

# The Problems Faced By Parents During The Corrective And Splinting Phase Of Ponseti Method Of Clubfoot Treatment

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## INTRODUCTION:

Clubfoot is the most common musculoskeletal birth defect with an incidence of about 1 in every thousand live births. The diagnosis is clinical and the treatment has evolved over the years to become mainly a non-surgical one. The Ponseti Method which was popularized by the late Dr. Ignasio Ponseti is the most widely accepted form of this treatment. This method involves extensive involvement of the patients' parents and their feedback is quite significant to check their expectations and consequently improve the service.

## MATERIALS & METHODS:

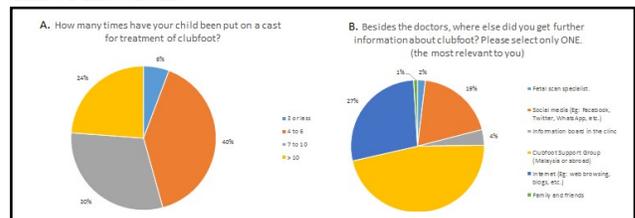
A cross-sectional study was performed using a google survey form to assess the service and treatment. The questionnaire was opened to all parents of children who were diagnosed with Congenital Talipes equinovarus and previously treated at the XXXXXXXXXXXXXXXXXXXXXXXXXXXX. The survey consisted of ten questions that can be answered by selecting the most appropriate answer from a list of answers provided. A separate space for comments or suggestions was allocated after the last question.

## RESULTS:

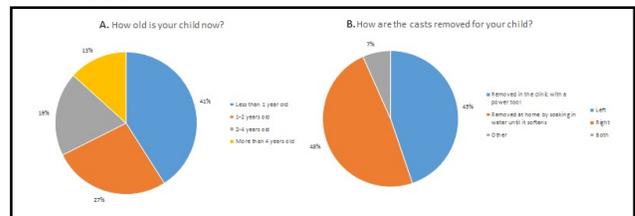
One hundred and five responses were registered, of these 60 had bilateral clubfoot, the right foot was involved in 27 and the left was affected in the rest. There was no family history of the condition in 80% of the sample while 10% of the parents stated that there was a history of clubfoot. Almost all of the children received the first treatment within the first six months; about 71% of the infants had the first treatment in the first month of life. About 27% of the parents had no problems during the casting period, an almost equal number said that their child was irritable when the cast was on and about a quarter of them said that the plaster cast slipped out from the foot. During the splinting phase about a third of the parents had no problems, 21% of the children were irritable on the splints and the rest of the patients were divided almost

equally into 4 groups with varying problems. 44% of the parents were satisfied with the treatment, 19% were not satisfied while the rest said that treatment was fair.

**Figure 1A: Casting times, 1B: Sources of information.**



**Figure 2A: Child's age, 2B. Cast removal methods**



## DISCUSSIONS:

Bilateral clubfoot incidence in our sample was comparable to the international ratio [1], however, the family history was more markedly associated in our study [2]. To our knowledge no paper that assessed the parents' satisfaction with the treatment method was published. In our survey about 20% of the parents were not satisfied due to the aforementioned reasons.

## CONCLUSION:

The Ponseti method for clubfoot correction is the most widely accepted treatment. Further analysis of the parents' responses is required to tackle the causes of dissatisfaction and thereby improve both the treatment method and service

## REFERENCES:

1. Ponseti International Association website, accessed at: [www.ponseti.info](http://www.ponseti.info)
2. Honein et al, American Journal of Epidemiology, Volume 152, Issue 7, 1 October 2000, Pages 658–665