

One-Year Follow-up is Sufficient for Patient-Reported Outcomes following Arthroscopic Rotator Cuff Repair
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INTRODUCTION: The purpose of this study was to perform a systematic review to determine whether there were clinically significant differences in patient reported outcomes (PROMs) from 1- to 2-year follow-up following arthroscopic rotator cuff repair (ARCR).

METHODS: A literature search of three databases was performed based on the Preferred Reporting Items for Systematic Reviews and Meta-Analyses guidelines. Randomized controlled trials (RCTs) reporting on PROMS at 1- and 2-years follow-up following ARCR were included. Meta-Analysis was performed and a p-value < 0.05 was considered to be statistically significant.

RESULTS:

Nineteen RCTs with 2,110 patients were included. There was a statistically significant difference in ASES score between 1-year (mean 87) and 2-year (mean 89.4) follow-up ($p < 0.00001$), but this did not reach the minimal clinically important difference (MCID). There was no statistically significant difference in VAS pain score between 1- (mean 0.9) and 2-year (mean 0.8) follow-up ($p = 0.10$). Additionally, the differences in SST, UCLA, Constant, WORC index, and SF-12 physical scores between 1- and 2- year follow-up did not reach the MCID despite statistically significant differences.

DISCUSSION AND CONCLUSION:

Small statistically significant difference in patient-reported outcomes are reported between 1 and 2 year follow up points, although these differences are of limited clinical relevance. Hence while longer term follow is critically important, 1 year clinical follow-up after ARCR may be sufficient follow-up for PROMs.