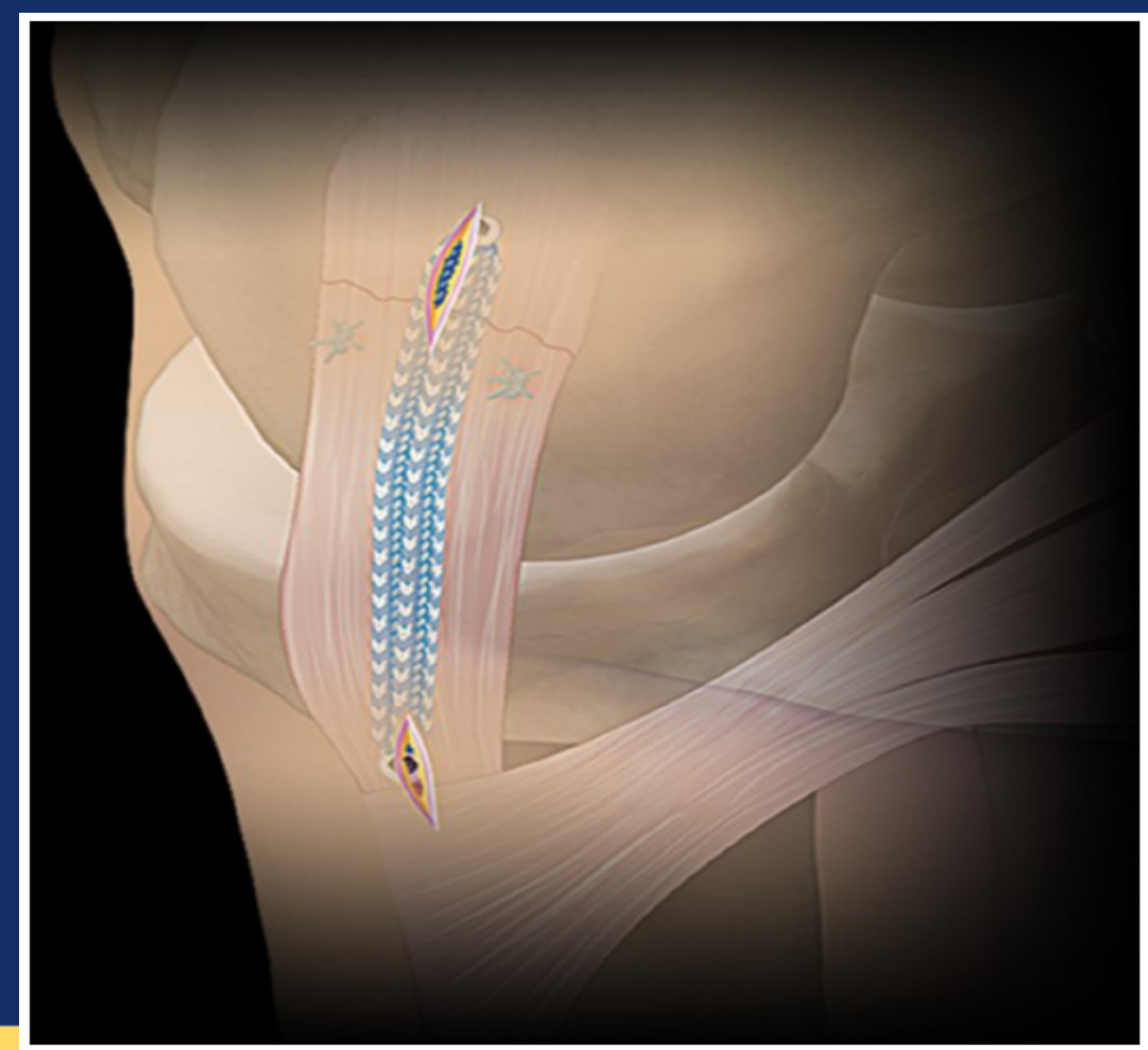


# Implementing an Anterior Cruciate Ligament Reconstruction Preoperative Patient Education Toolkit

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## Introduction

- Anterior Cruciate Ligament (ACL) injuries are the most common ligament injuries requiring surgical repair worldwide (Chen et al., 2019).
- Provider education to patients receiving care for ACL injuries is varied and inconsistent, leaving patients at an increased risk of short- and long-term complications (Billon, et al. 2017).
- Patient education interventions reduce reported pain in post-surgical patients, diminish anxiety, and improve functionality to perform activities of daily living (Reaza-Alarcon & Rodriguez-Martin, 2019)

## Objectives

Objective: (1) to adapt and implement a preoperative patient education toolkit, (2) to increase patient satisfaction by improving patient education (3) to decrease the number of patient-initiated contacts for topics addressed with education.

## Methods

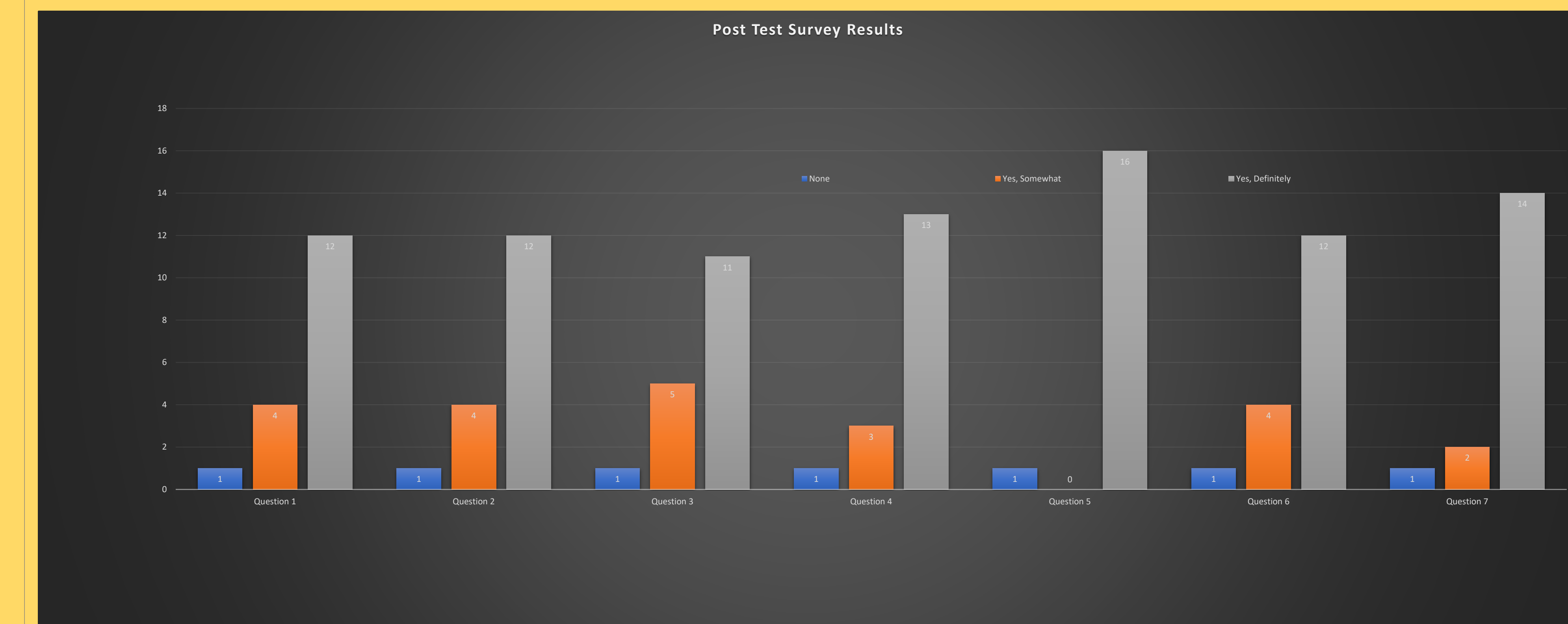
- Design and Setting
- The setting is the Sports Medicine Division of a medium sized, urban community hospital in the Mid-Atlantic region of the United States.
- Sample: N=17
- Inclusion criteria will be: 1) confirmed anterior cruciate ligament tear, 2) adult patients 18 and older, 3) English speaking, and 4) first time having elective ACL reconstruction.
- Measures
- The validated survey contained 7 questions that focused on patient satisfaction as it related to education only.
- Analysis
- Descriptive Statistics via SPSS, and a Fischer's Exact analysis

## Acknowledgements

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## Results



		Question 7	Question 6	Question 5	Question 4	Question 3	Question 2	Question 1	Satisfaction_Mean
N	Valid	17	17	17	17	17	17	17	17
	Missing	0	0	0	0	0	0	0	0
Mean		1.76	1.65	1.88	1.71	1.59	1.65	1.65	1.6975
Median		2.00	2.00	2.00	2.00	2.00	2.00	2.00	2.0000
Mode		2	2	2	2	2	2	2	2.00
Std. Deviation		.562	.606	.485	.588	.618	.606	.606	.51230
Skewness		-2.473	-1.596	-4.123	-1.983	-1.275	-1.596	-1.596	-2.527
Std. Error of Skewness		.550	.550	.550	.550	.550	.550	.550	.550
Kurtosis		5.840	1.899	17.000	3.442	.877	1.899	1.899	7.505
Std. Error of Kurtosis		1.063	1.063	1.063	1.063	1.063	1.063	1.063	1.063

## Conclusions

- Preoperative patient education is beneficial and improves patient satisfaction.
- The standardized toolkit reduces patient-initiated contacts pertaining to perioperative concerns (-18%).
- Patient education is paramount for improving patient outcomes, and improving office workflow.