Who and When Should We Screen? Assessing the Need for Psychological Support in Patients With Sports Injuries in the Setting of An Orthopedic Surgery Outpatient Clinic

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Summary:
A history of surgery for a sports injury as well as increased levels of pain were the two main factors associated with the presence of anxiety in patients in a Sports Medicine Outpatient Clinic.

Methods: The GAD-7 Anxiety Score Questionnaire, a validated questionnaire to detect psychological distress, was distributed among outpatients in a Sports Medicine Clinic. Patient demographics as well as information on the type of injury, level of sport, timeline in recovery, and history of surgery were obtained. All ages and genders were included. Using a GAD score of 10 as an indicator of psychological distress, descriptive statistics were used to present the characteristics of the population who met these criteria. Chi squared test was performed to compare the rates of psychological distress.

Results: 254 patients were included in this study, mean age of 40 years (18 males, 166 females). Mean GAD-7 scores were of 2.4 (3.9). 112 patients participated sports recreationally and 194 consulted for knee symptoms. 121 presented with an acute injury followed by those attending post-operative visits (83). 44% patients had surgery for their injuries while 55.9% of the female patients and 7% of the male patients (p=0.04443). Nineteen (51.4%) studies reported PRP as favorable compared to other treatments, while 18 (48.6%) studies showed no significant differences between PRP and other treatments. No studies showed worse outcomes with PRP compared to HA, CS or placebo. There was no significant difference in qualitative conclusions between the IA and NIA cohorts, with the IA cohort having 3 favorable studies and 12-month WOMAC and IKDC scores, there were no significant differences between IA and NIA studies (p = 0.8881). When comparing IA versus NIA studies, using 6 and 12-month WOMAC and IKDC scores, there were no significant differences in outcome measures. Conclusion The results of this study demonstrate largely favorable and analogous results with PRP compared to other intra-articular injection therapies for knee OA in randomized controlled trial studies. Qualitative conclusions and outcome scores were found to not be associated with industry affiliation.

Industry association on RCTs involving PRP, it is still necessary to carefully evaluate pertinent corporate affiliations in published literature.

Multimodal Opioid-Sparing Postoperative Pain Protocol Versus Standard of Care for Patients Undergoing Knee and Shoulder Arthroscopy: A Randomized Controlled Trial

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Category: Sports Medicine

The Influence of Industry Affiliation on PRP Randomized Controlled Trials

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Summary:
The results of this study suggest that qualitative conclusions and outcome scores were found to not be associated with industry affiliation in randomized controlled trials with PRP.

Data:

Summary: The Inference of Industry Affiliation on PRP Randomized Controlled Trials.

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