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### Screening the psychological wellbeing of Ilizarov frame patients

**Background:** It is an accepted fact that Ilizarov frames are difficult to live with professionals advise patients that things get easier over time, but there is little evidence to support this. This study examined the course of patient's self-reported anxiety and depression during treatment with an Ilizarov frame.

**Method:** Over 12 months, 66 trauma and elective patients were prospectively recruited to the study. Patients completed validated questionnaires measuring anxiety and depression (GAD-7 and PHQ-9) at set time points through their treatment ranging from before the frame was fitted through to after it was removed.

**Result:** Complete data sets were collected for 60 patients. Two patients were unable to be included and four have yet to complete treatment. There is a trend towards decreasing anxiety and depression throughout the period evaluated. However, of seven patients who scored within the 'severe' range (PHQ/GAD=15+) before the Ilizarov frame was applied, four remained in the severe range at the treatment end.

**Conclusion:** We have shown that psychological screening can be easily incorporated into standard practice and found that early screening of psychological distress can identify the small but significant group of patients who go on to have prolonged adverse psychological reactions.

### Biography

Maria Vincent is a Clinical Nurse Specialist in Limb Reconstruction at a major trauma center in Sheffield, UK. She has looked after over 2,500 patients with Ilizarov frames undergoing various forms of reconstruction, thus gaining a large expertise in all aspects of patient care associated with external fixation. She was a Lead Member of the RCN working party which developed the RCN consensus on pin site care. She also has done Humanitarian Work in Pakistan being the Nurse Director of Mobile International Surgical Team.

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