

Title: A Patient, Surgeon and Physiotherapist Perspective on Reasons Behind Total Hip Replacement Surgery: A PPI Approach

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Text in the abstract must be limited to 300 words (text over 300 words will be disqualified).
References, Tables, and Figures may not be included in the abstract submission but may be included in the presentation.

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Word count: 300

Background

Total hip replacement (THR) is an effective treatment for most individuals who suffer from pain and loss of function due to end stage osteoarthritis (OA). However, it appears little concerted effort has been made to advocate partnership with THR patients to understand their reasons for undergoing surgery and their ultimate rehabilitation goals. Similarly, there is a lack of insight on the views of Healthcare Professionals (HCPs) such as surgeons and physiotherapists to understand their perspective on surgery and what objective measures will help them with decision making. This Patient and Public involvement (PPI) study aims to explore both patients' and HCPs perspectives of THR surgery.

Method

The PPI groups engaged people as research design partners rather than as research participants. A topic guide, informed by previous literature and designed by the project team, was used. The lead author conducted face-to-face (n = 15) and telephone (n = 20) discussions lasting between 30 and 45 mins with participants.

Results

Ten patients pre-THR surgery, ten patients post-THR surgery, nine physiotherapists and six THR surgeons took part. Results suggest that there is a consensus among patients and HCPs on reduction of pain being the main reason for undergoing THR. Inability to carry out simple activity such as walking the dogs had a significant effect on patients' mental and physical wellbeing. Walking was identified by patient groups as an ideal exercise and also the best outcome measure by HCPs.

Conclusion

This paper is the first to explore the views of THR patients and HCPs on reasons behind THR surgery in a single study. As walking is so important, wearable activity monitors have been suggested as a possible motivator to enhance patient compliance to self-care rehabilitation and increase chance of long term quality of life. A future research project on the use of such wearable activity monitors in enhancing mobility post-THR is therefore planned.