

QUALITY OF LIFE IN ELDERLY PATIENTS 3 MONTHS AFTER ELECTIVE SURGERY

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BACKGROUND AND GOAL OF STUDY

Health related quality of life has become a valid indicator of intervention outcomes.

The aim of this study was to evaluate quality of life in elderly patients 3 months after elective surgery (T90).

MATERIAL AND METHODS

Observational prospective study

Inclusion Criteria: Patients aged > 60 years, submitted to elective from May to July 2017 were included.

Exclusion criteria: age < 60 years old; inability to give informed consent; patients admitted in the ICU after surgery.

Health-related Quality of Life (Euro QOL 5 dimensions - EQ5D)

- Measured **Quality of life (QOL)** before (T0) and 3 months after surgery (T90). **Poor Quality of Life (PQL)** was defined as having problems in any of the 5 dimensions of EQ5D.

- EuroQol-visual analogue scale (EQ-VAS)** measured at T90.

Clinical Frailty Scale (CFS): evaluated at T0 and T90.

- Vulnerability if score ≥ 5 .**

Quality of Recovery (QoR15):

- Evaluated before (T0) and 24h (T1) after surgery.

WHODAS (WHO Disability Assessment Schedule):

- Evaluated before (T0), 30 days (T30) and 3 months (T90) after surgery. **Disability: considered to be present (DP) when WHODAS score was $\geq 25\%$.**

The Lawton Instrumental Activities of Daily Living scale (IADL):

assessed independent living skills.

Charlson Comorbidity Index (CCI) quantified patient comorbidities

POSSUM (Physiological and Operative Severity Score for the

Enumeration of Mortality and Morbidity) was also evaluated

Statistical analysis: The Chi-square, Fisher's exact or Mann-

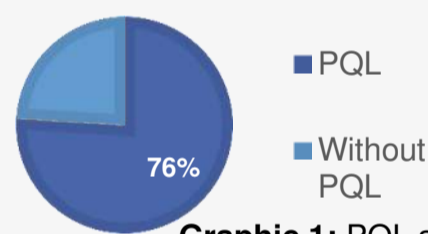
Whitney U tests were used for comparisons.

RESULTS AND DISCUSSION

Total of included patients: **233**



177 presented PQL at T90



Graphic 1: PQL at 3 months.

Table 1 – Demographic and perioperative outcomes.

Variable	PQL (n=177)	Without PQL (n=56)	p value
Age, years, median [P25- P75]	71 [65-78.5]	67 [63-73.75]	p<0.001^a
Type of Anaesthesia	General	40 (71%)	p=0,165
	Regional	10 (18%)	
	Combined	5 (9%)	
	Sedation/ Analgesia	1 (2%)	
ASA	I / II	43 (77%)	p=0.001^a
	III / IV	13 (23%)	
Chronic kidney disease	20 (11%)	0	p=0.009^a
Stroke history	15 (8%)	0	p=0.025^b
Smoking history	29 (16%)	3 (5%)	p=0.04^b
POSSUM total score, median [P25-P75]	27 [24-30]	25 [23-28]	p=0.007
Hospital length of stay, days, median [P25- P75]	6 [2.5-13]	2 [2-6]	p=0.048^c
EQ-VAS at T90, median, [P25-P75]	65 [42-80]	80 [63-95]	<0.001^c

Legend: a –Chi-squared test; b –Fisher test; c –Mann-Whitney test; **PQL** – patients with poor quality of life 3 months after surgery; **WHODAS** - World Health Organization Disability Assessment Schedule; **VB**- Vulnerability; **EQ 5D**- Euro quality of life 5 dimensions; **T0**- before surgery; **T1**- 24h after surgery; **T30**- 1 month after surgery; **T90**- 3months after surgery;

Table 2 - Preoperative EQ-5D problems in each dimension.

Preoperative EQ-5D	PQL (n=177)	Without PQL (n=56)	p value
Mobility	115 (65%)	8 (14%)	< 0.001^a
Self-care	76 (43%)	4 (7%)	
Usual Activities	96 (54%)	7 (13%)	
Pain	113 (64%)	12 (21%)	
Anxiety	143 (81%)	28 (50%)	

Table 3: Preoperative scores.

	PQL (n=177)	Without PQL(n=56)	p Value
Vulnerability (CFS)			
T0	86 (49%)	6 (11%)	p<0.001^a
Disability (WHODAS)			
T0	50 (28%)	3 (5%)	p<0.001^a
Lawton (IADL)			
T0 median, [P25-75]	5.89 [4-8]	7.16 [7-8]	p<0.001^c
Charlson (CCI)			
T0, median, [P25-75]	6 [4-10]	4 [3-7]	p<0.001^c

Table 4 - Quality of recovery according to QOR-15.

QoR-15	PQL (n=82)	Without PQL (n=153)	p value
T0, median [P25-P75]	123 [105-138]	138 [129-144]	p=0.008^c
T1, median [P25- P75]	108 [85-130]	115 [107-128.8]	p=0.613^c

CONCLUSIONS

Our study showed a high incidence of PQL at T90 in elderly patients. PQL patients were more frail and disable and had worse health status before surgery. At 3 months follow-up they still have poor quality of life.