E-Poster

EP-63

Influence of age and Type of Operation on Outcomes and Expectations After Orthopedic Surgeries

Topic: Miscellaneous

Dinko Kolarić[1], Ana Kolarić[1], Domagoj Sirovec[1], Luka Slivar[1], Ana Marija Čurlić[2], Dajana Lukić Demeter[1], Ana Marija Šepl[1], Marta Čivljak[3]

[1]*Department of Sport, Special Rehabilitation Hospital "Daruvarske Toplice", Daruvar, Croatia*
[2]*Department od Sport Special Rehabilitation Hospital "Stubičke Toplice" Zagreb Croatia*
[3]*Department of Nursing, Catholic University of Croatia Zagreb, Croatia*

BACKGROUND

The impact of age on the outcomes of specific orthopedic procedures remains contradictory. This study aimed to compare two types of procedures (anterior cruciate ligament (ACL) reconstruction and total hip arthroplasty (THA) and their outcomes and patient expectations after surgery.

METHODS

In this retrospective study, 200 patients participated: 100 after THA (53% women, average age 67 years) and 100 after ACL reconstruction (33% women, average age 26 years). All participants completed a validated questionnaire with questions related to outcomes (rehabilitation process, postoperative pain, acceptance of assistive devices) and expectations (belief and desire for recovery, fear of lasting consequences) after surgery, rated from 1 to 5 (Likert scale (4)). For statistical analysis, we used percentage calculation, the asymptotic general independence test, and the Cochran–Armitage test of association for a contingency table. All results were set at significance level $p < 0.05$.

RESULTS

Older patients after THA felt more relaxed during rehabilitation (64% THA; 35% ACL) and accepted assistive devices more easily after surgery (65% THA; 35% ACL). They had similar pain tolerance ($Z = 1.93$; $p = 0.053$), confidence in themselves and their recovery ($Z = 0.56$; $p = 0.57$), desire for recovery ($Z = 1.82$; $p = 0.068$), as well as fear of not being able to walk normally in the future ($Z = -1.81$; $p = 0.07$). The younger group after ACL surgery is more confident that they will become independent in the future ($Z = 2.6$, $p < 0.01$).

CONCLUSION

Although younger patients after ACL surgeries do not feel relaxed during rehabilitation and have more difficulty accepting assistive devices than older patients after THA, they have greater confidence that they will become independent over time, which may be explained by a higher level of optimism in younger generations.

Statement of Disclosures

None

Corresponding Author:
Dinko Kolarić
Department of Sport, Special Rehabilitation Hospital "Daruvarske Toplice", Daruvar, Croatia
Email: dinko.kolaric@gmail.com

Doi: 10.5606/archisprm.2026.EP-63