

# Failure To Meet Expectations Of Total Hip Arthroplasty Is Associated With Younger Age, Heavier Weight, And Worse General Health

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## Introduction

Total hip arthroplasty (THA) has high rates of patient satisfaction; however patient expectations for recreational and sporting activities are not always met. If we are to improve physical activity in people with hip OA who undergo THA, we need to first understand what their expectations of THA are, especially in relation to exercise, and what factors are associated with unmet expectations. Our study aimed to identify pre-operative factors that predict whether patient expectations for sporting or recreational activity are met 12 months following THA.

## Methods

Patient reported outcome measures

(PROMs) were collected prospectively from 2015-2018 at one private hospital in Sydney. Age, gender, postcode, weight, and height were recorded pre-operatively. Included participants underwent primary THA by one of the three investigating surgeons. Univariate and multivariate analyses were performed with an expectation fulfilment score used as the primary outcome variable. Pre-operative predictor variables included: age, gender, BMI, Socio-economic Indexes for Areas (SEIFA), Oxford Hip Score, Hip Osteoarthritis Outcome Score, EQ-5D-5L, and EQ-VAS.

## Results

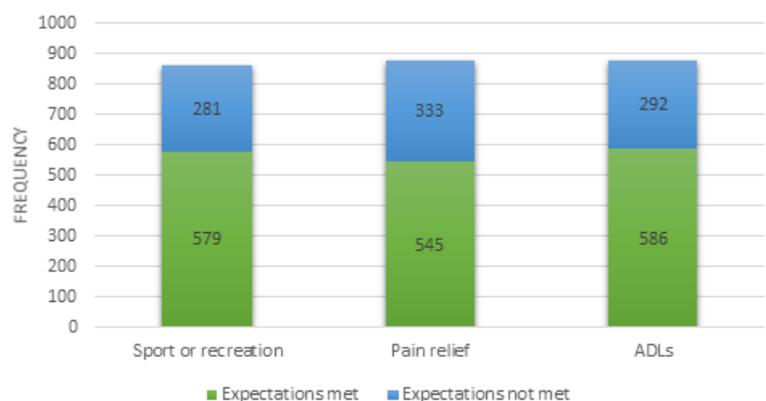
1019 participants were eligible and included. 13% reported that preoperative expectations of sporting or recreational activity were not met at 12-months. Younger age, lower preoperative EQ-VAS, and higher BMI were associated with failed expecta-

tions on multivariate analysis. Odds of failed expectations increased by 2% for every one year younger in age (OR= 0.98, 95% CI = 0.96 to 1.00, p=.048), by 2% for every one point lower on EQ-VAS (OR=0.98, 95% CI = 0.98 to 0.99, p=.002), and by 4% for every one-point increase in BMI (OR = 1.04, 95% CI = 1.00 to 1.09, p=.042).

## Conclusions

We found that of the three domains investigated, sporting and recreational activity had the highest percentage of

PATIENT EXPECTATIONS AT 12 MONTHS



unfulfilled expectations (13%). Failure to have expectations met for sporting or recreational activity was associated with younger age, poorer general health, and higher BMI. Our findings demonstrate the increasing need for preoperative arthroplasty education to be personalised, especially given the rapid rise in younger patients having THA, who will likely have different expectations of surgery.

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