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Surgical Outcome Following Arthroscopic Rotator Cuff Tear Repair in a Low-Income Population: Quality of Life Improvement

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Disclosures:

- Authors (or a member of their immediate family) **DO NOT** have a financial interest or other relationship with a commercial company or institution.
- Authors declare that there is **NO CONFLICT OF INTEREST.**



BACKGROUND:

- Health-related quality of life in patients who underwent rotator cuff tear (RCT) repair surgeries has been emphasised recently
- Yet, there is no data on arthroscopic RCT repair outcomes from developing regions



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OBJECTIVE:

- Our aim of our study was to determine the changes in quality-of-life following arthroscopic RCT repair in a low-income population



METHODS:

- This is a retrospective case series
- 54 shoulders of 50 patients subjected to arthroscopic repair of a RCT with a minimum of 1 year's follow-up were evaluated
- RCT were classified as partial or full-thickness lesions



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METHODS:

- Patients were asked about monthly family income and completed the visual analog scale (VAS) pain score, the UCLA Scale, the American Shoulder and Elbow Surgeons' Scale (ASES), and the World Health Organisation Quality-of-life Scale Abbreviated Version (WHOQOL-BREF) before surgery, and at 3, 6, and 12 months after surgery



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RESULTS:

- The mean age of patients was 58 years-old, there were 32 (64%) women and 18 (36%) men
- Over 95% declared < 1000 US\$ monthly family income
- 35 patients (70%) underwent surgery on their dominant arm and 15 (30%) underwent surgery on their nondominant arm



RESULTS:

- The mean duration of symptoms was 20 months (range, 2– 60 months)
- All procedures were performed by a single surgeon
- The mean WHOQOL-BREF score increased from 59.8 before surgery to 66.2 at 12 months after surgery



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RESULTS:

- The mean UCLA scores increased from 11.5 before surgery to 30.2 at 12 months after surgery, and the mean ASES scores increased from 41.3 before surgery to 85.3 at 12 months after surgery
- Only shorter symptoms duration before surgery was statistically associated with better functional results
- The mean VAS pain score decreased from 6.8 before surgery to 1.6 ± 1.4 at 12 months after surgery



DISCUSSION:

- Several studies have reported that rotator cuff repair can lead to a significant improvement in the quality of life of the patients from 3 months after surgery (psychological status and HRQoL) with decreasing pain and increasing functional ability [1,2]
- Some authors demonstrated significant improvement in pain with overhead activity, as well as the range of motion, at the six-month follow-up [3]



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CONCLUSION:

- Surgical outcome following arthroscopic RCT repair in a low-income population showed an improvement in health-related quality of life with decreasing pain and increasing functional ability from 3 months after surgery
- Our findings suggest that successful rotator cuff repair may improve quality of life



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