

Perioperative Patient Distress in Office-Based Hand Surgery

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Introduction

- Patient concerns regarding an unpleasant or stressful experience may prevent them from electing office-based hand surgery (OBHS)
- Understanding patients' experiences will help them make informed decisions and mitigate unfounded concerns about office-based hand surgery
- **Purpose: Comparing distress expectation vs. experience in OBHS**

Methods

- A prospective study of patient distress during OBHS at Preo-Op, Immediate-Pre-Op, Immediate Post-Op, and Post-Op
- 1. Amsterdam Preop. Anxiety and Information Scale (APAIS; 0-10)
- 2. Subjective Units of Distress Scale (SUDS; 1-5)

Results

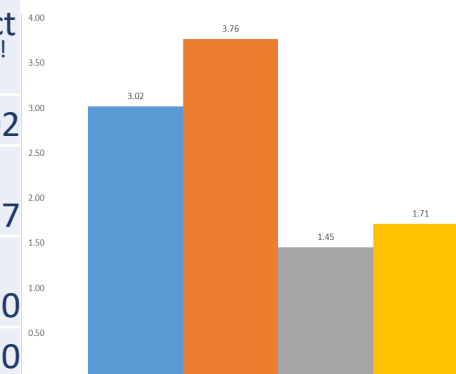
- **Descriptive Statistics**
- 57 patients, 63% female, Age 57 (21-89)
- Surgery Time 17 min (6-50)
- Hx Depression 32%
- Hs Anxiety (23%)

| APAIS | Pre-Op | Immed Pre-Op | Effect Size |
|---------------------|--------|--------------|-------------|
| Total Scale | 10.30 | 10.42 | 0.02 |
| Anesthesia Subscale | 2.39 | 2.82 | 0.37 |
| Surgery Subscale | 3.25 | 3.46 | 0.10 |
| Know Subscale | 4.67 | 4.14 | -0.20 |

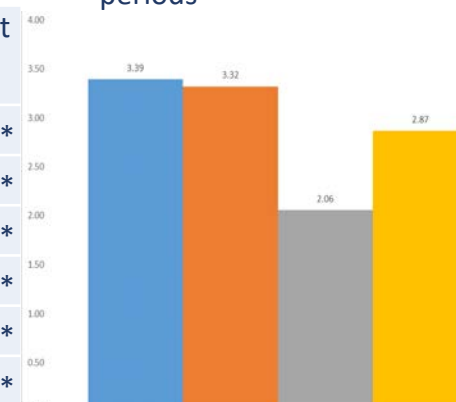
! None achieved P<0.05

| SUDS | Immed Pre-Op | Immed Post-Op | Effect Size |
|------------|--------------|---------------|-------------|
| Surgery | 3.01 | 1.62 | -0.55* |
| Success | 3.76 | 1.46 | -0.64* |
| Pain | 3.26 | 0.90 | -0.87* |
| Needle | 3.35 | 2.12 | -0.42* |
| Discomfort | 3.29 | 1.34 | -0.71* |
| Awake | 2.89 | 1.45 | -0.49* |

* Signifies P<0.01



SUDS Pain across Peri-Op periods



SUDS Needle across Peri-Op periods

Conclusion

- We identified distress progression from baseline to the day of surgery then a drop immediately afterwards
- None of the patient distresses matched expectations
- Besides overall success, patients were mostly concerned about the needles and postop pain
- Needle distress was not as bad as expectations, but was the only one to persist Post-Op