Factors Affecting Quality of Life in Patients with Traumatic or non-Traumatic Conditions of the Foot and Ankle

Chayanin Angthong, M.D.

Orthopaedic Surgery, Faculty of Medicine, Thammasat University, Pathum Thani, Thailand
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My disclosure is in the Final AOFAS Program Book. I have no potential conflicts with this presentation.
Introduction

- Little is known about factors associated with poor quality of life in patients with foot and ankle conditions.
- Aim of this study

To determine factors affecting quality of life in patients with “traumatic” or “non-traumatic” conditions of the foot and ankle prior to their definitive treatments.
Patients and Methods

- **Design**: Prospective cross-sectional study
- **Study population**: 60 new patients (60 feet) with traumatic or non-traumatic conditions of the foot and ankle.
- **Comparison**: divided by level of quality of life via Short-form (SF)-36 as a mean-1 S.D. in general population ($\approx 60$)*
  1. Unsatisfactory group (18 patients), total SF-36 score < 60
  2. Satisfactory group (42 patients), total SF-36 score: $\geq 60$
- **Outcomes comparison**: patient demographics, clinical variables, foot conditions, and validated foot score (Visual Analogue Scale-Foot and Ankle (VAS-FA)**)

*Thomyangkoon et al, J Med Assoc Thai 2012
**Angthong C et al, J Med Assoc Thai 2011
Results: Baseline

Mean age \((p = 0.160)\)
1. Unsatisfactory group: 37.3 years
2. Satisfactory group: 31.8 years

Mean total VAS-FA score \((p < 0.001)\)
- Unsatisfactory group = 57.0±27.1
- Satisfactory group = 83.0±15.0

Area of involvement
Results: Baseline
Results: Clinical Variables

- **Midfoot involvement** was an only main factor affecting “unsatisfied quality of life”

1. Univariate analysis: odds ratio [OR], 3.3; 95% confidence interval [CI], 1.2-8.9; \( p = 0.017 \)

2. Age- and sex-adjusted logistic regression analysis: OR, 4.3; 95%CI, 1.1-16.8; \( p = 0.034 \)

- **No** significant differences between the two groups in terms of all other demographics including genders, causes of condition (traumatic versus non-traumatic), \( p > 0.05 \).
Results: VAS-FA score

- **Linear regression analysis** showed high prognostic significances of
  1. Functional VAS-FA scores with cutoff scores $< 55$ ($R^2=0.289$)
  2. Total VAS-FA scores with cutoff scores $< 59$ ($R^2=0.259$)
For the optimum identification of the unsatisfied quality of life ($p < 0.001$).
Conclusions

- **Main factors** affecting unsatisfied quality of life in patients with traumatic or non-traumatic foot and ankle conditions
  1. Midfoot involvement
  2. Low level of functional and total VAS-FA scores

- Physicians should particularly focus on the patients with main components associated with
  1. Functional disturbances
  2. Lesions at “midfoot area” which is the important structural zone in terms of the plantar load distribution in the foot.*

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*Patel et al, JAAOS 2010*
