

Significant Racial Disparities in Outpatient Physical Therapy Use Among Otherwise Demographically Similar Patients After Hip Fracture

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PHYSICAL THERAPY AND REHABILITATION SCIENCE

Introduction

Although hip fractures are less common in the Black US population, this should not affect the care received

After hip fracture in the US:

- Loss of functional independence due to hospital-associated deconditioning (HAD)
- Outpatient PT to manage HAD is not the standard of care

Being Black in the US is associated with:

- decreased use of outpatient PT
- poorer outcomes after outpatient PT

Research question: Is Race Associated with Outpatient PT Use After Hip Fracture?

Methods

Retrospective cohort study of 58,247 Medicare Part B beneficiaries aged ≥65:

- admitted to hospital with hip fracture
- returned home after a short stay
- were alive and at home for ≥5 days

Medicare dataset included 5% sample of 2010-2016 and 20% sample from 2017

Exposure: Race (Black, White)

Outcome: Outpatient PT use in the 6 months after admission

Statistical Analysis:

- Unadjusted logistic regression
- Adjusted logistic regression
- Poisson count regression

Hip fracture survivors who self-identified as Black or African-American had 50% lower odds of receiving outpatient PT after hip fracture and used half the number of visits compared to those identifying as White.

Of those who did receive outpatient PT, hip fracture survivors who self-identified as Black or African-American received 16% fewer visits.

Results

Odds of Receiving PT by Race:

White (29%)	Black (17%)
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Medicare beneficiaries receiving PT:

Race	Unadjusted OR (95% CI)	Adjusted OR (95% CI)	p-value
White	REF	REF	<.0001
Black	0.50 (0.43-0.58)	0.59 (0.52-0.67)	

PT Visits by Race:

PT Visits	White (x̄, SD)	Black (x̄, SD)	Adjusted RR
Overall	4.2 (8.8)	2.1 (6.2)	0.50
Those Using PT	14.7 (10.6)	12.4 (10.3)	0.84

Discussion

- First investigation of racial disparities in outpatient PT use after hip fracture
- Most patients (72%) do not receive outpatient PT after hip fracture at all
- Striking disparity in the use of outpatient PT and number of visits
- Initiating PT reduced disparity in the number of visits
- Lack of access contributes to poorer outcomes after hip fracture
- Next - Study barriers to outpatient PT for Black hip fracture survivors

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