

## **Outcome of Intramedullary Nailing in Humerus Shaft Fracture: A Seremban Experience**

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### **INTRODUCTION:**

Fracture of the humerus account for approximately 3% - 5% of all fractures in adults [1]. The majority of these fractures involve the middle third of the diaphysis. Since the introduction of interlocking nail (ILN) of humerus, it was believed to be advantageous as it is a less invasive surgery that do not disturb the fracture hematoma. This may result to less intraoperative blood loss and shorter procedure duration. This case series is to observe the outcome in Hospital Tuanku Jaafar Seremban (HTJS).

### **REPORT:**

From July 2022 to January 2023, there was a total of 6 patients who underwent ILN of the humerus in HTJS. All patients had a closed midshaft humerus fracture with no radial nerve palsy. Patients were within the age range of 19-63 years old. 5 patients underwent closed reduction whereas 1 had to undergo an open reduction of the fracture. All patients had less than 500ml of intraoperative blood loss, with a mean of 200ml. No patient sustained any iatrogenic nerve injury. The mean operation duration was 75mins. DASH score was assessed at 6 weeks post-operatively, 2 patients had a DASH score of 5-14 (minimal disability) and the remaining 4 patients had a score of 15-24 (moderate disability). 4 patients achieved union by 8 weeks postoperatively.

### **DISCUSSION**

ILN humerus is as good as plating humerus in achieving union. However, the rate of complications was higher in ILN humerus in terms of pain and function of the shoulder joint [1]. Only 1 patient in our centre were able to do forward flexion of 110° at 6 weeks, while the majority are complaining of persistent pain at the shoulder, limiting their range of movement.

### **CONCLUSION**

ILN humerus is a good method of fixation to achieve union in humerus fractures but further study is required to determine the modalities that gives the best general outcome.

### **REFERENCES**

Chandan et al, International Journal of Orthopaedic Sciences, 2020, 6(1):249-252