E-Poster

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Evaluation of Disability Levels in Patients After Total Knee and Hip Arthroplasty Undergoing Inpatient Rehabilitation Based on the 36-Item Version of the WHODAS 2.0 Questionnaire

Topic: Miscellaneous

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BACKGROUND

This study aims to evaluate the disability level of patients following total hip and knee joint arthroplasty who undergo inpatient rehabilitation. The main objectives are to assess the level of disability in patients after hip and knee arthroplasty using the WHODAS 2.0 questionnaire and to identify key functional challenges and their prevalence in this patient population.

METHODS

The research was conducted from January 2023 to July 2024 at the Medical Rehabilitation Clinic of the Central University Clinical Hospital Medical University of Lodz, Poland. A total of 58 patients participated, with 55% female and 45% male participants. The study population included 31 patients after total hip arthroplasty (THA) and 27 after total knee arthroplasty (TKA). Disability was assessed using the 36-item WHODAS 2.0 questionnaire, which evaluates functioning in six domains: cognition, mobility, self-care, social relationships, life activities, and participation in society. The statistical analysis was performed using Microsoft Excel and Statistica 13.1, with a significance level of $\alpha = 0.05$.

RESULTS

The study group had an average age of 66 years, with most participants being non-smokers (81%) and retirees (64%). The WHODAS 2.0 results revealed that the highest levels of disability were reported in the domains of mobility and participation. Specifically, significant challenges were noted in standing for prolonged periods, walking long distances, and performing household tasks. Emotional distress, financial strain due to health conditions, and the impact of the patient's health on family members were also prominent. In the cognitive domain, minor difficulties were noted in concentration, memory, and learning new tasks. Both groups showed minor impairments in self-care, social interaction, and life activities, with knee arthroplasty patients experiencing slightly higher overall disability than hip arthroplasty patients.

CONCLUSION

Patients after joint arthroplasty exhibit moderate to significant disability, particularly in mobility and participation domains. The findings highlight the importance of targeted rehabilitation programs to address mobility issues and the emotional and financial burdens of long-term disability. Comprehensive rehabilitation strategies are essential to improve functional outcomes and quality of life for these patients.

Statement of Disclosures

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