

THE EFFECT OF ACUTE REHABILITATION ON PATIENTS' FUNCTIONAL OUTCOME AFTER HIP SURGERY ASSESSED BY THE A-TEST

Vukomanovic Aleksandra¹, Brdareski Zorica¹, Djurovic Aleksandar¹

¹Clinic for Physical Medicine and Rehabilitation, Military Medical Academy, Belgrade, Serbia

Introduction: After hip surgery, all patients experience some degree of functional disability. Regaining of functional ability is the aim of acute rehabilitation. The A-test was created to assess functional improvement of patients during acute rehabilitation. This performance-based test consists of 10 items for assessing basic activities by a six level ordinal scale (0–5). Total scores can range from 0 to 50, i.e. from inability to perform any activity despite the help of therapists to complete independence and safety in performing all activities.

Purpose: The aim of this study was to examine the A-test ability to assess functional improvement during acute rehabilitation of patients after hip surgery.

Method: This prospective study was conducted in an orthopedic ward and included 120 patients: 60 patients with hip osteoarthritis (OA) that underwent arthroplasty and 60 surgically treated patients with hip fracture (HF), during early inpatient rehabilitation (1st –5th day). The A-test was used for assessment of functional improvement of these patients daily. Statistical analysis: Wilcoxon signed-rank test and effect size (Z/\sqrt{N}) for the A-test results of the 1st and the 5th day of rehabilitation.

Results: In both groups of patients, results of the A-test were statistically significantly better from the 1st to the 5th day of acute rehabilitation ($p=0.000$) with medium effect size: 0.62 for the patients with OA and 0.57 for the patients with HF.

Discussion and conclusions: The A-test is a simple test for assessment of patients' functional outcome during acute rehabilitation. In this initial and short period of rehabilitation, patients regain ability to perform some basic activities of daily living. The A-test ability to assess functional improvement during acute rehabilitation of patients after hip surgery is important for monitoring rehabilitation process, adequate dosage of physiotherapy, planning further rehabilitation, presenting the results of the work and conducting clinical studies.