

NATIONWIDE SURVEY DEMONSTRATES QUALITY OF LIFE FOR OSTEOARTHRITIS PATIENTS IS AFFECTED BY MORE THAN JUST PHYSICAL PAIN

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Recent market changes in the healthcare industry have resulted in increased competition for patients with a focus on the Triple Aim: improving outcomes, increasing patient satisfaction, and reducing costs. As a result, providers and payers are actively re-examining long-accepted patient care protocols with the goal of developing improved treatment processes, new models for care, and cost containment strategies to maximize overall healthcare spend.

One in five adults in the United States has some form of arthritis. Osteoarthritis (OA) is the most common type. Advanced OA can be treated with total joint replacement surgery. More than 1 million individuals undergo hip and knee replacement surgery in the US each year. Though joint replacement surgery has a high rate of clinical success, improving multiple aspects of patient care before, during, and after these procedures, should result in an overall improved patient experience and potentially lower costs. Providers and payers often focus on the physical pain of OA and the treatment of physical pain through joint replacement surgery. However, OA is a multi-factorial disease that affects quality of life beyond physical pain.

To assess how OA affects the overall quality of life of patients, DePuy Synthes Companies commissioned a Harris Poll survey. The survey of 2,626 U.S. adults, ages 45–75, was conducted online between July and August 2014 and found that adults living with OA who have had joint replacement (n=515) tend to fare better than the national average compared to those who have OA but have not had joint replacement (n=1024), with respect to several measures of **physical, mental, emotional and spiritual health**.

According to the survey results, the number one aspect of life that was negatively impacted a great deal or quite a bit for adults with OA who did not have a joint replacement was their ability to exercise (36%). Other areas of impact included quality of sleep (22%) and having enough energy to get through the day (22%). Additional areas that are impacted can be located in Figure 1.

Alternatively, 90% of adults who have had knee and/or hip replacement reported that their lives changed for the better after joint replacement surgery. When asked to

Aspects of life negatively impacted a great deal/quite a bit by joint pain caused by osteoarthritis in adults with OA who have not had a joint replacement

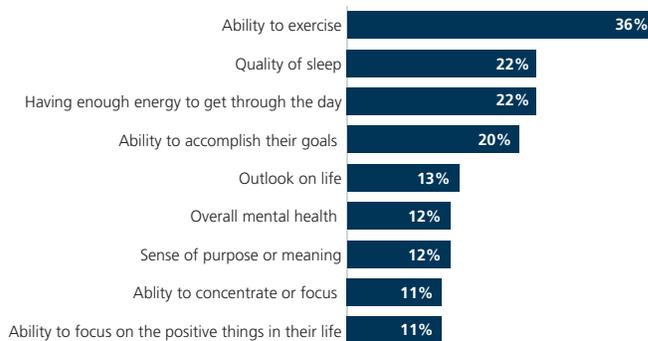


Figure 1: Aspects of Life Chart

think back to life before joint replacement, 94% reported that joint pain was a significant burden in their lives prior to surgery.

The survey data validate that joint pain impacts more than one's physical health; and that following joint replacement, individuals had a more positive outlook on their mental, emotional and spiritual health.

Additional key highlights from the survey by health dimension include:

Physical

When asked if they get 7–8 hours of sleep per night always/almost all the time, there was a negligible difference in respondents who have OA but have not had a joint replacement (33%) and the general population (35%); however a marked difference was observed with those who have had a joint replacement (44%). Additionally, more adults with joint replacement report that they are satisfied/very satisfied (41%) with their quality of sleep than adults with OA who have not had joint replacement (29%).

Mental

The presence of excessive negative stress of any kind is a major factor in an individual's mental health. Many patients reach a point where they can no longer endure

the mental strain caused by constant debilitating pain. Patients often realize that joint replacement surgery not only treated their physical pain but relieved mental stress as well. In the survey, 44% of adults with a joint replacement reported they are very good/excellent at being able to manage stress, as compared to 32% of adults with OA who have not had a joint replacement. Additionally, those who have had joint replacement were more likely to be satisfied or very satisfied (71%) with their overall mental health than those with OA who had not had joint replacement (64%).

Emotional

Many patients begin to feel depressed and their quality of life can suffer as a result of their joint pain. Survey respondents with OA who have not had a joint replacement were almost twice as likely as those with a joint replacement (13% vs 7%) to report they get emotionally drained from things in their life they have no control over, always or almost all the time. Alternatively, 41% of adults who have had joint replacement report that they almost all the time/always experience positive emotions in their life as compared to 33% of adults with OA who have not had a joint replacement.

Spiritual

Of survey respondents with a joint replacement, 46% reported their sense of purpose guides them in their daily life always or almost all the time, compared to 38% of those with OA who did not have a joint replacement, and 37% of the general population.

DePuy Synthes Companies has more than five decades of experience in joint replacement products and solutions. The Johnson & Johnson Human Performance Institute® has more than three decades of experience in science-based energy management, and training elite performers with respect to managing their energy and thriving under pressure. Together, they developed and launched The PATIENT ATHLETE™ Program. The program is a series of eight self-guided DVD-based lessons designed to enhance the treatment of joint replacement surgery by empowering patients to understand how OA affects all aspects of their life, based on the four energy dimensions: physical, mental, emotional, and spiritual (Figure 2). By understanding how OA affects their lives pre-surgery, patients will be

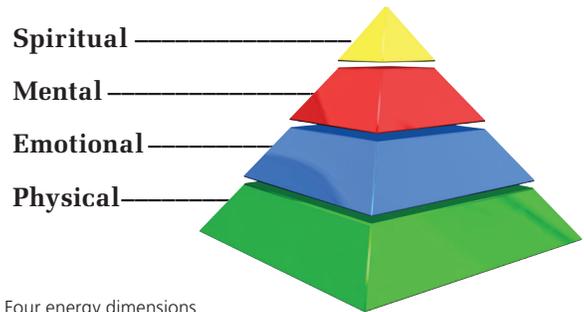


Figure 2: Four energy dimensions

knowledgeable in the overall benefits of treatment beyond just the removal of physical pain. Additionally, they will be prepared to apply proven energy management techniques and apply them to their own return to health and wellness, prior to and following surgery.

Historically, healthcare providers and payers have focused on diagnosing and treating OA through surgical intervention (after failing non-operative treatment). Surgery only treats the patient's physical health. In the past, limited attention was given to other aspects of a patient's health affected by OA. With the introduction of the PATIENT ATHLETE Program, orthopaedic surgeons are better equipped to assist patients in the other dimensions of energy and health. Treating the whole patient throughout the continuity of care represents a new treatment process that may ultimately lead to improved patient outcomes and satisfaction.

The initial pilot of the PATIENT ATHLETE Program yielded positive results (Groppe & Hoeffel, 2015). The Program is available to surgeons and hospitals through the DePuy Synthes Companies. Additional information can be found at www.depuyorth.com/patientathlete.

References

1. Groppe, J & Hoeffel, D. DePuy Synthes Joint Reconstruction (2014). *The PATIENT ATHLETE™ program: empowering joint replacement patients in their own wellness journey and experience*. Warsaw, Indiana.
2. Johnson & Johnson Human Performance Institute: www.hpoinstitute.com
3. DePuy Synthes: www.depuyorth.com/

About the Survey

The survey was conducted online by Harris Poll on behalf of DePuy Synthes Companies between July 25 and August 19, 2014 among 1,087 U.S. adults ages 45–75 who have not been diagnosed with osteoarthritis; 1,024 U.S. adults ages 45–75 who have been diagnosed with osteoarthritis, experience OA in their knees and/or hips, and have not had joint replacement surgery; and, 515 U.S. adults ages 45–75 who have been diagnosed with osteoarthritis, experience OA in their knees and/or hips, have had a knee and/or hip joint replacement, and do not currently experience severe pain in other joints.



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