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“Predicting Persistent Pain and Dissatisfaction after Knee Arthroplasty: A Prospective Multicentre Cohort Study”

Knee replacement surgery is a common treatment for severe knee osteoarthritis that does not improve with non-surgical treatments. Over 60,000 Canadians have a knee replacement every year. Knee replacements are very effective for improving pain and mobility for many people; however, up to 20% of patients are not satisfied with their new knee after surgery. They may experience long-term pain and limited function. Doctors can't always find a physical reason for these problems. We think that there are psychological and social factors that can affect long-term pain and dissatisfaction after surgery.

Our main research question is: which psychological and social factors lead to poor physical outcomes in older adults undergoing knee replacements? We will ask patients to complete questionnaires about their physical and mental health before surgery and follow them for one year after surgery. We will include 350 patients at two hospitals in Hamilton Ontario.

We hope that we can identify people before surgery who are at higher risk of pain and dissatisfaction. This will allow doctors to make changes in their care pre-surgery or early in the recovery process. This study will lead to improved care for patients with mental health challenges or who are otherwise at high risk of having poor outcomes.