

Patient-Reported Outcomes Following Patella Fractures: A Nationwide Observational Study of 8,726 Patients from the Swedish Fracture Register

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Aims Patella fractures can significantly impact knee function and quality of life. The primary aim of this study was to assess patient-reported outcomes one-year post-patella fracture. A secondary aim was to evaluate outcome differences based on sex, age, fracture classification, treatment modality, and patients' expectations.

Methods This observational study included all patients ≥ 18 years old at injury with a registered patella fracture in the Swedish Fracture Register between 2011 and 2023. Changes in SMFA and EQ-5D scores were analysed from pre-injury (recall) to one-year post-injury.

Results Among the 8,726 study participants, 27% (n=2,339) completed the one-year follow-up assessment of patient-reported outcome measures. A significant overall decline in function was observed one-year post-injury, indicated by a mean increase of 9.1 (95% confidence interval [CI] 8.4–9.8) in the bother index and 12.2 (95% CI 11.4–13.0) in the mobility index. A minor difference was observed, with women reporting somewhat less successful outcomes than men. A more pronounced functional decline was observed in patients ≤ 65 years compared to their older counterparts (those > 65). More complex fractures, as categorized by the AO/OTA classification, were associated with worse outcomes. Complete recovery was significantly more probable for patients anticipating such an outcome.

Conclusion Patella fractures result in a measurable decline in patient-reported functional outcomes one year after injury. Several factors, including fracture morphology, the prescribed treatment and psychological factors, play a role in the outcome.