadjusted results were inconsistent, with three finding no difference^{71 75 80} and two finding a benefit from RA.^{82 101}

Data were not available from the remaining 16 studies due to lack of data (three studies^{57 70 98} were abstracts only, six studies^{36 42 78 99 104 105} did not provide raw data, two studies^{45 95} did not link data with types of anaesthesia and five studies^{51 58 83 102 103} only provided median length of stay). The RCT³⁶ and the five prospective studies^{42 45 58 102 103}

Table 1 Table of characteristics of studies that measured postoperative delirium

Author Year Country	ASA	Comparison and number of patients	Population	Age, mean age and M/F split	Outcomes measured
Randomised controlled trials					
Bigler <i>et al</i> 1985 ³⁵ Denmark	General: ASA 1: 2 ASA 2: 14 ASA 3: 4 Spinal: ASA 1: 2 ASA 2: 15 ASA 3: 3	General (n=20) vs spinal (n=20)	Patients having acute surgery for hip fracture	Patients above 60 years of age Mean age General: 77.6 years (SEM 2.3) Spinal: 80.1 years (SEM 1.6) M/F: 7/33	<ul style="list-style-type: none"> ▲ Postoperative mental function ▲ Morbidity
Casati <i>et al</i> 2003 ³⁶ Italy	General: ASA 2: 7 ASA 3: 8 Spinal: ASA 2: 6 ASA 3: 9	General (n=15) vs spinal (n=15)	Patients undergoing hip fracture repair	Patients over 65 years of age Mean age General: 84 years (range 67–88) Spinal: 84 years (range 71–94) M/F: 2/28	<ul style="list-style-type: none"> ▲ Hypotension ▲ Cognitive dysfunction
Kamitani <i>et al</i> 2003 ³⁷ Japan	ASA not reported. Comparable 'physical status' between GA and RA groups	General (n=21) vs spinal (n=19)	Patients with femoral neck fracture	Patients aged 70 and over Mean age General: 81.4 (SD 6.2) Spinal: 83 (SD 6.0) M/F: 4/36	<ul style="list-style-type: none"> ▲ Postoperative delirium
Neuman <i>et al</i> 2016 ³⁹ USA Feasibility study/Letter	No details	General (n=6) vs spinal (n=6)	Femoral neck or pertrochanteric hip fracture surgery	Patients aged 18 and over Median age (GA): 62.5 (57–88) Median age (RA): 80.5 (62–92) M/F: 9/3	<ul style="list-style-type: none"> Primary: ▲ Postoperative delirium Secondary: ▲ Mortality
Parker and Griffiths ³⁸ 2015 UK	General: ASA grade 1 or 2: 98 Spinal: ASA grade 1 or 2: 94.9	General (n=164) vs spinal (n=158)	Patients with acute hip fracture	Patients over 49 years of age Mean age General: 83.0 years (range 59–99) Spinal: 82.9 years (range 52–105) M/F: 87/235	<ul style="list-style-type: none"> Primary: ▲ Mortality Secondary: ▲ Surgical outcomes ▲ General complications ▲ Hospital stay
Prospective studies					
Atay <i>et al</i> 2012 ⁴⁰ Turkey	Unable to obtain full translation	General (n=30) vs spinal (n=40)	Patients with hip fractures	Patients aged 60 years and over Mean age: 76.0±8.2 years M/F: 109/131	<ul style="list-style-type: none"> ▲ Postoperative delirium ▲ Postoperative cognitive function
Blitsch <i>et al</i> 2006 ⁴¹ Denmark	ASA 1: 2 ASA 2: 33 ASA 3: 51 ASA 4: 10	General (n=13) vs regional (n=83)	Patients with hip fracture	No age restriction Mean age No significant decline: 81.6 years (range 75–86) Significant decline: 84.5 years (range 81–89) M/F: 28/68	<ul style="list-style-type: none"> ▲ Risk factors for preoperative, intraoperative and postoperative cognitive dysfunction

Continued

Table 1 Continued

Author Year Country	ASA	Comparison and number of patients	Population	Age, mean age and M/F split	Outcomes measured
Björkelund <i>et al</i> 2010 ¹⁸ Sweden	Intervention group (new care plan): ASA 1: 17 ASA 2: 59 ASA 3: 48 ASA 4: 7 Control group (existing care plan): ASA 1: 10 ASA 2: 77 ASA 3: 42 ASA 4: 3	General (n=89) vs spinal (n=174)	Patients with hip fractures	Patients aged 65 years and over Mean age Intervention: 81.1 years (SD 7.5) Control: 82.0 years (SD 7.6) M/F: 78/185	▲ Incidence of delirium
Gilbert <i>et al</i> 2000 ⁴² USA	General: ASA 1-2: 105 ASA 3-4: 194 Spinal: ASA 1-2: 109 ASA 3-4: 309	General (n=311) vs spinal (n=430)	Patients with an acute hip fracture	Age 65 years and older Age General: 65-79 years n=120 80+ years n=191 Spinal: 65-79 years n=184 80+ years n=246 M/F: 156/585	▲ Complications (in-hospital and surgical) ▲ Functioning (daily, social, mental)
Ilango <i>et al</i> 2015 ⁴³ Australia	Not reported	General (n=167) vs spinal (n=151)	Patients with hip fracture	Age not specified within inclusion criteria Mean age General: 81.3 years (SD 10.5) Spinal: 82.1 years (SD 9.0) M/F: 89/229	Primary: ▲ Incidence of postoperative delirium Secondary: ▲ Other postoperative complications ▲ Postdischarge mortality
Juliebo <i>et al</i> 2009 ⁴⁴ Norway	ASA 1 or 2: 182	General (n=20) vs spinal (n=337)	Patients with hip fracture	Patients aged 65 years and over Age Delirium: 85 years (range 82-89) No delirium: 82 years (range 77-87) M/F: 88/276	▲ Delirium
Koval <i>et al</i> 1999 ⁴⁵ USA	General: ASA 1 or 2: 236 ASA 3 or 4: 120 Spinal: ASA 1 or 2: 131 ASA 3 or 4: 137	General (n=362) vs spinal (n=280)	Patients who sustained a hip fracture	Patients 65 years of age and older Mean age General: 78.5 years Spinal: 81.0 years M/F: 129/513	▲ Inpatient medical complication rate ▲ Hospital mortality rate ▲ 1-year mortality rate
Mohamed 2017 ⁴⁶ UK Abstract	No details	Total n=85 Numbers in GA, GA+block, spinal and spinal+block groups not stated	Patients with hip fracture	No details	▲ Delirium
Ojeda 2016 ⁴⁷ Spain Abstract	No details	Total n=303 Numbers in GA and RA groups not stated	Patients with hip fracture	Patients aged 70 years and over. Mean age: 84 (SD 6) M/F: 39%/61%	▲ Delirium ▲ In-hospital complications ▲ Mortality
Retrospective studies					

Continued

Table 1 Continued

Author Year Country	ASA	Comparison and number of patients	Population	Age, mean age and M/F split	Outcomes measured
Bellili <i>et al</i> 2013 ³³ Italy Abstract	Not reported	General vs spinal vs peripheral nerve block 392 included patients, but no breakdown of who received what anaesthesia	Patients undergoing hip fracture surgery	Patients aged 65 years and older Mean age: 83 years (SD 6) M/F: not reported	▲ Postoperative delirium
Choi <i>et al</i> 2017 ³⁵ Republic of Korea	For those who developed delirium: ASA 2: 10 ASA 3: 97 ASA 4: 3	Total n=356 For those who developed delirium: General (n=81) vs spinal (n=29)	Patients with femoral neck fracture	Patients aged 70 years and over M/F: 66/290	▲ Immediate and delayed delirium
Kim <i>et al</i> 2013 ³⁴ Korea	ASA 1: 6 ASA 2: 311 ASA 3: 189	General (n=246) vs spinal (n=249) vs epidural (n=11)	Patients undergoing hip fracture surgery	Patients aged 60 years and over Age 60–69 years n=83 70–79 years n=227 >80 years n=196 M/F: 140/366	▲ 30-day postoperative complications ▲ Cardiac complications ▲ Pulmonary complications ▲ Delirium ▲ Death
Kontinen and Rosenberg 2006 ⁹ Finland	ASA 3: 8 ASA 4: 6	General (n=3) vs spinal (n=11, single shot: 5, continuous: 6) (14 procedures in 12 patients)	Patients undergoing major emergency surgery	Patients aged 100 years and over Median age: 101 years M/F: 2/10	▲ Intraoperative variables ▲ Complications ▲ Postoperative discharge location ▲ Pain management ▲ Haemodynamics ▲ Mental status ▲ Mobilisation ▲ Mortality
Luger <i>et al</i> 2014 ⁹ Austria	Mean ASA: Group 1 (postoperative delirium): 2.9±0.6 Group 2 (unspecified cognitive dysfunction): 88.4±5.2 Control: 2.8±0.6	General (n=116) vs regional (n=213)	Patients scheduled for acute hip fracture surgery	Patients aged 80 years of age and older Age Delirium: 87.9 years (SD 4.5, range 81–97) No delirium: 88.8 years (SD 5.3, range 81–100) M/F: 19/51	▲ Cognitive decline ▲ Time to surgery ▲ Length of hospital stay ▲ Pre-nursing and post-nursing home stay ▲ Comorbidities ▲ Perioperative complications
Michael <i>et al</i> 2014 ⁵⁰ UK Abstract	Not reported	General vs spinal (704 patients included in analysis, but unclear how many received which anaesthesia)	Patients with hip fracture	Patients aged 60–100 years Age 60–70 years n=50 70–80 years n=169 80–90 years n=338 90–100 years n=147 M/F: 178/526	Preoperative and postoperative cognitive function
O'Hara <i>et al</i> 2000 ³² USA	General: ASA 1 or 2: 1698 ASA 3: 3666 ASA 4 or 5: 618 Regional: ASA 1 or 2: 560 ASA 3: 2097 ASA 4 or 5: 438	General (n=6206) vs regional (n=3219, spinal n=3078 and epidural n=141)	Patients with hip fracture	Patients 60 years of age or older Age General: 60–69 years n=910 70–79 years n=1918 80–89 years n=2602 90+ years n=776 Regional: 60–69 years n=325 70–79 years n=881 80–89 years n=1452 90+ years n=561 M/F: 2010/7415	Primary: ▲ 30-day mortality Secondary: ▲ 7-day mortality Other: ▲ 7-day morbidity

Continued

Table 1 Continued

Author Year Country	Comparison and number of patients	Population	Age, mean age and M/F split	Outcomes measured
Shih <i>et al</i> 2010 ⁵¹ Taiwan	General (n=167) v Spinal (n=168)	Patients undergoing hip fracture repair	Patients aged 80 and over Mean age General: 83.96 years (SD 3.71) Spinal: 84.93 years (SD 4.04) M/F: 189/146	▲ Postoperative morbidity ▲▲ Postoperative mortality ▲ Pre and intraoperative variables
	ASA			
	General: ASA 2: 47 ASA 3: 115 ASA 4: 1			
	Spinal: ASA 2: 45 ASA 3: 120 ASA 4: 2			

ASA, American Society of Anesthesiologists Physical Status Classification System; GA, general anaesthesia; RA, regional anaesthesia.

did not show any significant differences. Results from the 10 retrospective studies were also inconsistent: three studies^{57 70 83} reported no difference, four studies^{51 78 99 104} found a statistically significant benefit for and one study⁹⁵ reported a statistically significant benefit for GA. Fukuda *et al* reported a statistically significant effect in favour of spinal anaesthesia, but this effect was lost after propensity score matching.¹⁰⁵ One large study (Nishi, n=16687) reported in abstract form only reported a slightly shorter length of stay with RA; it was unclear if this was statistically significant.⁹⁸

Most studies reported mean length of stay, but some also reported the median, which may be more appropriate. Of 12 studies^{21 36 45 51 57 70 71 83 95 99 102 103} reporting the median, nine studies^{21 36 45 57 70 71 83 102 103} found no statistically significant differences. Three studies found a statistically significant difference in medians, two of which favoured RA^{51 99} and one favoured GA.⁹⁵

Adverse events

Twenty-seven studies reported adverse events (table 4). There were many gaps in reporting of POMS adverse events, and it is uncertain whether this reflects non-occurrence or non-reporting of such events. Most commonly reported adverse events were pulmonary (10 studies)^{20 21 35 45 48 49 62 69 89 91} and cardiovascular events (9 studies).^{21 35 39 48 58 68 69 81 95} For pulmonary events, six studies found no statistically significant differences.^{35 45 49 69 89 91} Four studies found a statistically significant difference in favour of RA (fewer cases of ventilatory support,⁶⁸ respiratory failure^{20 68} and 'overall pulmonary' adverse events^{20 51}). There were no differences in occurrences of pneumonia^{35 48 52 95} or hypoxia.^{75 101} The most commonly reported cardiovascular adverse events were myocardial infarction^{39 48 68 95} and thromboembolic events.^{35 58 69 81 95} No differences were found for myocardial infarction.^{39 48 52 68 75 95} Three studies^{69 81 95} reported higher incidence of thromboembolic events in GA group.

Nine studies summarised overall adverse events with the majority finding no differences between the types of anaesthesia. Where there was a significant difference, this was in favour in RA (eg, fewer incidences of 'all complications',^{51 69} intensive treatment unit (ITU) admissions,⁶⁸ stroke⁶⁸ or requirement for blood transfusion). Three studies^{106 108 109} found higher incidences of hypotension in the GA group.

The results are thus suggestive of a lower incidence of postoperative respiratory, cardiac and overall complications in the RA group. However, reporting of adverse events, including methods of ascertainment, was inconsistent and limited.

Functional outcomes

Eleven studies reported functional outcomes using a variety of outcome measures. Two RCTs reported a significantly quicker time to ambulation in the RA group (3.3 days RA vs 5.5 days GA)³⁵ and a statistically significant earlier discharge time from PACU (post-anaesthesia care

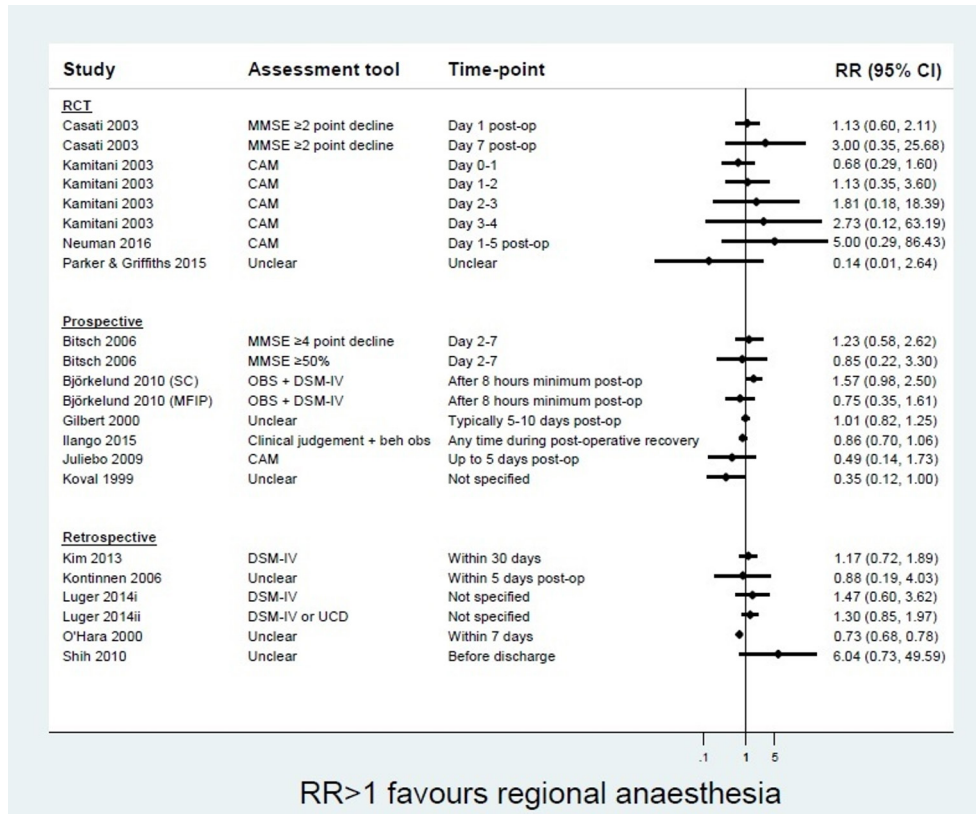


Figure 2 Forest plot of studies reporting the unadjusted relative risk of postoperative delirium with GA compared with spinal anaesthesia. Some studies are represented more than once to show results for different definitions of delirium or for different assessment time-points. CAM, confusion assessment method; DSM-IV, Diagnostic and Statistical Manual of Mental Disorders, 4th edition; MFIP, Multi-factorial Intervention Program; MMSE, Mini-Mental State Examination; RR, relative risk; SC, standard care; UCD, unspecified cognitive dysfunction.

unit) in the RA group (RA 15 (5–30) min vs GA 55 (15–80) min, $p=0.0005$).³⁶ However, one RCT found that patients given RA were slower to be discharged from PACU (mean time to discharge GA 35.04 min (SD 3.39) vs RA 41.26 min (SD 8.37), $p=0.001$).¹¹¹ No significant differences were found in the non-randomised studies regarding time to ambulation,^{103 112 113} walking speed,⁶² time to rise from chair,⁴² mean Barthel's score⁷³ or ambulation at 3, 6 and 12 months post surgery.^{45 105} Overall results may suggest a small benefit from RA for immediate post-anaesthetic mobilisation. However, the evidence is limited by small sample size, unknown method of outcome assessment and blinding of assessors.

Discharge location

Five non-randomised studies described discharge locations of patients following hip fracture.^{21 43 48 99 114} One study with only 14 patients reported that more patients returned home in the RA group.⁴⁵ A large retrospective study reported lower odds of returning to home residence and higher chance of admitting to healthcare facility in GA group compared with RA (16695 patients, return home adjusted OR 0.91 (95% CI 0.84 to 0.97); healthcare facility admission OR 1.10 (95% CI 1.03 to 1.19).⁹⁹ A cohort study of 4815 patients found operation under GA significantly increased risks of rehabilitation

admission instead of home (adjusted OR 1.74, 95% CI 1.34 to 2.25, $p<0.001$).¹¹⁴ However, two larger studies^{21 109} found no difference in discharge location between GA or RA groups.

Quality of life

There were no studies that evaluated the effect of type of anaesthesia on quality of life in patients after hip fracture surgery.

DISCUSSION

For the primary outcome of postoperative delirium, this systematic review did not find any difference between types of anaesthesia. Furthermore, no survival benefit could be demonstrated with either type of anaesthesia up to 1 year postoperatively. A small number of studies suggested that fewer adverse events might be associated with RA. Similarly, some studies were suggestive of a small reduction in hospital stay with RA. Data were limited for functional outcomes and discharge data. Two small RCTs suggested a benefit from RA for immediate post-anaesthetic mobilisation. There were no studies that reported on quality of life after different types of anaesthesia.

This is the most comprehensive and methodologically robust systematic review to date. It includes both RCTs

Table 2A Quality assessment of randomised controlled trial studies reporting delirium

Study	Randomisation	Concealment of allocation	Similarity at baseline	Blinding of outcome assessor	Incomplete outcome data (for outcome of delirium)	Validity of assessment tool	Assessment tool specific for delirium	Selective reporting
Risk of bias described as LOW, UNCLEAR or HIGH								
Neuman <i>et al</i> 2016 ³⁹ n=12 (Letter)	UNCLEAR No details	UNCLEAR	Groups similar for age, gender and comorbidities	LOW Blinded research coordinators assessed outcomes	LOW Results reported for all patients	CAM good validity for identifying delirium	Yes	UNCLEAR Insufficient information to permit judgement
Parker and Griffiths 2015 ³⁸ n=322	UNCLEAR Randomisation undertaken by opening sealed opaque numbered envelopes prepared by a person independent to the trial	LOW	Groups similar for all baseline characteristics measured, except for proportion of male patients (35% in GA group, 19% in RA group)	HIGH No blinding of outcome assessors	LOW Appears postoperative delirium measured in all patients allocated to respective treatments	Unclear—no details	UNCLEAR	UNCLEAR Insufficient information to permit judgement
Casati <i>et al</i> 2003 ³⁶ n=30	UNCLEAR “Using a sealed envelope technique, patients were randomly allocated...”	LOW	Groups similar for all baseline characteristics measured	UNCLEAR Clinical criteria for patient’s discharge applied by staff blinded to anaesthetic technique—but no details for applying MMSE	LOW MMSE for all 30 patients at 1 and 7 days	MMSE good validity for cognitive function	No	UNCLEAR Insufficient information to permit judgement
Bigler <i>et al</i> 1985 ³⁵ n=40	UNCLEAR No details (other than “patients randomly allocated”)	UNCLEAR No details	Groups similar for all baseline characteristics measured except for vasopressors being administered more frequently in spinal group	LOW Surgeon undertaking AMT unaware of anaesthesia given	UNCLEAR No details on proportion that AMT was undertaken in at 7 days and 3 months	AMT good validity for cognitive dysfunction	No	UNCLEAR Insufficient information to permit judgement

Quality assessment was not performed for Kamitani *et al*³⁷ as a full translation was not available. Blinding of patients and surgeons/anaesthetists not possible. AMT, Abbreviated Mental Test; CAM, confusion assessment method; GA, general anaesthesia; MMSE, Mini-Mental State Examination; RA, regional anaesthesia.

Table 2B Quality assessment of observational studies reporting delirium

Study	Eligibility criteria	Confounders Low risk	Blinding of outcome assessors	Validity of assessment tool used	Tool specific for delirium	Loss to follow-up/missing data
Risk of bias described as LOW, UNCLEAR or HIGH						
Belleli <i>et al</i> 2013 ⁵³ (Abstract)	LOW	HIGH for unadjusted data LOW for adjusted data	UNCLEAR	LOW	Yes	UNCLEAR
Retrospective	Patients aged >65 years admitted to one orthogeriatric unit between 2007 and 2011	Baseline characteristics not presented for anaesthesia groups, but multivariable analysis for confounders (age, gender, Charlson Comorbidity Index, ASA score, prefracture disability in Activities of Daily Living (Katz's ADL Index) and prefracture dementia)	No details	DSM-IV-TR criteria		Patients with incomplete data in medical records were excluded from this study. Proportion not stated
Bitsch <i>et al</i> 2006 ⁴¹	UNCLEAR	HIGH	UNCLEAR	LOW—good validity for cognitive function	No	HIGH
Prospective	Consecutive patients but large number excluded and unclear if similar characteristics to included	No baseline characteristics for groups according to type of anaesthetic; no adjusted analyses	No details	MMSE		12/96 (12.5%) and 35/96 (36%) patients not available for testing on days 4 and 7, respectively. Nursing home patients considered stable and those achieving independent ambulation discharged earlier
Bjorkelund <i>et al</i> 2010 ¹⁸	LOW	HIGH	UNCLEAR	LOW	No for Organic Brain Syndrome Yes for DSM-IV criteria	LOW
Prospective	Consecutive patients included	No baseline characteristics for groups according to type of anaesthetic; no adjusted analyses.	No details	Organic Brain Syndrome Scale and DSM-IV criteria		Appears to be no loss to follow-up from included patients for delirium assessment
Choi <i>et al</i> 2017 ⁵⁵	LOW	HIGH for unadjusted data LOW for adjusted data	LOW	LOW	Yes	LOW
Retrospective	Consecutive patients included	Variables adjusted for were age, previous dementia, parkinsonism, ASA grade and ICU care	Assessment made by independent psychiatrist	CAM, CAM-ICU		Appears to include all eligible consecutive patients
Gilbert <i>et al</i> 2000 ⁴²	LOW	HIGH for unadjusted data LOW for adjusted data	UNCLEAR	LOW (MMSE) HIGH ('mental confusion')	Unclear ('mental confusion') No (MMSE)	UNCLEAR
Prospective	Patients given general and spinal were drawn from the same population	Appear to be some baseline imbalances between general and regional groups, but multivariable analyses for all outcomes. Variables were age, sex, race, comorbidities, pre-fracture physical function, ASA score, fracture type, surgical procedure and physiological status	No details	Mental confusion not further defined; MMSE		No details—only how many included in final analysis
Iliango <i>et al</i> 2015 ⁴³	LOW	HIGH	UNCLEAR	HIGH	UNCLEAR	UNCLEAR
Prospective	All patients with hip fracture admitted over a year	Similar baseline characteristics (age, gender, preoperative cognitive function), but no adjusted analyses	No details	Subjective method ('clinical judgement') and several scales; cut-off unclear		19/337 (6%) incomplete data. No details on characteristics

Continued

Table 2B Continued

Study	Eligibility criteria	Confounders Low risk	Blinding of outcome assessors	Validity of assessment tool used	Tool specific for delirium	Loss to follow-up/missing data
Juliebo <i>et al</i> 2009 ⁴⁴ Prospective	LOW All eligible patients with hip fracture September 2005 to December 2006	HIGH Univariate analysis only for type of anaesthetic and outcome. No details on similarity of groups for this variable. Adjusted analyses not with type of anaesthetic as a variable	LOW Staff performing assessments were not involved in the care of enrolled patients	LOW CAM	Yes	HIGH No statistically significant differences between patients enrolled and not enrolled for age/sex. No details on the 79 who refused to take part Preoperative delirium an exclusion criterion, 127/364 (35%) included not assessed preoperatively and excluded. No details on their characteristics
Kim <i>et al</i> 2013 ⁵⁴ Retrospective	LOW Consecutive sample of patients with hip fracture	HIGH No adjusted analyses including type of anaesthesia. No details on similarity of baseline characteristics for groups	UNCLEAR No details	LOW DSM-IV criteria	Yes	LOW Appears to be no missing data
Kontinen and Rosenberg 2006 ⁴⁸ Retrospective	LOW All patients over 100 years old undergoing emergency surgery in one hospital	HIGH No adjusted analyses	UNCLEAR No details	UNCLEAR Not clearly defined	UNCLEAR	UNCLEAR No details on missing data/exclusions
Koval <i>et al</i> 1999 ⁴⁵ Prospective	LOW Patients with hip fracture admitted to one hospital between 1987 and 95. Patient excluded if certain characteristics meant type of anaesthetic was predetermined	HIGH Some imbalances in baseline characteristics. Adjustment for covariates described but results presented appear to be unadjusted	UNCLEAR No details	UNCLEAR Not clearly defined	UNCLEAR	UNCLEAR 4.4% of patients lost to follow-up. No further details
Luger <i>et al</i> 2014 ⁴⁹ Retrospective	LOW Patients scheduled for acute hip fracture surgery at Innsbruck Medical University between 2005 and 2007	HIGH No details on baseline characteristics between groups. No adjusted analyses	UNCLEAR No details	LOW (DSM-IV) HIGH (unspecified) 'Unspecified cognitive dysfunction behaviour' and DSM-IV	Yes (DSM-IV) Unclear (unspecified)	HIGH 82/411 (20%) excluded due to incomplete records. Unclear if excluded had different characteristics to those included
Michael <i>et al</i> 2014 ⁵⁰ (Abstract) Retrospective	LOW Consecutive patients	HIGH No details on baseline characteristics between groups. No adjusted analyses	UNCLEAR No details	LOW AMT	Yes	UNCLEAR 34/738 (5%) excluded retrospectively. No reasons for exclusions
Mohamed <i>et al</i> 2016 ⁴⁵ (Abstract) Prospective	UNCLEAR Patients from six hospitals; no further details	HIGH No details on baseline characteristics between groups. No adjusted analyses	UNCLEAR No details	UNCLEAR No details	UNCLEAR	LOW Data from enrolled patients analysed

Continued

Table 2B Continued

Study	Eligibility criteria	Confounders Low risk	Blinding of outcome assessors	Validity of assessment tool used	Tool specific for delirium	Loss to follow-up/missing data
O'Hara <i>et al</i> 2000 ⁵²	LOW	HIGH for unadjusted data LOW for adjusted data	UNCLEAR	UNCLEAR	UNCLEAR	UNCLEAR
Retrospective	Consecutive patients from 20 hospitals	Appear to be some baseline imbalances between groups, but multivariable analyses. Variables were gender, history of cardiovascular disease, history of stroke, abnormal preoperative chest radiograph, type of surgical repair, age, hospital and ASA score	No details	Not clearly defined		9425/9598 <2% missing
Ojeda 2018 ⁴⁷ (Abstract)	UNCLEAR	HIGH for unadjusted data LOW for adjusted data	UNCLEAR	UNCLEAR	UNCLEAR	UNCLEAR
Prospective	Patients over 70 years admitted with a hip fracture; no further details	Unclear if any baseline imbalances. Variables in multivariable analysis were time to surgery, ASA status and comorbidities	No details	No details		No details
Shih <i>et al</i> 2010 ⁵¹	LOW	HIGH	UNCLEAR	UNCLEAR	UNCLEAR	LOW
Retrospective	Octogenarian patients undergoing hip fracture repair in one centre between 2002 and 2006	Some baseline imbalances between groups; no adjusted analyses for delirium (only for 'morbidity') generally	No details	Not clearly defined		Appears to be no missing data from those patients included

Quality assessment was not performed for Atay *et al*⁵¹ as a full translation was not available. AMT, Abbreviated Mental Test; ASA, American Society of Anesthesiologists Physical Status Classification System; CAM, confusion assessment method; DSM-IV, Diagnostic and Statistical Manual of Mental Disorders, fourth edition; DSM-IV-TR, DSM-IV Text Revision; ICU, intensive care unit; MMSE, Mini-Mental State Examination.

Table 3 Mortality results

Study	Time-point	Deaths/no deaths GA	Deaths/no deaths RA	Unadjusted OR or RR (95% CI)	Adjusted/matched OR or RR (95% CI)	Note
RCTs						
Bigler <i>et al</i> 1985 ³⁵	In-hospital	1/19	1/19	RR 1.00 (0.07 to 14.6)		No statistically significant difference in in-hospital mortality
Parker and Griffiths 2015 ³⁸	30 days	8/156	5/153	RR 1.54 (0.52 to 4.58)		No statistically significant difference in mortality at 30 or 90 days
Parker and Griffiths 2015 ³⁸	90 days	12/152	12/146	RR 0.96 (0.45 to 2.07)		Statistically significant difference in mortality at 120 days and 1 year in favour of GA
Parker and Griffiths 2015 ³⁸	120 days	12/152	15/143	RR 0.77 (0.61 to 0.91)		
Parker and Griffiths 2015 ³⁸	1 year	19/145	32/126	RR 0.57 (0.34 to 0.96)		
Prospective cohort						
Withney <i>et al</i> 1995 ⁵⁹	1 year	Total only reported: 303	Total only reported: 161	Not reported	OR 1.28 (0.76 to 2.14)	No statistically significant difference in mortality (adjusted data)
Zhao <i>et al</i> 2015 ⁶⁰	Unknown	65/166	22/238	Not reported	OR 0.687 (0.248 to 1.906)	No statistically significant difference in mortality (adjusted data)
Retrospective cohort						
Chu <i>et al</i> 2015 ⁶⁸	In-hospital	1363/50681	1107/50937	Not reported	OR 1.24 (1.15 to 1.35)	Statistically significant difference in mortality (adjusted data) in favour of RA
Neuman <i>et al</i> 2012 ²⁰	In-hospital	325/12 579	110/5144	Not reported	OR 0.710 (0.541 to 0.932)	Statistically significant difference in in-hospital mortality in favour of RA (OR <1 indicates benefit from RA)
Patorno <i>et al</i> 2014 ⁷⁷	In-hospital	1477/66 345	144/6939	RR 0.94 (0.79 to 1.11)	RR 0.93 (0.78 to 1.11)	No statistically significant difference in mortality (adjusted or unadjusted)
O'Hara <i>et al</i> 2000 ⁵²	7 days	82/6124	53/3076	OR 0.80 (0.56 to 1.13)	OR 0.90 (0.59 to 1.39)	No statistically significant difference in mortality (adjusted or unadjusted)
Basques <i>et al</i> 2015 ⁹⁵	30 days	450/6803	166/2423	0.97 (0.81 to 1.17)	OR 0.98 (0.82 to 1.20)	No statistically significant difference in mortality (adjusted or unadjusted)
O'Hara <i>et al</i> 2000 ⁵²	30 days	272/5934	174/2955	OR 0.80 (0.66 to 0.97)	OR 1.08 (0.84 to 1.38)	No statistically significant difference in mortality (adjusted or unadjusted)
Qiu <i>et al</i> 2018 ⁹⁹	In-hospital	226/9629	111/6597	Not reported	HR 1.38 (1.10 to 1.73)	No statistically significant difference in mortality
Seitz <i>et al</i> 2014 ⁸¹	30 days	1044/7774	1450/10 705	RR 0.99 (0.92 to 1.07) (calculated based on raw data reported)	RR 1.04 (0.94 to 1.15) (calculated based on raw mortality data reported)	No statistically significant difference in 30-day mortality (matched or unmatched)

Continued

Table 3 Continued

Study	Time-point	Deaths/no deaths GA	Deaths/no deaths RA	Unadjusted OR or RR (95% CI)	Adjusted/matched OR or RR (95% CI)	Note
Whiting <i>et al</i> 2015 ⁹⁶	30 days	Total only stated: 5840	Total only stated: 1924	Not reported	Spinal and regional nerve blocks OR 1.18 (0.91 to 1.53) Spinal only OR 1.20 (0.92 to 1.56) Regional only OR 1.22 (0.54 to 2.76)	No statistically significant difference in 30-day mortality (adjusted data)

GA, general anaesthesia; RA, regional anaesthesia; RCT, randomised controlled trial; RR, relative risk.

and non-randomised controlled studies, focusing on delirium as a primary outcome as well as synthesising findings for a range of other important outcomes including adverse events. Results for RCTs, non-randomised studies, adjusted and unadjusted results were presented and considered separately. It was anticipated that non-randomised studies, which are more prone to bias, may overestimate effect sizes compared with RCTs. No such trends were observed, however, as studies of any design mostly showed no difference in effect.

A sensitive search strategy means it is unlikely that many studies would have been missed. Careful consideration of heterogeneity has meant that no meta-analyses were undertaken, but results were presented in forest plots where possible to show the overall direction of effect and heterogeneity between studies.

Delirium can be diagnosed using the criteria from the DSM-V or WHO's ICD-10 classification of diseases.^{7 115} However, in clinical practice, the criteria can be difficult to apply¹¹⁶ and tools such as the confusion assessment method, Delirium Rating Scale revised-98, Neelon and Champagne Confusion Scale¹¹⁷ or 4 'A's' Test have been advocated as validated screening tools.^{6 116 118} No consensus exists in the literature as to which tool should be the gold standard.^{6 119 120} The accurate assessment of delirium can be affected by the presence of pain and residual drugs in the immediate period following surgery; therefore, timing of assessment is also important.¹²¹ No significant differences were found for the incidence of postoperative delirium, based on 4 RCTs and 14 non-randomised studies, but there were significant differences in the assessment tools and the assessment time-points. Most of the RCTs were small and most likely underpowered. In the largest RCT,³⁸ delirium was not a primary outcome and the assessment tool used or the timing of assessments was not reported. The pathophysiology of delirium remains poorly understood, but there are a combination of pre-existing and precipitating factors that can predispose the patient to postoperative delirium.^{11 122 123} Pre-existing patient risk factors including age >70 years, pre-existing cognitive impairment, history of postoperative delirium, visual impairment, cerebrovascular disease and renal impairment^{124 125} are associated with higher risk of delirium. Precipitating factors can include acute injury such as a hip fracture, malnutrition, electrolyte imbalance and the use of urinary catheter and physical restraints.¹²⁵ Specific perioperative risk factors include intraoperative blood loss, postoperative transfusions and severe acute pain.^{126 127} The studies that adjusted for confounders and reported delirium^{40 42 52 53} found no association between type of anaesthesia and postoperative delirium. Confounders adjusted for included demographics, ASA classification, comorbidities, nutritional status, fracture type, preoperative blood transfusion and readmission.^{42 52 53} However, with multifactorial risk factors for delirium, it is difficult to encompass all variables. Other important characteristics such as anaemia, time to surgery, blood loss, intraoperative hypotension and sedation can also influence outcome but were less frequently included as variables. Given the lack of consistency across studies in

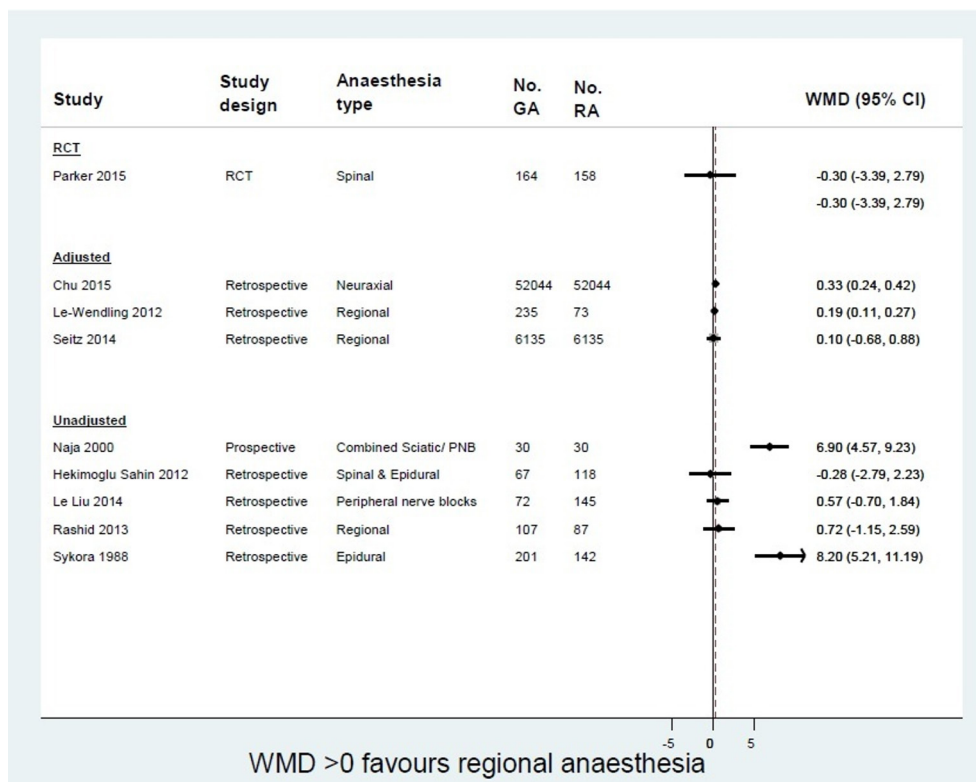


Figure 3 Forest plot of studies reporting length of hospital stay. Weighted mean difference in number of days between GA and RA (GA minus RA). WMD >0 means longer stay for GA and favours RA. WMD <0 means longer stay for RA and favours GA. GA, general anaesthesia; RA, regional anaesthesia; RCT, randomised controlled trial; WMD, weighted mean difference.

terms of number and type of variables included in models and the reporting of these, it is not possible to gauge the overall impact that adjusting for confounders may have on the direction of effect.

There were limitations in the primary data included in this systematic review. There were a limited number of RCTs (3% of total number of patients included for the primary outcome) and many of the non-randomised studies did not make any attempts to adjust for potential confounding factors. When confounding variables were considered, this was often done for mortality only. There was significant heterogeneity across studies in study design, population age, comparators, assessment time-points and definition of outcomes (particularly delirium) that precluded quantitative pooling.

Detailed reporting of anaesthetic techniques was suboptimal especially for GA techniques. RA techniques employed were more commonly reported, but the specific drugs used were not described. Opioids are known to cause delirium^{3 128} and acute pain is a well-recognised precipitating factor of delirium, but both were poorly reported. While most studies planned to collect adverse events data, it was unclear whether adverse events were predetermined. Small sample sizes ($n < 30$) and rare occurrences of adverse events mean that many studies were likely underpowered.^{35 36 48 101} The style of data reporting in included studies could also lead to over-reporting of complications; for example, a patient could develop pneumonia, which led to respiratory failure and the need for inotropic and ventilatory support and ITU

admission. Thus, five adverse events would be attributable to a single patient, but this may not be evident from the data. Incidence of intraoperative hypotension was not captured by POM categories, as inotropic support use was not reported. Hypotension can lead to hypoperfusion and organ damage. A recent analysis of data from an audit of outcomes in patients with hip fracture demonstrated increased risk of death associated with intraoperative hypotension. In our review, three studies^{106 108 109} examined hypotension, all of which found higher incidences of hypotension in the GA group. Four studies^{52 69 106 109} also found significantly higher volumes of fluids and blood products transfused in the GA group.

Subgroup analysis was not feasible and no individual studies reported findings for different subgroups. It is possible that there are some patients who may, in some circumstances, benefit from RA compared with GA that have not been captured by the evidence presented in this systematic review. Subgroup analysis of specific at-risk patients, for example the frail and the very elderly, may suggest a benefit for either regional or general anaesthesia in certain population groups.

Older patients are at high risk of adverse outcomes post-operatively due to age-related physiological decline, multiple comorbidities and polypharmacy.¹²⁹ Principles of care for older patients in the perioperative setting should employ an anaesthetic technique that leads to rapid recovery, dosing of drugs specific to individual pharmacokinetic variation and appropriate pain management strategies.¹³⁰ Most recently,

Table 4 Summary findings table of studies reporting adverse events

POMS categories	Study	Adverse event description	GA	RA	Summary statistic*/p value
Pulmonary	Basques <i>et al</i> 2015 ⁹⁵	Ventilatory support	58/7253 (0.8%)	13/2589 (0.5%)	NR
		Pneumonia	261/7253 (3.6%)	108/2589 (4.2%)	NR
	Bigler <i>et al</i> 1985 ³⁵	Pneumonia	2/20	1/20	NR
	Chu <i>et al</i> 2015 ⁶⁸	Respiratory failure	868/52 043 (1.61%)	328/52 044 (0.63%)	OR 2.71 (95% CI 2.38 to 3.01), p<0.001 Favours RA
		Ventilatory support	4008/52 043 (7.70%)	338/52 044 (1.44%)	OR 6.08 (95% CI 5.59 to 6.61), p<0.001 Favours RA
	Konttinen and Rosenberg 2006 ⁴⁸	Pneumonia	0/3	2/11	NR
	Liu <i>et al</i> 2014 ⁷⁵	Overall pulmonary	18/172 (25%)	27/145 (25.5%)	p=0.934 NS
		Hypoxia	19/72 (26.4%)	23/145 (15.9%)	p=0.065 NS
	Le-Wendling <i>et al</i> 2012 ²¹	Overall pulmonary	17/235 (6%)	1/73 (1%)	OR 2.2 (95% CI 0.7 to 7.2) p=0.0841 Favours RA
	Naja <i>et al</i> 2000 ¹⁰¹	Hypoxia	2/30 (6%)	0/30 (0%)	NR
	Neuman <i>et al</i> 2012 ²⁰	Overall pulmonary	1030/12 904 (8.1%)	359/5254 (6.8%)	p=0.005 Favours RA
		Respiratory failure	1040/12 904 (5%)	178/5254 (3.4%)	p<0.0001 Favours RA
	O'Hara <i>et al</i> 2000 ⁵²	Pneumonia	174/6206 (2.8%)	84/3219 (2.6%)	OR 1.21 (95% CI 0.87 to 1.68) NS
	Shih <i>et al</i> 2010 ⁵¹	Overall pulmonary	11/167 (6.6%)	3/168 (1.8%)	p<0.03 Favours RA
Cardiovascular	Basques <i>et al</i> 2015 ⁹⁵	Myocardial infarction	137/7253 (1.9%)	49/2859 (1.9%)	NR
		Thromboembolic	138/7253 (1.9%)	25/2589 (1.0%)	NR
	Bigler <i>et al</i> 1985 ³⁵	Cardiovascular decompensation	1/20	1/20	NR
		Pulmonary embolism	1/20	1/20	NR
	Chu <i>et al</i> 2015 ⁶⁸	Myocardial infarction	188/52 043 (0.36%)	169/52 044 (0.32%)	OR 1.11 (95% CI 0.9 to 1.37), p=0.31 NS
	Fields <i>et al</i> 2015 ⁶⁹	Thromboembolism	1.64%	0.72%	p=0.004 Favours RA
	Konttinen and Rosenberg 2006 ⁴⁸	Myocardial infarction	0/3	1/11	NR
	Neuman <i>et al</i> 2016 ³⁹	Myocardial infarction	1/6	0/6	NR
	Le-Wendling <i>et al</i> 2012 ²¹	All cardiovascular complications	NR	NR	OR 1.7 (95% CI 0.4 to 6.3) NS
	Seitz <i>et al</i> 2014 ⁸¹	Deep vein thrombosis	47/8818 (0.5%)	41/12 155 (0.3%)	p=0.03 NS when matched
		Pulmonary embolism	100/8818 (1.1%)	93/12 155 (0.8%)	p=0.006 NS when matched
Sutcliffe and Parker 1994 ⁵⁸	Deep vein thrombosis	16/950 (1.7%)	14/383 (3.7%)	p<0.05 NS	
	Pulmonary embolism	NR	NR	NS	
Infectious	Bigler <i>et al</i> 1985 ³⁵	Wound infection	1/20	0/20	NR
	Fields <i>et al</i> 2015 ⁶⁹	Urinary tract infection	5.76%	8.87%	p<0.0001 Favours GA
	Rashid <i>et al</i> 2013 ⁸⁰	Urinary tract infection	NR	NR	NS
	Basques <i>et al</i> 2015 ⁹⁵	Wound infection	94/7253 (1.3%)	39/2589 (1.5%)	NS
Renal	Basques <i>et al</i> 2015 ⁹⁵	Acute renal failure	29/7253 (0.4%)	10/2589 (0.4%)	NS
	Bigler <i>et al</i> 1985 ³⁵	Urinary retention	4/20	5/20	NS
	Chu <i>et al</i> 2015 ⁶⁸	Acute renal failure	78/52 043 (0.15%)	56/52 044 (0.11%)	p=0.06 NS
	Naja <i>et al</i> 2000 ¹⁰¹	Acute renal failure	2/30 (6%)	0/30 (0%)	NS

Continued

Table 4 Continued

POMS categories	Study	Adverse event description	GA	RA	Summary statistic*/p value
Overall complications	Gilbert <i>et al</i> 2000 ⁴²	Serious medical complications	55/311 (17.7%)	79/430 (18.4%)	OR 0.92 (95% CI 0.61 to 1.4) NS
	Gilbert <i>et al</i> 2000 ⁴² Whiting <i>et al</i> 2015 ⁹⁶	Fewer medical complications	109/311 (35.1%)	151/430 (35.1%)	OR 1.28 (95% CI 0.90 to 1.82) NS
		Surgical complications	15/311 (4.8%)	19/430 (4.4%)	OR 1.08 (95% CI 0.65 to 1.21) NS
		Major complications	NR	NR	OR 1.43 (95% CI 1.16 to 1.77) NS
	Whiting <i>et al</i> 2015 ⁹⁶ Fields <i>et al</i> 2015 ⁶⁹	Minor complications	NR	NR	OR 1.02 (95% CI 0.82 to 1.26) NS
		All complications	NR	NR	OR 1.24 (95% CI 1.05 to 1.48) NS
		All complications	2357/4813 (48.97%)	830/1815 (45.75%)	OR 1.29 (95% CI 1.13 to 1.47), p=0.0002 Favours RA
	Hekimoglu Sahin <i>et al</i> 2012 ⁷¹	All complications	NR	NR	NS
	Ilango <i>et al</i> 2015 ⁴³	All complications	NR	NR	NS
	Koval <i>et al</i> 1999 ⁴⁵	All complications	41/362 (11.3%)	32/280 (11.4%)	NS
	Liu <i>et al</i> 2014 ⁷⁵	All complications	17/72 (23.6%)	50/145 (34.5%)	p=0.165 NS
	Le-Wendling <i>et al</i> 2012 ²¹	All complications	NR	NR	OR 1.7 (95% CI 0.7 to 4.1) NS
	Rashid <i>et al</i> 2013 ⁸⁰	All complications	22%	19%	Log regression model p=0.002 Favours RA
	Shih <i>et al</i> 2010 ⁵¹	All complications	21/167 (12.6%)	9/168 (5.4%)	p<0.02 Favours RA
	Chu <i>et al</i> 2015 ⁶⁸	ITU admissions	5743/52 043 (11.03%)	3205/52 044 (6.16%)	OR 1.95 (95% CI 1.87 to 2.05), p<0.001 Favours RA
Specific complications	Chu <i>et al</i> 2015 ⁶⁸	ITU stay >3 days	1206/52 043 (2.32%)	411/52 044 (0.79%)	p<0.001 Favours RA
	Baumgarten <i>et al</i> 2012 ¹⁰⁷	Pressure ulcers	10/328 (3.0%)	18/313 (5.8%)	OR 1.3 (95% CI 1.0 to 1.6) Favours GA
	Casati <i>et al</i> 2003 ³⁶	Hypotension requiring crystalloid infusion	12/15 (80%)	7/15 (46%)	p=0.05 NS
	Maia <i>et al</i> 2014 ¹⁰⁸	Intraoperative hypotension	25/50	80/173	p=0.014 Favours RA
	Minville <i>et al</i> 2008 ¹⁰⁹	Intraoperative hypotension	35/42 (83%)	74/109 (68%)	NS
	Gadsden 2016 ¹¹⁰	Intraoperative hypotension	569/745	1144/1528	Favours RA p<0.0001
	Messina <i>et al</i> 2013 ¹⁰⁶	Haemodynamic changes first 10 min	Mean arterial blood pressure, heart rate, systemic vascular resistance index changes. More disturbance in GA		Favours RA
	Basques <i>et al</i> 2015 ⁹⁵	Blood transfusion	2843/7253 (39.2%)	851/2589 (32.9%)	Matched OR 1.34 (95% CI 1.22 to 1.49), p<0.001 Favours RA
	Fields <i>et al</i> 2015 ⁶⁹	Blood transfusion	45.49%	39.34%	p<0.0001 Favours RA
	Minville <i>et al</i> 2008 ¹⁰⁹	Blood transfusion	23%	4%	p<0.05 Favours RA
	Shih <i>et al</i> 2010 ⁵¹	Blood loss	Median 250 (0– 1600) mL	Median 200 (0– 1200) mL	p=0.01 Favours RA
	Chu <i>et al</i> 2015 ⁶⁸	Stroke	840/52 043 (1.61%)	717/52 044 (1.38%)	OR 1.18 (95% CI 1.07 to 1.31), p=0.001 Favours RA
	Liu <i>et al</i> 2014 ⁷⁵	Stroke	5/72 (5.9%)	4/145 (2.8%)	p=0.145 NS

*OR, GA vs RA.

GA, general anaesthesia; ITU, intensive treatment unit; NR, not reported; NS, not significant; POMS, postoperative morbidity survey; RA, regional anaesthesia.

the European Society of Anaesthesiology consensus guideline on postoperative delirium also did not find substantial evidence to recommend a specific type of anaesthetic technique but advocates intraoperative monitoring to avoid swings in blood pressure and excessive depth of anaesthesia.¹³¹ Given the lack of standardised assessment tools of delirium and the paucity of suitably powered, methodologically sound studies, uncertainty remains regarding any potential benefits of certain types of anaesthesia. However, even a modest reduction in adverse events and length of hospital stay could benefit many patients and result in cost savings for healthcare providers. Future research examining postoperative delirium should include robust assessment and diagnosis of delirium. There is also an urgent need for high-quality research comparing anaesthetic techniques that focus on patient-related outcomes such as quality of life and functional outcomes.

Author affiliations

¹Institute of Inflammation and Ageing, College of Medical and Dental Sciences, University of Birmingham, Birmingham, UK

²Birmingham Clinical Trials Unit, University of Birmingham, Birmingham, UK

³Biostatistics, Evidence Synthesis and Test Evaluation (BESaTE), Institute of Applied Health Research, College of Medical and Dental Sciences, University of Birmingham, Birmingham, UK

⁴Warwick Medical School, University of Warwick, Coventry, UK

⁵Department of Anaesthesia and Critical Care, Birmingham Heartlands Hospital, University Hospital Birmingham NHS Foundation Trust, Birmingham, United Kingdom

Acknowledgements We would like to thank Mrs Preeti Pulgari for her assistance with the review.

Contributors All authors have made substantial contributions to the manuscript. JY: conception and design of the study. VP, RC, JD, JY: acquisition of data, analysis and interpretation of data. VP, RC, JD, JY: drafting the article or revising it critically for important intellectual content. VP, RC, JD, JY: final approval of the version to be submitted.

Funding This work was supported by the National Institute of Health Research (NIHR). JY is supported by NIHR Post-Doctoral Fellowship (PDF-2014-07-061).

Disclaimer The views expressed are those of the authors and not necessarily those of the NHS, the NIHR or the Department of Health.

Competing interests None declared.

Patient consent Not required.

Provenance and peer review Not commissioned; externally peer reviewed.

Data sharing statement There are no unpublished data from this review.

Open access This is an open access article distributed in accordance with the Creative Commons Attribution Non Commercial (CC BY-NC 4.0) license, which permits others to distribute, remix, adapt, build upon this work non-commercially, and license their derivative works on different terms, provided the original work is properly cited, appropriate credit is given, any changes made indicated, and the use is non-commercial. See: <http://creativecommons.org/licenses/by-nc/4.0/>.

REFERENCES

- National Institute for Health and Clinical Excellence. The management of hip fracture in adults. *NICE Clin Guidel [CG124]* 2011.
- White SM, Griffiths R. Projected incidence of proximal femoral fracture in England: a report from the NHS Hip Fracture Anaesthesia Network (HIPFAN). *Injury* 2011;42:1230–3.
- Urwin SC, Parker MJ, Griffiths R. General versus regional anaesthesia for hip fracture surgery: a meta-analysis of randomized trials. *Br J Anaesth* 2000;84:450–5.
- White SM, Moppett IK, Griffiths R. Outcome by mode of anaesthesia for hip fracture surgery. An observational audit of 65 535 patients in a national dataset. *Anaesthesia* 2014;69:224–30.
- Parker MJ, Handoll HH, Griffiths R. Anaesthesia for hip fracture surgery in adults. *Cochrane Database Syst Rev* 2004:CD000521.
- National Institute for Health and Clinical Excellence. Delirium: diagnosis, prevention and management. *NICE Clin Guidel* 2010.
- American Psychiatric Association. *Diagnostic and statistical manual of mental disorders*. 5, 2013.
- Dolan MM, Hawkes WG, Zimmerman SI, et al. Delirium on hospital admission in aged hip fracture patients: prediction of mortality and 2-year functional outcomes. *J Gerontol A Biol Sci Med Sci* 2000;55:M527–34.
- Scottish Intercollegiate Guidelines Network. *Management of hip fracture in older people*, 2009.
- Witlox J, Eurelings LS, de Jonghe JF, et al. Delirium in elderly patients and the risk of postdischarge mortality, institutionalization, and dementia: a meta-analysis. *JAMA* 2010;304:443–51.
- Inouye SK, Westendorp RG, Saczynski JS. Delirium in elderly people. *Lancet* 2014;383:911–22.
- Cole MG, Bailey R, Bonnycastle M, et al. Partial and no recovery from delirium in older hospitalized adults: frequency and baseline risk factors. *J Am Geriatr Soc* 2015;63:2340–8.
- Cole MG, McCusker J. Delirium in older adults: a chronic cognitive disorder? *Int Psychogeriatr* 2016;28:1229–33.
- George J, Bleasdale S, Singleton SJ. Causes and prognosis of delirium in elderly patients admitted to a district general hospital. *Age Ageing* 1997;26:423–7.
- Marcantonio ER, Flacker JM, Wright RJ, et al. Reducing delirium after hip fracture: a randomized trial. *J Am Geriatr Soc* 2001;49:516–22.
- Vidán M, Serra JA, Moreno C, et al. Efficacy of a comprehensive geriatric intervention in older patients hospitalized for hip fracture: a randomized, controlled trial. *J Am Geriatr Soc* 2005;53:1476–82.
- Lundström M, Olofsson B, Stenvall M, et al. Postoperative delirium in old patients with femoral neck fracture: a randomized intervention study. *Aging Clin Exp Res* 2007;19:178–86.
- Bjorkelund KB, Hommel A, Thorngren KG, et al. Reducing delirium in elderly patients with hip fracture: a multi-factorial intervention study. *Acta Anaesthesiol Scand* 2010;54:678–88.
- Griffiths R, Alper J, Beckingsale A, et al. Management of proximal femoral fractures 2011. *Anaesthesia* 2012;67:85–98.
- Neuman MD, Silber JH, Elkassabany NM, et al. Comparative effectiveness of regional versus general anaesthesia for hip fracture surgery in adults. *Anesthesiology* 2012;117:72–92.
- Le-Wendling L, Bihorac A, Baslanti TO, et al. Regional anaesthesia as compared with general anaesthesia for surgery in geriatric patients with hip fracture: does it decrease morbidity, mortality, and health care costs? Results of a single-centered study. *Pain Med* 2012;13:948–56.
- Luger TJ, Kammerlander C, Gosch M, et al. Neuroaxial versus general anaesthesia in geriatric patients for hip fracture surgery: does it matter? *Osteoporos Int* 2010;21:555–72.
- Zhang H, Lu Y, Liu M, et al. Strategies for prevention of postoperative delirium: a systematic review and meta-analysis of randomized trials. *Crit Care* 2013;17:R47.
- Guay J, Parker MJ, Gajendragadkar PR, et al. Anaesthesia for hip fracture surgery in adults. *Cochrane Database Syst Rev* 2016;2:CD000521.
- Mason SE, Noel-Storr A, Ritchie CW. The impact of general and regional anaesthesia on the incidence of post-operative cognitive dysfunction and post-operative delirium: a systematic review with meta-analysis. *J Alzheimers Dis* 2010;22 Suppl 3:S67–79.
- Abou-Setta AM, Beaupre LA, Rashedi S, et al. Comparative effectiveness of pain management interventions for hip fracture: a systematic review. *Ann Intern Med* 2011;155:234–45.
- Yeung J, Patel V, Champaneria R, et al. Regional versus general anaesthesia in elderly patients undergoing surgery for hip fracture: protocol for a systematic review. *Syst Rev* 2016;5:66.
- Shamseer L, Moher D, Clarke M, et al. the PRISMA-P Group. Preferred reporting items for systematic review and meta-analysis protocols (PRISMA-P) 2015: elaboration and explanation. *BMJ* 2015;349:g7647.
- Higgins JP, Altman DG, Gøtzsche PC, et al. Cochrane Bias Methods GroupCochrane Statistical Methods Group. The Cochrane Collaboration's tool for assessing risk of bias in randomised trials. *BMJ* 2011;343:d5928.
- Wells GA, Shea B, O'Connell D, et al. The Newcastle–Ottawa Scale (NOS) for assessing the quality of nonrandomised studies in meta-analyses. http://www.ohri.ca/programs/clinical_epidemiology/nosgen.pdf (Accessed 1 Apr 2016).

31. Atay T, Gukce Ceylan B, Ozmeric A, *et al.* The effects of related factors on one- and two-year mortality after a hip fracture in elderly Turkish patients. *Trak Univ Tip Fak Derg* 2010;27:127–31.
32. Saricaoglu F, Akin SB, Atay S, *et al.* The effects of anesthesia techniques on postoperative mortality in elderly geriatric patients operated for femoral fractures. *Turk Geriatr Derg* 2012;15:434–8.
33. Duramaz A, Sari C, Bilgili MG, *et al.* Outcomes of four different surgical techniques in the treatment of geriatric intertrochanteric femur fractures. *Haseki Tip Bülteni* 2014;52:256–61.
34. Bennett-Guerrero E, Welsby I, Dunn TJ, *et al.* The use of a postoperative morbidity survey to evaluate patients with prolonged hospitalization after routine, moderate-risk, elective surgery. *Anesth Analg* 1999;89:514–9.
35. Bigler D, Adelhöj B, Petring OU, *et al.* Mental function and morbidity after acute hip surgery during spinal and general anaesthesia. *Anaesthesia* 1985;40:672–6.
36. Casati A, Aldegheri G, Vinciguerra E, *et al.* Randomized comparison between sevoflurane anaesthesia and unilateral spinal anaesthesia in elderly patients undergoing orthopaedic surgery. *Eur J Anaesthesiol* 2003;20:640–6.
37. Kamitani K, Higuchi A, Asahi T, *et al.* [Postoperative delirium after general anesthesia vs. spinal anesthesia in geriatric patients]. *Masui* 2003;52:972–5.
38. Parker MJ, Griffiths R. General versus regional anaesthesia for hip fractures. A pilot randomised controlled trial of 322 patients. *Injury* 2015;46:1562–6.
39. Neuman MD, Mehta S, Bannister ER, *et al.* Pilot randomized controlled trial of spinal versus general anesthesia for hip fracture surgery. *J Am Geriatr Soc* 2016;64:2604–6.
40. Atay IM, Aslan A, Atay T, *et al.* risk factors and cognitive functions in elderly hip fracture patients with general and spinal anesthesia. *Turk Geriatr Derg* 2012;15:273–8.
41. Bitsch MS, Foss NB, Kristensen BB, *et al.* Acute cognitive dysfunction after hip fracture: frequency and risk factors in an optimized, multimodal, rehabilitation program. *Acta Anaesthesiol Scand* 2006;50:428–36.
42. Gilbert TB, Hawkes WG, Hebel JR, *et al.* Spinal anesthesia versus general anesthesia for hip fracture repair: a longitudinal observation of 741 elderly patients during 2-year follow-up. *Am J Orthop* 2000;29:25–35.
43. Ilango S, Bell RC, Bell J, *et al.* General versus spinal anaesthesia and postoperative delirium in an orthogeriatric population. *Australas J Ageing* 2015.
44. Juliebo V, Bjørø K, Krogseth M, *et al.* Risk factors for preoperative and postoperative delirium in elderly patients with hip fracture. *J Am Geriatr Soc* 2009;57:1354–61.
45. Koval KJ, Aharonoff GB, Rosenberg AD, *et al.* Hip fracture in the elderly: the effect of anesthetic technique. *Orthopedics* 1999;22:31–4.
46. Mohamed M. Effectiveness of postoperative pain management in hip fractures: a multi centre audit of current practice. *Reg Anesth Pain Med* 2017;42(Supplement 1):e74.
47. Ojeda J. Choosing wisely: Perhaps general anesthesia is not the safest option for hip fracture elderly patients. *J Am Geriatr Soc* 2018;66(Supplement 2):S311.
48. Kontinen N, Rosenberg PH. Outcome after anaesthesia and emergency surgery in patients over 100 years old. *Acta Anaesthesiol Scand* 2006;50:283–9.
49. Luger MF, Müller S, Kammerlander C, *et al.* Predictors of postoperative cognitive decline in very old patients with hip fracture: a retrospective analysis. *Geriatr Orthop Surg Rehabil* 2014;5:165–72.
50. Michael A, Wharton C, Nightingale PG. Cognitive function and postoperative cognitive decline in hip fracture patients. *J Am Geriatr Soc* 2014;62:S87.
51. Shih Y-J, Hsieh C-H, Kang T-W, *et al.* General versus spinal anesthesia: which is a risk factor for octogenarian hip fracture repair patients? *Int J Gerontol* 2010;4:37–42.
52. O'Hara DA, Duff A, Berlin JA, *et al.* The effect of anesthetic technique on postoperative outcomes in hip fracture repair. *Anesthesiology* 2000;92:947–57.
53. Bellelli G, Mazzola P, Corsi M, *et al.* Anesthesia and post-operative delirium in elderly patients undergoing hip fracture surgery. *Eur Geriatr Med* 2013;4:S17–S18.
54. Kim SD, Park SJ, Lee DH, *et al.* Risk factors of morbidity and mortality following hip fracture surgery. *Korean J Anesthesiol* 2013;64:505–10.
55. Choi YH, Kim DH, Kim TY, *et al.* Early postoperative delirium after hemiarthroplasty in elderly patients aged over 70 years with displaced femoral neck fracture. *Clin Interv Aging* 2017;12:1835–42.
56. Karaman Ö, Özkazanlı G, Orak MM, *et al.* Factors affecting postoperative mortality in patients older than 65 years undergoing surgery for hip fracture. *Ulus Travma Acil Cerrahi Derg* 2015;21:44–50.
57. Parvez K, Qureshi S, Ahmed I. Does anaesthetic technique influence postoperative ambulation after hip fracture? *Anaesthesia* 2010;65:1054.
58. Sutcliffe AJ, Parker M. Mortality after spinal and general anaesthesia for surgical fixation of hip fractures. *Anaesthesia* 1994;49:237–40.
59. Withey C, Morris R, Beech R, *et al.* Outcome following fractured neck of femur—variation in acute hospital care or case mix? *J Public Health Med* 1995;17:429–37.
60. Zhao P, Lian X, Dou X, *et al.* Intertrochanteric hip fracture surgery in Chinese: risk factors for predicting mortality. *Int J Clin Exp Med* 2015;8:2789–93.
61. McElwaine JP, Curtin J, O'Brien R. Fractures of the neck of the femur. A prospective study of the early results. *Ir J Med Sci* 1980;149:457–64.
62. Dzupa V, Bartonicek J, Skála-Rosenbaum J, *et al.* [Mortality in patients with proximal femoral fractures during the first year after the injury]. *Acta Chir Orthop Traumatol Cech* 2002;69:39–44.
63. Kopp L, Edelmann K, Obruba P, *et al.* Mortality risk factors in the elderly with proximal femoral fracture treated surgically. [Czech]. *Acta Chir Orthop Traumatol Cech* 2009;76:41–6.
64. Bell JJ, Pulle RC, Crouch AM, *et al.* Impact of malnutrition on 12-month mortality following acute hip fracture. *ANZ J Surg* 2016;86:157–61.
65. Maia D. In-hospital mortality in proximal femoral fracture surgery—does type of anesthesia matter? *Reg Anesth Pain Med* 2016;41:e34.
66. Al-Omran A, Sadat-Ali M. Is early mortality related to timing of surgery after fracture femur in the elderly? *Saudi Med J* 2006;27:507–10.
67. Casaletto JA, Gatt R. Post-operative mortality related to waiting time for hip fracture surgery. *Injury* 2004;35:114–20.
68. Chu CC, Weng SF, Chen KT, *et al.* Propensity score-matched comparison of postoperative adverse outcomes between geriatric patients given a general or a neuraxial anesthetic for hip surgery: a population-based study. *Anesthesiology* 2015;123:136–47.
69. Fields AC, Dieterich JD, Buterbaugh K, *et al.* Short-term complications in hip fracture surgery using spinal versus general anaesthesia. *Injury* 2015;46:719–23.
70. Haider S, Clayton M, Hearn A, *et al.* Anaesthetic technique and mortality for hip fracture surgery in the over 90s. *Anaesthesia* 2010;65:1055–6.
71. Hekimoglu Sahin S, Heybeli N, Colak A, *et al.* Comparison of different anesthetic techniques on postoperative outcomes in elderly patients with hip fracture. *Turkiye Klinikleri Journal of Medical Sciences* 2012;32:623–9.
72. Holt G, Smith R, Duncan K, *et al.* Early mortality after surgical fixation of hip fractures in the elderly: an analysis of data from the Scottish Hip Fracture Audit. *J Bone Joint Surg Br* 2008;90:1357–63.
73. Karaca S, Ayhan E, Kesmezacar H, *et al.* Hip fracture mortality: is it affected by anesthesia techniques? *Anesthesiol Res Pract* 2012;2012:1–5.
74. Kesmezacar H, Ayhan E, Unlu MC, *et al.* Predictors of mortality in elderly patients with an intertrochanteric or a femoral neck fracture. *J Trauma* 2010;68:153–8.
75. Liu JL, Wang XL, Gong MW, *et al.* Comparative outcomes of peripheral nerve blocks versus general anesthesia for hip fractures in geriatric Chinese patients. *Patient Prefer Adherence* 2014;8:651–9.
76. Li SG, Sun TS, Liu Z, *et al.* Factors influencing postoperative mortality one year after surgery for hip fracture in Chinese elderly population. *Chin Med J* 2013;126:2715–9.
77. Patorno E, Neuman MD, Schneeweiss S, *et al.* Comparative safety of anesthetic type for hip fracture surgery in adults: retrospective cohort study. *BMJ* 2014;348:g4022.
78. Neuman MD, Rosenbaum PR, Ludwig JM, *et al.* mortality, and length of stay after hip fracture surgery. *JAMA* 2014;311:2508–17.
79. Radcliff TA, Henderson WG, Stoner TJ, *et al.* Patient risk factors, operative care, and outcomes among older community-dwelling male veterans with hip fracture. *J Bone Joint Surg Am* 2008;90:34–42.
80. Rashid RH, Shah AA, Shakoor A, *et al.* Hip fracture surgery: does type of anesthesia matter? *Biomed Res Int* 2013;2013:1–5.
81. Seitz DP, Gill SS, Bell CM, *et al.* Postoperative medical complications associated with anesthesia in older adults with dementia. *J Am Geriatr Soc* 2014;62:2102–9.

82. Sykora V, Novicka J. [Comparison of general and epidural anesthesia in femoral fractures in persons over 60]. *Rozhl V Chir* 1988;67:94–8.
83. Wood RJ, White SM. Anaesthesia for 1131 patients undergoing proximal femoral fracture repair: a retrospective, observational study of effects on blood pressure, fluid administration and perioperative anaemia. *Anaesthesia* 2011;66:1017–22.
84. Chia PH, Gualano L, Wong SY. Audit of patients admitted with fractured neck of femur. *Anaesth Intensive Care* 2012;40:1060–1.
85. Lund CA, Moller AM, Wetterslev J, et al. Organizational factors and long-term mortality after hip fracture surgery. A cohort study of 6143 consecutive patients undergoing hip fracture surgery. *PLoS One* 2014;9:e99308.
86. Eiskjaer S, Ostgard SE. Risk factors influencing mortality after bipolar hemiarthroplasty in the treatment of fracture of the femoral neck. *Clin Orthop Relat Res* 1991;270:295–300.
87. Garcia T, Rebelo H, Oliveira R, et al. Determinants of mortality in femoral neck fractures treated surgically. *Eur J Anaesthesiol* 2011;28:7.
88. Maheshwari R, Acharya M, Monda M, et al. Factors influencing mortality in patients on antiplatelet agents presenting with proximal femoral fractures. *J Orthop Surg* 2011;19:314–6.
89. Sangkomkamhang T, Sangkomkamhang US. Mortality risk factors in the elderly with fracture around hip treated surgically. *Osteoporos Int* 2013;1:S350–1.
90. Sangkomkamhang T, Swadpanich Sangkomkamhang U. Mortality rate and risk factor of patients with fragile hip fracture. *Osteoporos Int* 2014;25:S331.
91. Ratnarajah G, Chong K, Saifan C, et al. Outcomes after regional versus general anesthesia for hip fracture surgery in patients ages 90 years and above. *J Am Geriatr Soc* 2012;60:S145–S146.
92. McLeod K, Brodie MP, Fahey PP, et al. Long-term survival of surgically treated hip fracture in an Australian regional hospital. *Anaesth Intensive Care* 2005;33:749–55.
93. Moore J, Strock N, Kamat A. A survey of emergency hip fracture analgesia and morbidity/mortality at Aberdeen Royal Infirmary. *Anaesthesia* 2011;66:42.
94. Toukalkova M, Stourac P, Smekalova O, et al. Does an independent predictor of in-hospital mortality exist for patients with isolated proximal femoral fracture? A retrospective two-year observational study. [Czech]. *Acta Chir Orthop Traumatol Cech* 2015;82:288–92.
95. Basques BA, Bohl DD, Golinvaux NS, et al. General versus spinal anaesthesia for patients aged 70 years and older with a fracture of the hip. *Bone Joint J* 2015;97-B:689–95.
96. Whiting PS, Molina CS, Greenberg SE, et al. Regional anaesthesia for hip fracture surgery is associated with significantly more perioperative complications compared with general anaesthesia. *Int Orthop* 2015;39:1321–7.
97. Ercin E, Bilgili MG, Sari C, et al. Risk factors for mortality in geriatric hip fractures: a compressional study of different surgical procedures in 785 consecutive patients. *Eur J Orthop Surg Traumatol* 2017;27:101–6.
98. Nishi T. Comparative effectiveness of anesthesia technique among older patients after hip fracture surgery. *Pharmacoepidemiol Drug Saf* 2017;26:358–9.
99. Qiu C, Chan PH, Zohman GL, et al. Impact of anesthesia on hospital mortality and morbidities in geriatric patients following emergency hip fracture surgery. *J Orthop Trauma* 2018;32:116–23.
100. Kilci O, Un C, Sacan O, et al. Postoperative mortality after hip fracture surgery: a 3 years follow up. *PLoS One* 2016;11:e0162097.
101. Naja Z, el Hassan MJ, Khatib H, et al. Combined sciatic-paravertebral nerve block vs. general anaesthesia for fractured hip of the elderly. *Middle East J Anaesthesiol* 2000;15:559–68.
102. White SM, Moppett IK, Griffiths R, et al. Secondary analysis of outcomes after 11,085 hip fracture operations from the prospective UK Anaesthesia Sprint Audit of Practice (ASAP-2). *Anaesthesia* 2016;71:506–14.
103. Ahmed I, Khan MA, Allgar V, Ahmed I. Influence of anaesthesia on mobilisation following hip fracture surgery: an observational study. *Journal of Orthopaedics, Trauma and Rehabilitation* 2017;22:41–7.
104. Tung YC, Hsu YH, Chang GM. The effect of anesthetic type on outcomes of hip fracture surgery: a nationwide population-based study. *Medicine* 2016;95:e3296.
105. Fukuda T, Imai S, Nakadera M, et al. Postoperative daily living activities of geriatric patients administered general or spinal anesthesia for hip fracture surgery: a retrospective cohort study. *J Orthop Surg* 2018;26:230949901775410–9.
106. Messina A, Frassanito L, Colombo D, et al. Hemodynamic changes associated with spinal and general anesthesia for hip fracture surgery in severe ASA III elderly population: a pilot trial. *Minerva Anesthesiol* 2013;79:1021–9.
107. Baumgarten M, Rich SE, Shardell MD, et al. Care-related risk factors for hospital-acquired pressure ulcers in elderly adults with hip fracture. *J Am Geriatr Soc* 2012;60:277–83.
108. Maia D, Pereira N, Rebelo H. Intraoperative hypotension—the influence of different types of anesthesia in urgent orthopedic surgery. *Reg Anesth Pain Med* 2014;1:e199.
109. Minville V, Asehounne K, Delussy A, et al. Hypotension during surgery for femoral neck fracture in elderly patients: effect of anaesthetic techniques. A retrospective study. *Minerva Anesthesiol* 2008;74:691–6.
110. Gadsden J. Anesthetic technique and hypotension during hip fracture repair: a retrospective study of 2916 patients. *41st Annu Reg Anesthesiol Acute Pain Med Meet Am Soc Reg Anesth Pain Med ASRA* 2016;41.
111. Haghghi M, Sedighinejad A, Nabi BN, et al. Is spinal anesthesia with low dose lidocaine better than sevoflurane anesthesia in patients undergoing hip fracture surgery. *Arch Bone Jt Surg* 2017;5:226–30.
112. Dubljanin-Raspopović E, Marković-Denić L, Ivković K, et al. The impact of postoperative pain on early ambulation after hip fracture. *Acta Chir Iugosl* 2013;60:61–4.
113. Kamel HK, Iqbal MA, Mogallapu R, et al. Time to ambulation after hip fracture surgery: relation to hospitalization outcomes. *J Gerontol A Biol Sci Med Sci* 2003;58:M1042–5.
114. Sathiyakumar V, Thakore R, Greenberg SE, et al. Risk factors for discharge to rehabilitation among hip fracture patients. *Am J Orthop* 2015;44:E438–43.
115. World Health Organisation. *The ICD-10 Classification of Mental Behavioural Disorders—diagnostic criteria for research*, 1993.
116. Marcantonio ER. Clinical management and prevention of delirium. *Psychiatry* 2008;7:42–8.
117. Neelon VJ, Champagne MT, Carlson JR, et al. The NEECHAM Confusion Scale: construction, validation, and clinical testing. *Nurs Res* 1996;45:324–30.
118. Bellelli G, Morandi A, Davis DH, et al. Validation of the 4AT, a new instrument for rapid delirium screening: a study in 234 hospitalised older people. *Age Ageing* 2014;43:496–502.
119. Society BG. Guidelines for the prevention diagnosis and management of delirium in older people in hospital. 2006.
120. Hendry K, Quinn TJ, Evans J, et al. Evaluation of delirium screening tools in geriatric medical inpatients: a diagnostic test accuracy study. *Age Ageing* 2016;45:832–7.
121. Deiner S, Silverstein JH. Postoperative delirium and cognitive dysfunction. *Br J Anaesth* 2009;103(Suppl 1):i41–i46.
122. Brauer C, Morrison RS, Silberzweig SB, et al. The cause of delirium in patients with hip fracture. *Arch Intern Med* 2000;160:1856–60.
123. Saczynski JS, Marcantonio ER, Quach L, et al. Cognitive trajectories after postoperative delirium. *N Engl J Med* 2012;367:30–9.
124. Litaker D, Locala J, Franco K, et al. Preoperative risk factors for postoperative delirium. *Gen Hosp Psychiatry* 2001;23:84–9.
125. Inouye SK. Delirium in older persons. *N Engl J Med* 2006;354:1157–65.
126. Marcantonio ER, Goldman L, Orav EJ, et al. The association of intraoperative factors with the development of postoperative delirium. *Am J Med* 1998;105:380–4.
127. Fong HK, Sands LP, Leung JM. The role of postoperative analgesia in delirium and cognitive decline in elderly patients: a systematic review. *Anesth Analg* 2006;102:1255–66.
128. Alagiakrishnan K, Wiens CA. An approach to drug induced delirium in the elderly. *Postgrad Med J* 2004;80:388–93.
129. Griffiths R, Mehta M. Frailty and anaesthesia: what we need to know. *Continuing Education in Anaesthesia Critical Care & Pain* 2014;14:273–7.
130. Dodds C, Foo I, Jones K, et al. Peri-operative care of elderly patients—an urgent need for change: a consensus statement to provide guidance for specialist and non-specialist anaesthetists. *Perioper Med* 2013;2:6.
131. Aldecoa C, Bettelli G, Bilotta F, et al. European Society of Anaesthesiology evidence-based and consensus-based guideline on postoperative delirium. *Eur J Anaesthesiol* 2017;34:192–214.