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Short Message Service-Based Collection of Patient Reported Outcome Measures Following ACL Reconstruction: A Pilot Study

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Background

- Response rates of patient reported outcome measures (PROMs) following ACLR are generally low.
- While substantial objective information is gathered in ACL databases, subjective patient related parameters as psychological readiness to return to sport (RTS) are not well elucidated.
- In this pilot study, we aimed to evaluate the feasibility of PROM collection via short message service (SMS) following ACL reconstruction.



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Material and Methods:

- 27 consecutive patients following ACL reconstruction surgery (ACLR) were prospectively included in this study.
- Patients were sent a single SMS-based text message with a link to a 9-question survey adapted to mobile phones on average 4 months following ACL reconstruction.
- The survey comprised the Danish version of the short form of the anterior cruciate ligament – return to sport after injury (ACL-RSI) scale, an external anchor question being the knee confidence question from the knee injury and osteoarthritis outcome score (KOOS), a question assessing the concreteness of patient fear and a question assessing patient activity level and return to sport.
- Patient characteristics, survey response rate and survey completion time were recorded



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Results

- The cohort consisted of 20 males and 7 females with a mean age of 27 years.
- 22 patients (81%) completed the sms-based survey following ACLR with a mean follow up of 4 months.
- Mean time for completion of the survey was 141 seconds.



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Conclusion

- This pilot study demonstrated that PROM collection via SMS is feasible following ACL reconstruction with a response-rate of 81%.



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References

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