

THE STATE OF FLEXOR TENDON REHABILITATION IN THE EASTERN CAPE, SOUTH AFRICA

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WORLD FEDERATION OF OCCUPATIONAL THERAPY

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UNIVERSITY OF CAPE TOWN

IYUNIVESITHI YASEKAPA • UNIVERSITEIT VAN KAAPSTAD

CONTEXT



Population Eastern Cape: 6.5 million
Catchment area: 1.4 million

Employed: 24%

Poverty stricken: 20.2%

12 years of schooling or more: 28.5%

No Schooling: 10.5%

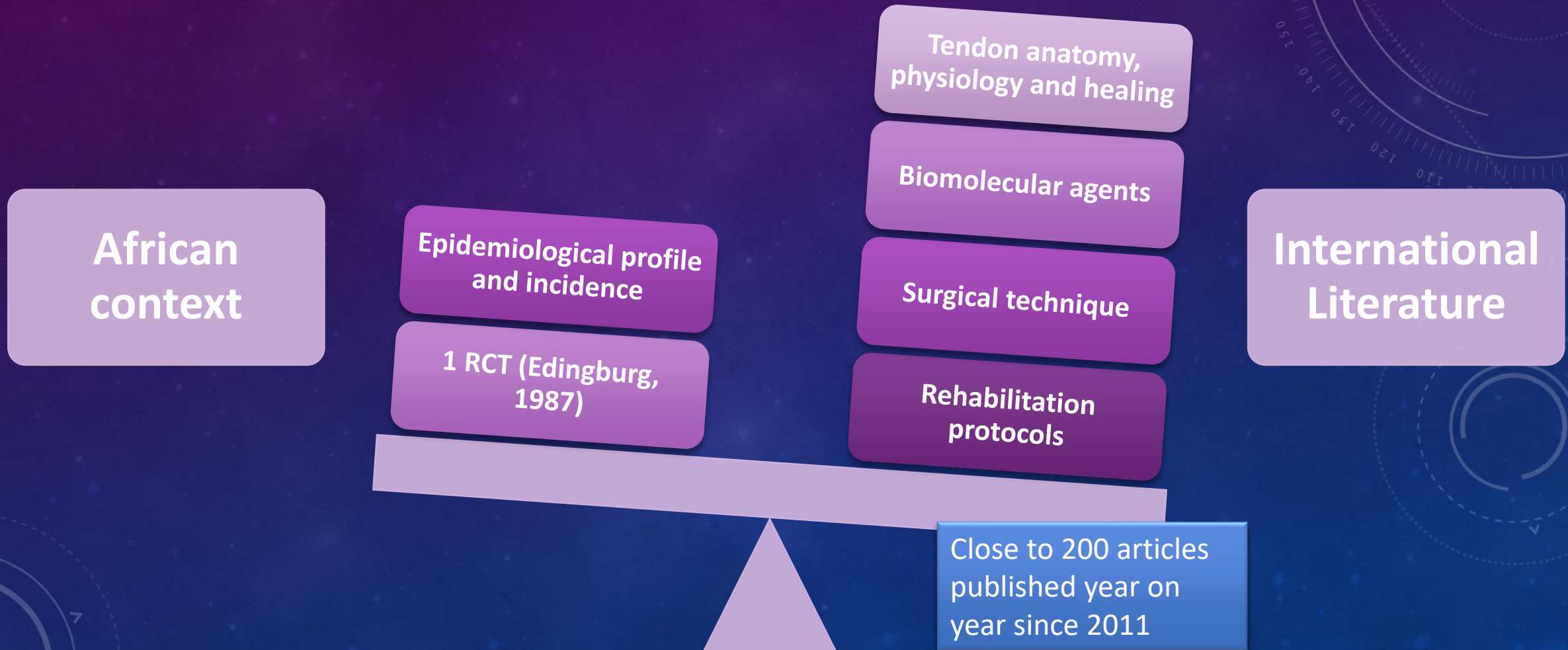
isiXhosa: 77%

Afrikaans: 10.4%

English: 5.5%



SPECTRUM OF LITERATURE



CURRENT BELIEFS REGARDING BEST PRACTICE

**Strong surgical
repair**



**Active
rehabilitation
protocol**



**Greater intrinsic healing of
the tendon**
**Greater tendon excursion
and tensile strength**
Earlier return to work
Better outcomes.

Best outcomes achieved:

71-75% good to excellent (Total Active Motion)
5% rupture rate
11% re-operation rate

But what is
happening
in South
African
Context?

DETERMINANTS OF POSITIVE FUNCTIONAL OUTCOMES AT 16 WEEKS AFTER FLEXOR TENDON REPAIR AT A TERTIARY HOSPITAL IN SOUTH AFRICA. A DESCRIPTIVE, ANALYTICAL STUDY.

THE EPIDEMIOLOGICAL PROFILE OF PATIENTS PRESENTING TO A TERTIARY HOSPITAL IN SOUTH AFRICA WITH FLEXOR TENDON INJURIES.

THE RATE OF RECOVERY BETWEEN 4, 8, 12 AND 16 WEEK POST OPERATIVE APPOINTMENTS FOLLOWING FLEXOR TENDON INJURY AT A TERTIARY HOSPITAL IN SOUTH AFRICA.

Nov-Jan 2017

- Ethical approval obtained from UCT HREC
- Approval from National Health Research Database obtained
- Approval from Hospital board obtained

Feb-March 2017

- Amendment made to recruitment source
- Ethical approval obtained

July 2017

- Recruitment ended (21 total participants)

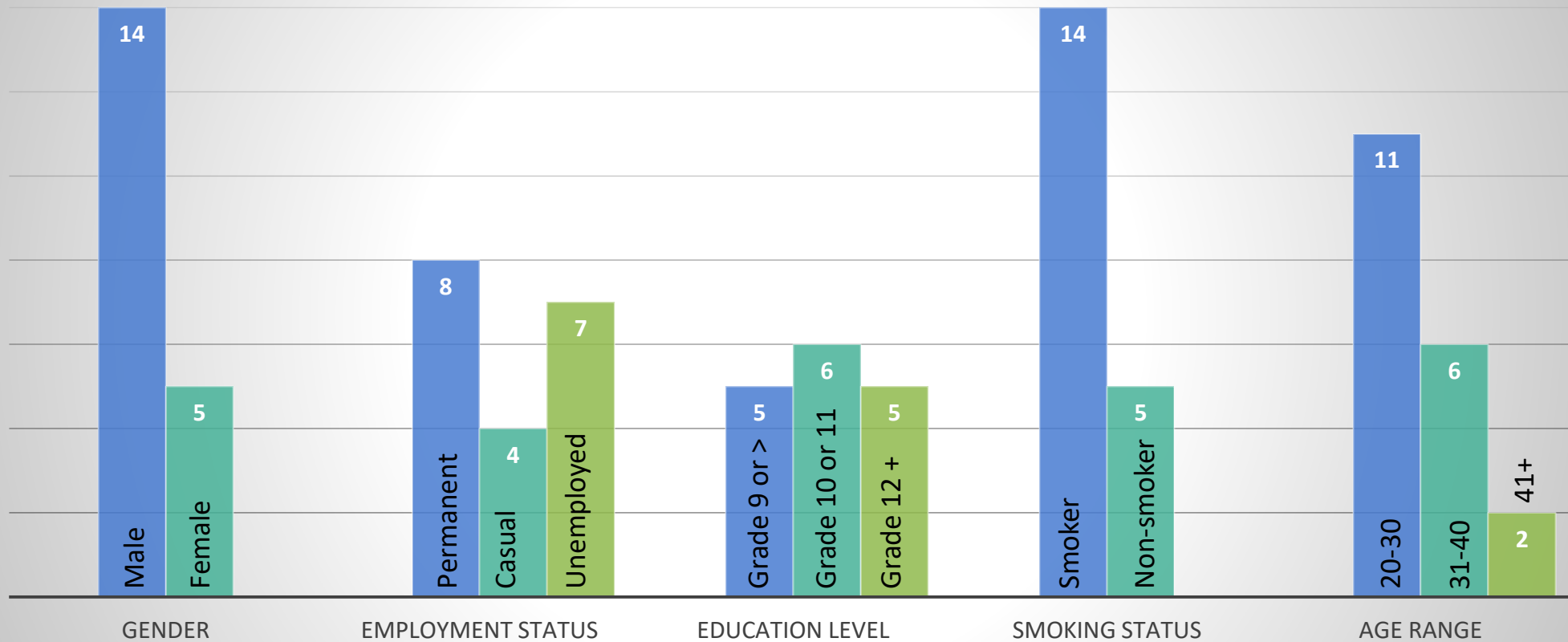
December 2017

- Data collection ended (3 participants lost to follow up, 1 excluded)

March-April 2018

- Data analysis conducted

RESULTS: EPIDEMIOLOGICAL PROFILE

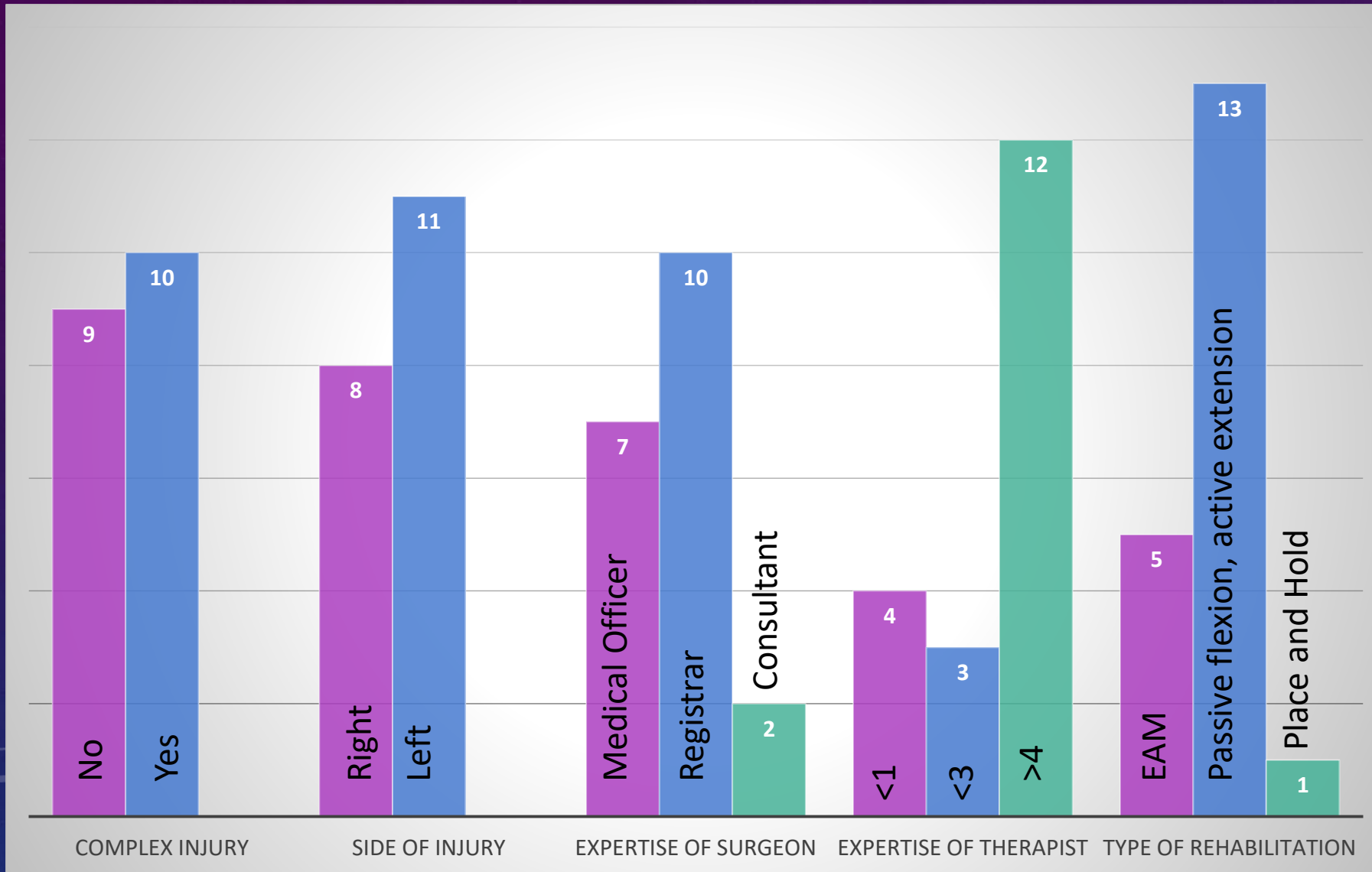


Average:

Distance travelled:
22km

Farthest distance
travelled:
88km

RESULTS: INTERVENTION PROFILE



Average

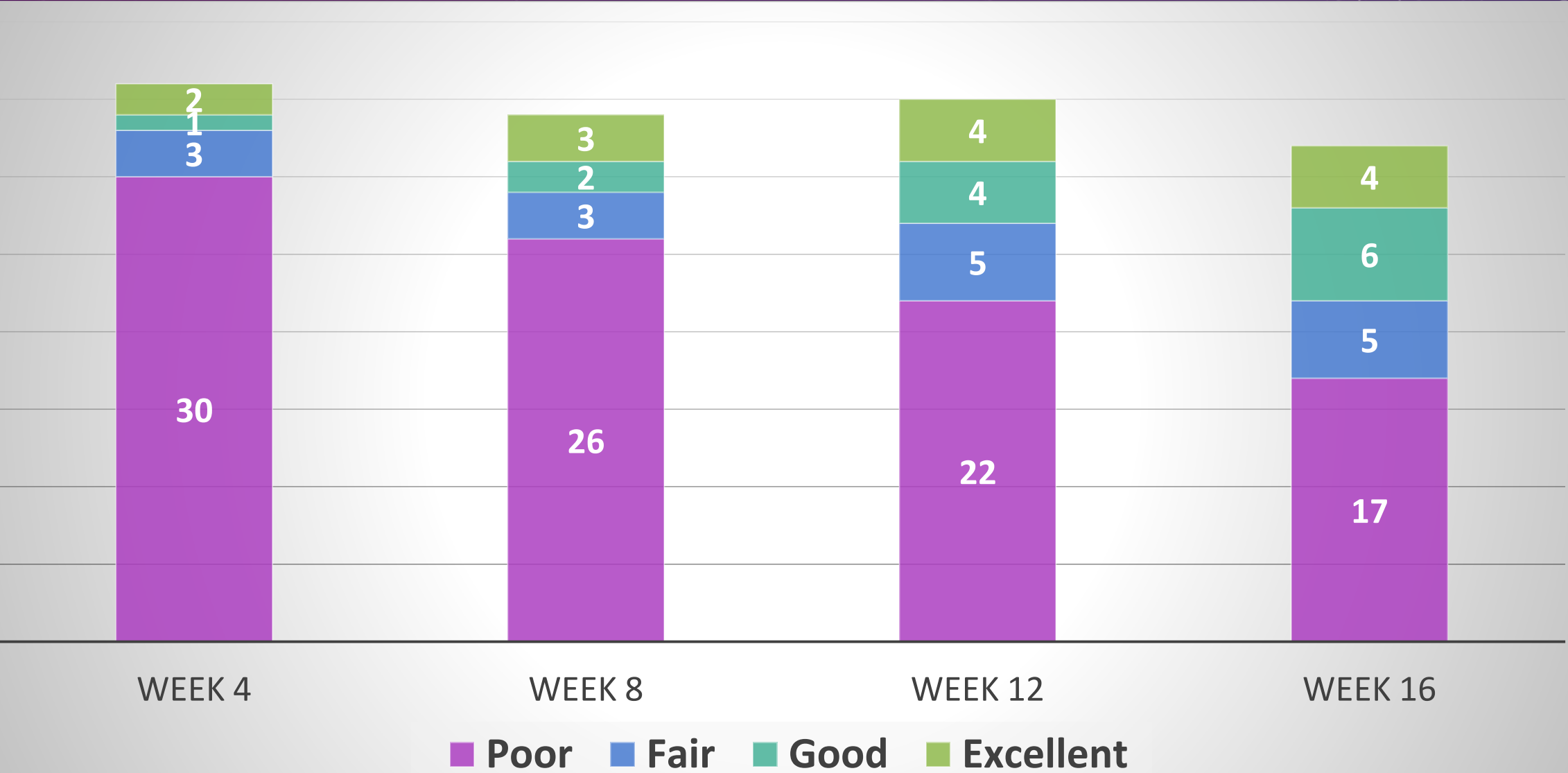
Time to repair: 5.6 days

Number of days with pain: 76

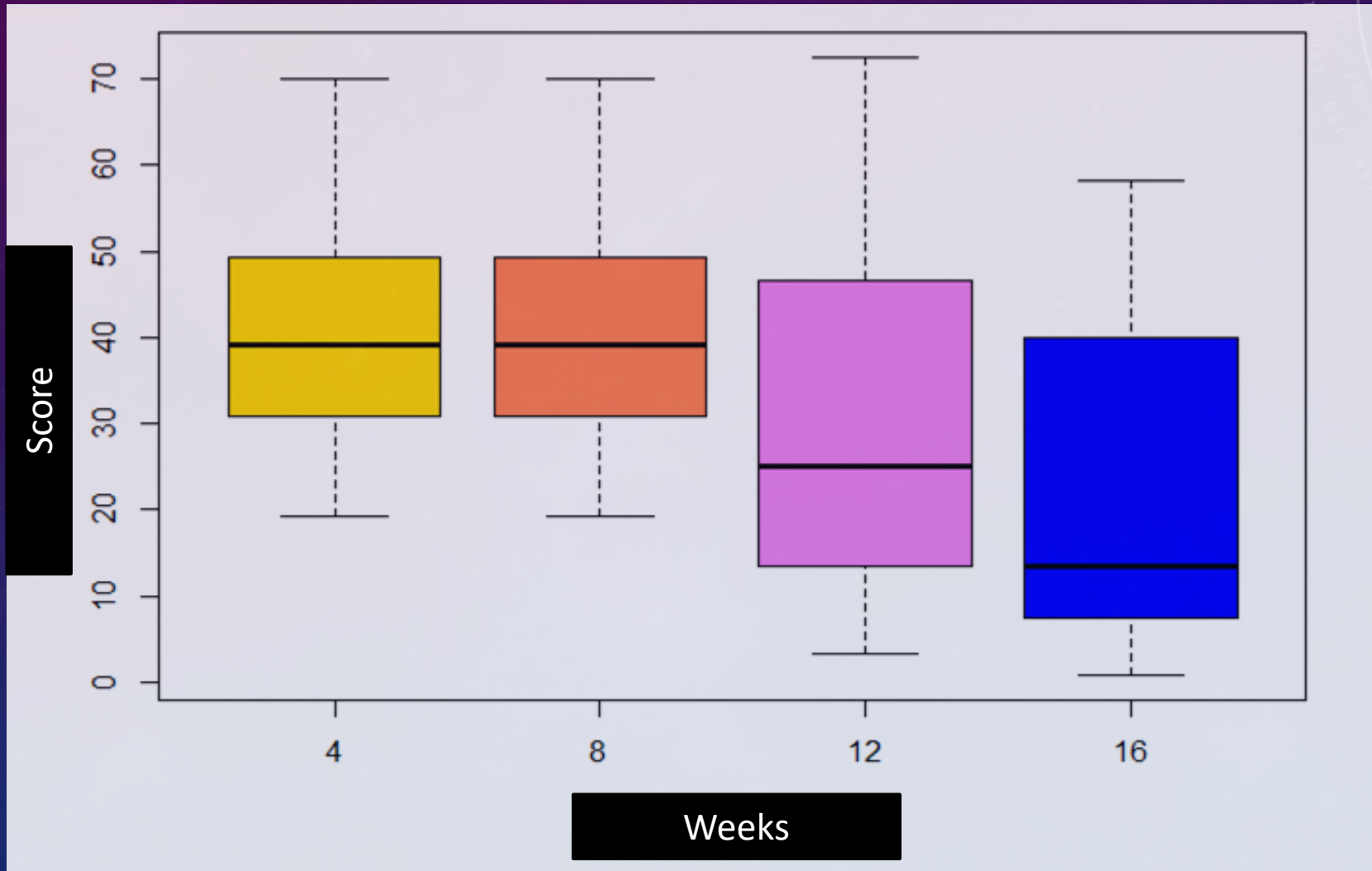
Number of OT sessions post operatively: 8

Number of OT sessions missed: 3

RESULTS: TOTAL ACTIVE MOTION (TAM)

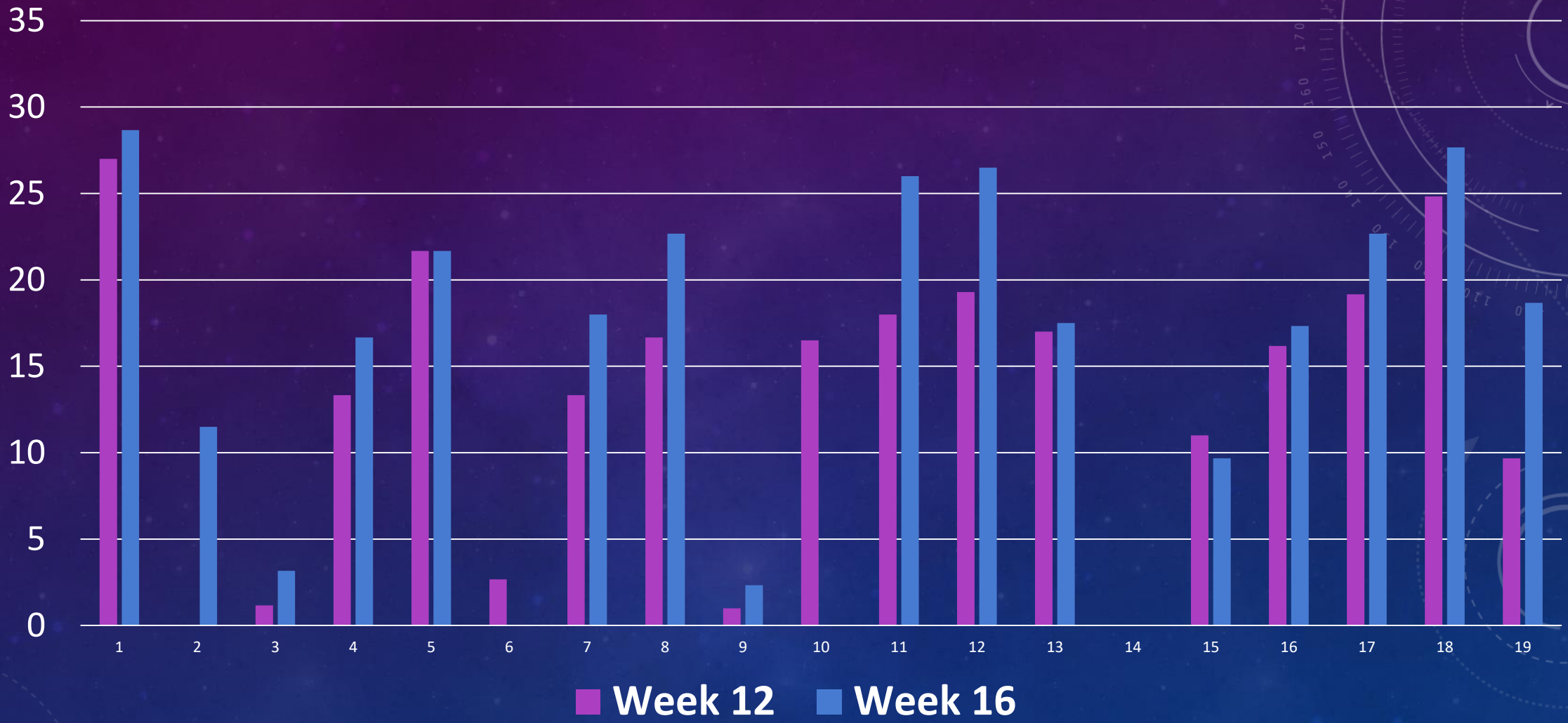


RESULTS: DISABILITIES OF THE ARM SHOULDER AND HAND (DASH)



RESULTS: MUSCLE STRENGTH

Kg/F



Participants

DISCUSSION AND CONCLUSION

TAM

71-75% good to excellent outcomes

31% good to excellent

16% fair

53% poor

DASH

Mean Score 2.0
SD 3,7

Mean Score 13.33
SD 19,5

Muscle Strength

85% Good to Excellent
12% Fair
3% Poor

5% Good to Excellent
21% Fair
74% Poor

International gold standard

South African reality

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