

Paper #46

Preoperative Symptoms in Femoroacetabular Impingement Patients are More Related to Mental Health Scores than the Condition of the Local Tissue

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Introduction: Preoperative symptom severity has been previously reported to have a stronger connection with mental health status than actual structural pathology for both rotator cuff and knee osteoarthritis patients. However, the relationship between mental health and symptom severity has yet to be elucidated in FAI patients. As such, the purpose of this study was to compare the relationships between patient factors, mental health status, hip pathology, and preoperative symptoms in a series of FAI patients. We hypothesized that preoperative symptoms would have a stronger relationship with preoperative mental health status than the severity of tissue pathology.

Methods: From our prospective outcomes registry, we identified 60 FAI patients with concomitant labral tears with complete preoperative and operative data. We assessed the correlations between patient demographics (sex, height, weight, level of education), injury specifics (size of labral tear, number of anchors used during repair, presence of moderate to severe chondral lesions), mental health factors (preoperative VR-12 Mental Component Score (MCS), concomitant depression, and preoperative use of psychotropic and/or opioid medications) with each of the 5 preoperative HOOS subscales (Symptoms, Pain, ADL, Sports, and QOL).

Results: Neither hip pathology or patient-related factors correlated with any of the 5 HOOS subscales. On the contrary, MCS significantly correlated with HOOS Symptom (r = 0.37), Pain (r = 0.49), ADL (r = 0.53), Sport (r = 0.40), and QOL Scores (r = 0.35), and the magnitudes were significantly greater than all patient- and hip pathology-related factors (p < 0.05).

Conclusions: The severity of preoperative FAI symptoms was significantly more related to mental health status than either patient factors or the condition of the local tissue. Surgical indications typically involve physical exam and imaging findings, independent of mental health status. However, the disconnect between the condition of the local tissue and preoperative symptoms suggest that mental health status should be quantified as part of the routine preoperative evaluation in this patient population. Furthermore, additional psychological interventions may be necessary to optimize outcomes.

