Paper #28

DANISH HIP ARTHROSCOPY REGISTRY: PREDICTORS OF OUTCOME IN PATIENTS WITH FEMOROACETABULAR IMPINGEMENT (FAI)

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Summary: We conclude that age above 25, major cartilage injuries at the acetabulum and female gender might negatively affect the outcome of surgery in 2054 patients with FAI undergoing hip arthroscopy.

Background: Predictors of outcome after FAI surgery are not well documented. The Danish Hip Arthroscopy Registry (DHAR) contains the data volume for such analyses.

Purpose/aim of study: The purpose of this study was to identify predictors of poor outcome after FAI surgery in a Danish FAI population. Our primary hypothesis was that older patients, patients with severe cartilage damage and female patients might have inferior outcome results compared with younger patients, patients with minor cartilage damage and male patients.

Materials and methods: Radiological, operative and PROM data from FAI patients in DHAR between January 2012 and May 2015 were collected. PROMs consisting of HAGOS, EQ-5D, HSAS and NRS pain scores. The patients were divided in the following age groups <25

years, 25-39 years and >40 years. Cartilage injuries were grouped according to ICRS (femoral side) and Becks (acetabular side) classifications.

Findings/results: We collected data from 2054 FAI procedures in DHAR. 53% of the procedures were in female patients. All HAGOS sub-scales, EQ-5D, HSAS and NRS demonstrated significant improvements in all age groups at follow up. Comparison between age groups demonstrated poorer outcomes in both older age groups when compared with the <25 years age group at one and two year follow up. Comparison between the middle and oldest age group showed poorer outcome in some HAGOS sub-scales (PA, QoL), HSAS and EQ-5D at two year follow up. Regarding femoral cartilage injury we found no significant changes at follow up. Acetabular cartilage injuries demonstrated poorer outcomes in patients with major injuries compared with minor cartilage injuries in almost all outcome scores. Comparison between gender demonstrated poorer outcome in females at one year follow up in two sub-scales of HAGOS (pain, ADL) and for HSAS at two year follow up.

Conclusions: We conclude that age above 25, major cartilage injuries at the acetabulum and female gender might negatively affect the outcome of surgery in patients with FAI undergoing hip arthroscopy.