

## **PROGNOSIS UNIT**

### **Patient Anxiety after Surgical Fracture Repair**

#### **Objectives:**

At the completion of this unit, participants will be able to critically appraise a Prognostic study, using the “Users’ Guides to the Medical Literature.” Specifically, participants will develop skills to:

1. Assess the validity of a Prognostic study.
2. Understand the utility of providing both relative and absolute measures of association.
3. Interpret and apply findings of prognostic studies to patient care.

#### **Assignment:**

Read the Clinical Scenario, below. Using the article identified, and relevant sections of the Users’ Guides to the Medical Literature, critically appraise the guideline, completing the blank critical appraisal worksheet.

#### **Clinical Scenario:**

A 34-year-old man presents to your fracture clinic for their first post-op visit following surgical fixation for an acute tibial fracture. He appears very anxious regarding his injury, makes several comments regarding concerns over re-injury (e.g. “the bone is always going to be compromised”) and worried about any weight-bearing until pain is absent.

You advise your patient that his surgery was successful, and that his tibia now has a solid metal rod inserted to keep it stable. You advise that partial weight-bearing is fine, as tolerated, but are concerned that his anxiety and pessimism may affect recovery. You decide to review the literature for studies that have explored patient coping after fracture repair with recovery.

Using PubMed and Clinical Queries you use the search terms “fracture” and “coping” and “recovery” and restrict your search to “therapy”. You identify no relevant systematic reviews, but 6 articles – two of which seem relevant - and you decide to explore the most recent study further:

Busse JW, et al. Patient coping and expectations predict recovery after major orthopaedic trauma. *Br J Anaesth.* 2019; 122(1): 51-59.

The abstract suggests that the article is relevant to your patient and you decide to critically appraise this paper using the “Users’ Guides” for a Guideline.

After critically appraising this paper, will there be implications for your patient care?

**Enclosed Materials:**

1. Busse JW, Heels-Ansdell D, Makosso-Kallyth S, Petrisor B, Jeray K, Tufescu T, Laflamme Y, McKay P, McCabe RE, Le Manach Y, Bhandari M; Fluid Lavage of Open Wounds Investigators. Patient coping and expectations predict recovery after major orthopaedic trauma. *Br J Anaesth.* 2019; 122(1): 51-59.
2. Guyatt G, Drummond R, *Users' Guides to the Medical Literature: A Manual for Evidence Based Clinical Practice*, 3<sup>rd</sup> Edition (JAMA). New York, NY: The McGraw-Hill Companies, Inc, 2015. Chapter 18 - Prognosis (509-522).
3. Worksheet for the evaluation of an article on unit title.