

OUTCOMES AND PATIENT SATISFACTION AFTER HINDFOOT ARTHRODESIS IN PATIENTS WITH RHEUMATOID ARTHRITIS

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ABSTRACT

Aims: To determine change in quantitative measures of patient health, pain and functional ability following hindfoot arthrodesis in patients with rheumatoid arthritis, and to assess patient satisfaction post-operatively.

Methods: 24 additive hindfoot arthrodeses were performed by a single surgeon on 22 patients with rheumatoid arthritis. Patients were assessed pre-operatively using the Short Form-12 Health Survey (SF12), Manchester-Oxford Foot Questionnaire (MOXFQ) and pain scores. These assessments were repeated at 6 and 12 months post-operatively, with an additional satisfaction questionnaire.

Results: There were marked and sustained improvements in the post-operative SF12, MOXFQ and pain scores, with 71% of patients reporting no pain and 57% able to walk more than half a mile at 12 months. 19 out of 22 patients reported being satisfied or very satisfied with the operation. Bony union was achieved in 22 out of 23 patients (96%), both on clinical and radiological criteria.

Conclusions: This study shows that additive hindfoot arthrodesis can be a very effective procedure in the management of moderate to severe ankle and hindfoot disease in rheumatoid arthritis. Patients should be counselled regarding the considerable recovery period, however significant improvement in the patient's general health, foot function and pain can be expected.

Abstract 195 words