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When do Patients Achieve PROMIS Milestones Following Anterior Cruciate Ligament Reconstruction?

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Anterior Cruciate Ligament Reconstruction Outcomes: An Evaluation of PROMIS Milestones

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**Introduction**

- As delivery of healthcare shifts to a value-based model, it is important for surgeons to demonstrate the value of elective operations using patient-reported outcomes measures (PROMs)

- PROMIS Physical Function (PROMIS-PF) has been used to assess recovery in patients undergoing anterior cruciate ligament (ACL) reconstruction

**Purpose**: To determine the time points at which ACL reconstruction patients achieve certain clinical milestones reflected by the PROMIS-PF questionnaire

**Methods**

- **Inclusion Criteria**
  - Underwent ACL reconstruction surgery (CPT code 29888)
  - Completed PROMIS-PF forms within 15 months post-operatively

- **Exclusion Criteria**
  - Patients who did not communicate in English or were physically unable to complete the form
  - Pre-operative PROMIS scores

- **Analysis**
  - Five most frequently asked PROMIS-PF questions were identified
  - Percentage of patients choosing the top two responses (4 or 5) were identified for each question
  - Chi-square tests of homogeneity and t-tests were performed between patient demographics, number of days post-operatively surveys were administered, and responses

**Results**

- All 5 questions showed statistically significant associations between number of days postoperatively the survey was administered and patient responses (p<.05).

- Initially we hypothesized that demographics would have a significant effect on milestone achievement, but this was not the case

- ACLR patients achieved PROMIS PF milestones 3-5 months postoperatively for the 5 most commonly asked questions

**Conclusion**

- Previous studies have not utilized PROMIS items but rather other clinical criteria

- Utilizing PROMIS in such context can be an improvement upon current quantitative milestone measures in ACLR

- Incorporation of PROMIS PF milestone achievement has potential as a new metric for assessing post-operative ACLR recovery in a clinical orthopedic setting

**References**
