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Normative data of the hip disability and osteoarthritis outcome score, joint replacement in a healthy United States population

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Background: Patient Reported Outcome Measures (PROMs) play a vital role in the care we provide to our patients. To help understand the application of PROM in arthroplasty, normative and benchmark data to serve as a comparison to patients pre- and post-surgery would be extremely valuable. We collected normative data of the Hip Disability and Osteoarthritis Outcome Score (HOOS), joint replacement (JR) on a healthy population, greater than 17 years of age, in the United States devoid of hip injury and/or surgery.

Methods: This was a cross-sectional study, where hard copy surveys were administered to 1140 patients, being seen for an orthopedic issue unrelated to their hip and non-patient visitors in July 2018 at an outpatient orthopedic clinic in a suburban metropolitan city. Participants were eligible if they self-reported a medical history negative for hip replacement, current hip pain/disability or hip procedure (surgery or injection) within the past year. Mean, standard deviation, median and interquartile ranges on the HOOS, JR interval scores were calculated by sex, age decade, BMI, reason for visit, history of orthopedic procedure and past medical history.

Results: Four hundred twenty-five (425) men and 575 women were included in the final study cohort. Women aged between 70 to 79 years reported the lowest mean interval score (mean=88.8). Overall women scored lower as well (93.3 vs. 95.7, $p=0.001$). There was not a statistical difference between the interval scores by tobacco consumption (93.5 vs. 94.4, $p=0.49$) and between patient's vs. non-patient visitors (94.2 vs. 94.5, $p=0.672$). Lower scores were observed in participants with a past non-hip orthopedic procedure (92.6 vs. 94.9, $p=0.016$), past medical history of a chronic illness (92.5 vs. 95.9, $p<0.001$) and participants classified as obese ($BMI>30$) (91.7 vs. 95.2, $p<0.001$). On regression analysis, there was a decrease of 0.3 and 0.1 in the interval score for each unit of BMI and age by year, respectively ($p<0.001$).

Conclusion: This study provides normative reference values for the HOOS, JR in a United States population from a suburban metropolitan city greater than 17 years of age. These scores can facilitate physician-patient shared decision making to help patients understand expectations post-hip arthroplasty in respect to PROM.

Biography

Avais Raja is a Post-Doctoral Research Fellow currently working at TRIA Research Institute. He is currently in transition to Orthopedic Surgery Residency.

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