

The impact of pre-operative mental health on outcomes of foot and ankle surgery: A scoping review

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The outcomes of foot and ankle surgery are greatly impacted by pre-operative mental health. This scoping review assesses the relationship between pre-operative mental health and postoperative outcomes, such as readmissions, complications, patient satisfaction, and patient-reported outcome measures (PROMs).

Based on a literature review of 25 studies with 132,075 patients, it was shown that 16 out of 19 studies (16.2%) revealed a significant correlation between lower postoperative PROMs and lower pre-operative mental wellbeing. Prior to surgical procedures, mental health examinations are crucial because patients with anxiety and depression had greater rates of problems and readmissions.

Effective screening can be conducted with the use of instruments like the Patient Health Questionnaire (PHQ) and the Generalized Anxiety Disorder (GAD) scale.

The review also emphasizes the importance of educating patients about the possible influence of mental health on surgical results, since this can help to lower expectations and increase satisfaction in general. Patients who have been diagnosed with serious mental health problems may potentially benefit from a multidisciplinary approach incorporating mental health providers.

In conclusion, addressing pre-operative mental health is crucial for optimizing surgical outcomes in foot and ankle surgery. Clinicians are encouraged to integrate mental health evaluations into their pre-operative assessments to enhance patient care and improve surgical results.



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