Pre- and post-surgery changes in the quality of life of patients receiving total hip arthroplasty

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Abstract

Background. Coxarthrosis is an important health problem due to the reduction of the patients' quality of life, to pain and other associated disturbances, before and after surgery.

Aims. The aim of the current study was to investigate the evolution of pain and the degree of functionality of the hip in the pre- and post-surgery phases in patients undergoing total hip arthroplasty. The second aim of the study was to analyze how the patients' expectations for postoperative pain, stress and anxiety affect their quality of life.

Methods. The study participants (N=55) were selected from patients hospitalized at the Rehabilitation Hospital Cluj-Napoca. The mean age of patients was m=62.84 (sd=11.18), with a mean BMI m=27.18 (sd=2.4). Assessment tools: the Visual Analogue Scale as an instrument that measures any continuous psychological variable that cannot be measured directly; the Quality of Life Assessment Scale, adapted version for the Romanian population, using the Health Status Questionnaire survey.

Results. A significant reduction in pain, anxiety and stress was found after surgery ($p<0.05$). There was an improvement in all characteristics assessed by the Quality of Life Assessment questionnaire in the post-surgery phase, data showing an increase in physical and mental functioning.

Conclusions. There were visible post-surgery reductions in pain, anxiety and stress. Anxiety and pain were reduced immediately after THA surgery, but the stress level did not change significantly between the two post-surgery assessment phases. In the post-surgery phases, the General Health Status was positively influenced by changes in VAS parameters, inducing an increase in physical and mental functioning.

Keywords: hip arthroplasty, quality of life, postoperative pain, Harris score.