



Carpal Tunnel Outcomes

TRIA began collecting outcomes on all patients undergoing a carpal tunnel release at our facility in January 2009. We now have outcomes on 192 patients. Our patients complete the questionnaire prior to surgery as well as at 2 weeks, 6 weeks, and 3 months following surgery.

Surgeons

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Patient Demographics

Age	
Age Range	# of Patients
20-29	6
30-39	17
40-49	32
50-59	58
60-69	48
70-79	21
80-89	12

Gender	
Female	131
Male	63

Diagnosis	
Left	50
Right	75
Both	69

Handedness	
Left	17
Right	168
Ambidextrous	7
Not Identified	2





Patient Demographics

Hand Therapy	
# of Visits	# of Patients
0	27
1-2	114
3 or more	15

Workers Compensation Status	
No	159
Yes	19
Not Identified	16

Onset	
0-6 months	35
6 months – 3 years	70
More than 3 years	66
Not Identified	23

Surgery Hand	
Left	73
Right	113
Both	7





Validated Boston Carpal Tunnel outcome measurement tool:

- **Symptom severity scale**

- 11 questions
- 5 point scale

Example Question:

How severe is the hand or wrist pain you have at night?

- 1 I do not have hand or wrist pain at night
- 2 Mild pain
- 3 Moderate pain
- 4 Severe pain
- 5 Very severe pain

- **Functional status scale**

- 8 questions
- 5 point scale

Example Question:

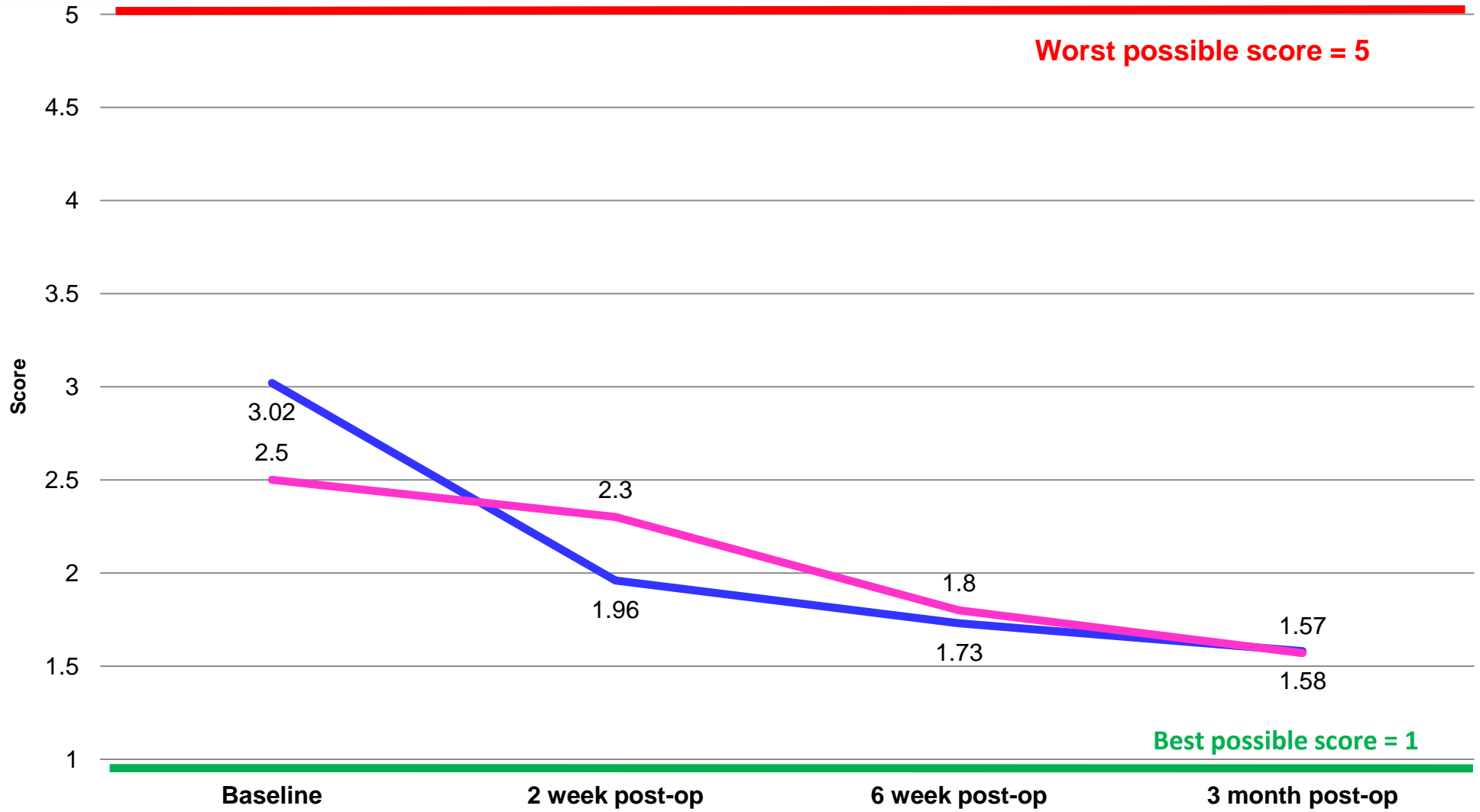
On a typical day during the last two Weeks have hand and wrist symptoms Caused you to have difficulty writing?

- 1 No difficulty
- 2 Mild difficulty
- 3 Moderate difficulty
- 4 Severe difficulty
- 5 Cannot do at all





Our Outcomes



— Symptom Severity Score — Functional Status Score





How do we Compare?



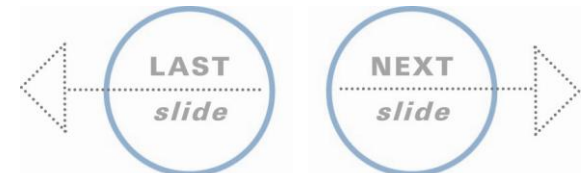
	# of Patients	Follow-up	Procedure	Symptom Severity		Functional Status	
				Baseline	Follow-up	Baseline	Follow-up
Levine, 1993	38	14 months	Open carpal tunnel release	3.4	1.9	3	2
Meirelles, 2005	41	5 years	Endoscopic carpal tunnel release	N/A	1.41	N/A	1.59
TRIA, 2009	192	3 months	Open carpal tunnel release	3.02	1.58	2.5	1.57





What Does this Mean?

- With our standardized treatment pathway we are able to report our outcomes following carpal tunnel surgery.
- At 3 months post-op, our outcomes on both the symptom severity and functional status scales are better than previously published outcomes at 14 months and 5 years.





TRIA ORTHOPAEDIC CENTER

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If you are interested in more information regarding our diagnosis specific outcome projects please contact:

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