

## **Factors Associated with Concern, Pain, Satisfaction, and Perceived Recovery the Day After Office Hand and Upper Extremity Surgery**

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**INTRODUCTION:** Pain after minor hand surgery can feel like something is wrong. The sense that something is wrong intensifies the pain. Some surgeons anticipate these feelings and call patients the evening or day after surgery to guide them through the recovery process. A study of routine, next day, postoperative phone calls can help determine how often concerns are identified. We asked: 1) What factors are associated with concern the day after office hand surgery? 2) What factors are associated with pain intensity, satisfaction with care, and patient's perceived recovery trajectory the day after outpatient office hand surgery?

**METHODS:** In a cross-sectional study, 82 patients that had office hand and upper extremity surgery completed a survey recording age, sex, insurance, income level, measures of symptoms of depression and anxiety, a measure of catastrophic thinking regarding pain, 10-point ordinal ratings of pain intensity and satisfaction with care, whether the patient was concerned about their hand (yes or no), or if felt their recovery was on track (yes or no).

**RESULTS:** Ten patients (12%) were concerned about their recovery. Accounting for potential confounding using multivariable logistic regression, concern the day after surgery was only associated with female gender (regression coefficient = -2.06 95% CI [-3.71 to -0.41];  $p=0.01$ ). Greater pain intensity was associated with greater catastrophic thinking ( $\rho = 0.24$ ,  $p<0.01$ ). There were no factors associated with satisfaction or a sense that recovery was on track.

**DISCUSSION AND CONCLUSION:** The finding that concerns about recovery were common supports the practice of contacting patients after surgery for support and guidance, in particular by helping reorient unhelpful catastrophic thoughts.