

# ASSESSING ACTIVITY OF DAILY LIVING PATIENTS WITH ILLIZAROV EXTERNAL FIXATOR

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## INTRODUCTION:

Limb lengthening and reconstruction surgery involved prolonged application of external fixator. There has been very limited study that evaluates the activities of daily living during this period of treatment

## METHODS:

We conduct this cross-sectional study by interviewing follow up patients attending the Orthopaedic out-patients clinic in our institution. We used the modified Barthel index to assess patient's participation in their daily activities. Only patients on treatment for their femurs and tibias are include for the study.

## RESULTS:

We recruited 40 consecutive patients for the study. Mean pain during treatment was 1.52 (range from 0 to 5) based on visual analog scale. 6 out of 10 (60%) patients who know how to cook still continue cooking. For 14 patients who used to clean the house, only 7 (50%) are still able to do so. 11 out of 15 (73.3%) patients continue to clean their own clothes.

About half (22 out of 40) of the patients can ambulates using crutches, and about the same proportion (19 out of 40) cannot go up the stairs even with assistance. All accept one patient do not go out for movies (37 out of 40) or picnics, and most (26 out of 40) of them do not even go to the garden. 15 patients never attend any social gatherings (37%), but the remaining go for gatherings about 4.1 times a month. Only 9 out of 40 patients need assistants for toileting and bathing.

## DISCUSSIONS:

Many patients with prolonged application of external fixator are still able to take care of themselves. However, most of them require walking aids, and could not use the stairs.

## CONCLUSION:

Functional outcome in daily life should be considered to determined either the rehabilitation is successful or not. More effective rehabilitation program is necessary to increase their level of social and recreational activities.

## REFERENCES:

1 Modin. M et al. Postoperative impact of daily life after primary treatment of proximal/distal tibia fracture with Ilizarov external fixation, Journal of Clinical Nursing. 2008;18:3498–3506.