



There is a huge amount of information out there for patients approaching surgery concerning their proposed operation and implants involved. More people are becoming more informed – and so they should be with the decision to undergo hip or knee replacement, often one of the biggest decisions of their lives. Their surgeon will usually have a technique and a particular device that they are happiest to use and recommend, and that should prompt the Clinically Relevant Question:

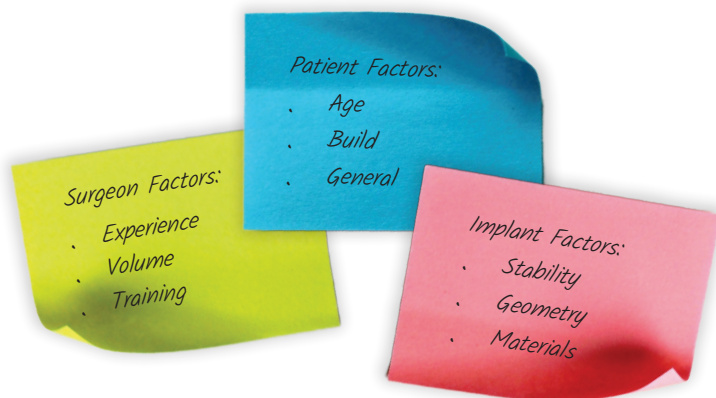
WHAT ARE THE RESULTS OF THIS KNEE IMPLANT?

An even better question is “What are the results of this knee implant in your hands?” Well, now I can tell you.

Last year, my April edition of Clinically Important Questions introduced the idea of Patient Reported Outcome Measures (PROMs) which are becoming an important measure of the success of orthopaedic procedures. I mentioned I was collecting my own data for a study to compare two different types of knee

implant and I have recently presented the 12 month outcomes at the Australian Orthopaedic Association (NSW) Annual Scientific Meeting (summarised below). These are not results from someone else overseas, but from my own patients right here in Western Sydney.

Of course, surgical results are a complex amalgam of multiple factors including those related to surgeon's experience, patient factors and implants used, but only by studying those critically, ideally in head-to-head “controlled” trials such as the one overleaf, can we make informed decisions about the best combinations.



WESTMEAD

Suite 12, Level 1, Westmead Specialist Centre
16-18 Mons Road
Westmead NSW 2145
Phone: (02) 8893 4900

BELLA VISTA

Suite 1, Level 1, Hospital for Specialist Surgery
17-19 Solent Circuit
Bella Vista NSW 2153
Phone: (02) 8711 0110

Westmead Private Orthopaedic Centre

CENTRAL WEST
ORTHOPAEDICS
& SPORTS INJURIES

Dr Roger Brighton – SPECIALIST HIP & KNEE SURGEON

WWW.ROGERBRIGHTON.COM



“Comparison of Cruciate Retaining (CR) and Medially Stabilised (MS) Knees: a Personal Series of 100 consecutive Cases”,
Dr Roger W Brighton*

My Research

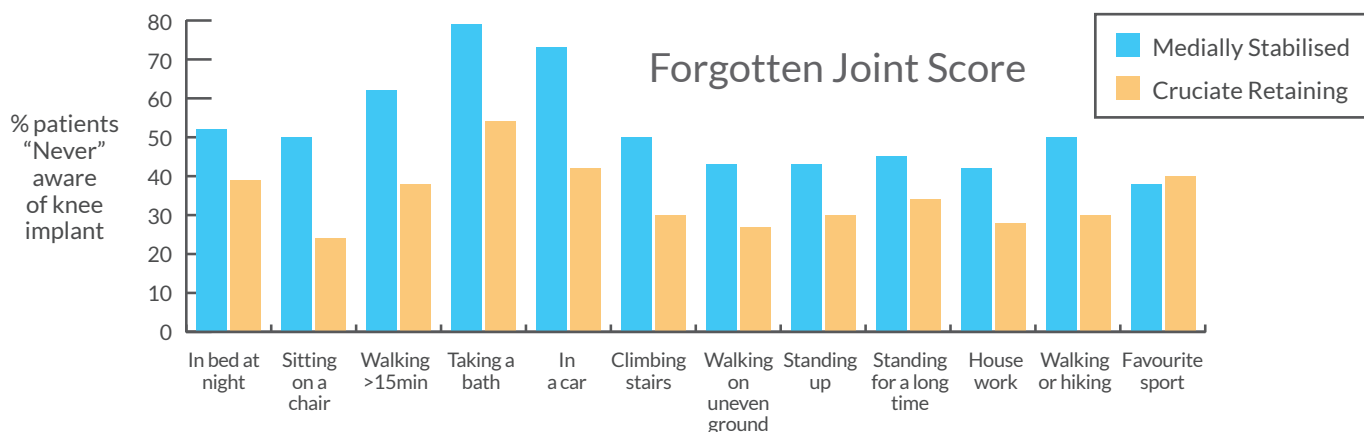
My own study showed excellent PROMs (across six different questionnaires) for both the one I had been using previously and the newer prosthesis. However, one measure in particular, “The Forgotten Joint Score” (FJS), showed a statistically significant improvement favouring the newer Medially Stabilised Implant.

This score is so-called as it was the designer’s concept that a patient being unaware of their joint after

operation (“Forgetting it”) was the desired outcome. It consists of 12 questions asking a patient to respond regarding “awareness” of their joint during different daily activities: from Always (worst outcome) to Never (best function).

For almost all questions, the response for the Medially Stabilised Knees in this study was more likely to be “Never”, indicating a better level of function.

Collecting this kind of data enables evidence based decisions to improve patient outcomes.



For almost all questions the Medially Stabilised Knee was more likely to be forgotten (answer “never”).

REFERENCES

* Based on paper presented at AOA NSW Annual Scientific Meeting 3/8/18 – “Knee Arthroplasty with Medially Stabilised Implant Improves Patient Reported Outcome Measures compared to Cruciate Retaining Implant.

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