

Does Mental Health Impact the Outcomes of Total Ankle Arthroplasty? A Systematic Review

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INTRODUCTION:

The impact of mental health on clinical outcomes after total ankle arthroplasty (TAA) has been investigated. A holistic understanding of this topic is essential to provide evidence-based counseling on expected postoperative outcomes. The purpose of this review is to address the following questions: (1) What is the prevalence of mental health conditions in patients who undergo TAA? (2) Do mental health disorders impact patient-reported outcome measures after TAA? (3) Do mental health disorders impact length of stay and discharge disposition for patients undergoing TAA?

METHODS:

An electronic online search utilizing the Cochrane Central Register of Controlled Trials, PubMed, Google Scholar, and CINAHL databases was performed to identify relevant articles published between 2010 and 2022. The search string was deployed with the following keywords; mental, mental health, psychiatric disorders, ankle, ankle replacement, arthroplasty, and depression.

RESULTS:

Six studies met the inclusion criteria and were included in the systematic review. Depression was the most common mental health opportunity with a pooled prevalence of 12.9%. Mental health opportunities were associated with inferior SMFA, SF-36, VAS, and AOFAS scores. Additionally, depression was a pre-operative predictive factor in poor outcomes when utilizing the PROMIS score. The presence of a mental health was also associated with increased risk of non-home discharge, longer length of stay, higher complication rates, more infections, and prolonged narcotic use.

DISCUSSION AND CONCLUSION:

Psychiatric comorbidities, particularly depression, were strong predictive factors for most of the investigated postoperative outcomes. This review reinforces the substantial negative impact of mental health disorders on clinical outcomes following TAA.