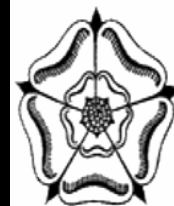


# Painful Total Knee Replacement

## How to avoid a Painful TKR

Andrew Toms



# EKRU

Exeter Knee Reconstruction Unit

How Many of You are:

***Below Average  
Surgeons ?***

How Many of You are:

***Honest ?***

# How Many of You are Liars?



How Many of Your Patients are:

***Dissatisfied ?***

# How Many of Your Patients are:

## ***Dissatisfied ?***

- Less than 5%
- 5-10%
- 10-20%
- More than 20%

# How Many of Your Patients are:

## ***Dissatisfied ?***

- ***Less than 5%***
- ***5-10%***
- ***10-20%***
- ***More than 20%***

## **Everyone must Answer**

# How Many of Your Patients are:

## ***Dissatisfied ?***

- Less than 5%
- 5-10%
- **10-20%**
- More than 20%



# Knee Replacements and Pain



# Knee Replacements and Pain

## 3 Things you really need to know:

1. They Exist
  2. Multifactorial (Guilt / Blame / 2nd Opinion)
  3. Amitriptyline + Time
- ....and Listen



# Assessment + Planning

1. Quadruple Assessment
2. Listen and allow time



# Assessment + Planning

1. Quadruple Assessment
2. Listen and allow time
3. Team approach

- treat the pain



# Of all problems which is worst?



**S H A A F i d u s**

◆ **S a d A n d**

◆ **H e p t i e s s e d**

◆ **A n g r y**

◆ **F r u s t r a t e d**

◆ **T e n a c i o u s**

# Previous Form



Severe preop pain – opiates

Marked preop functional limitation

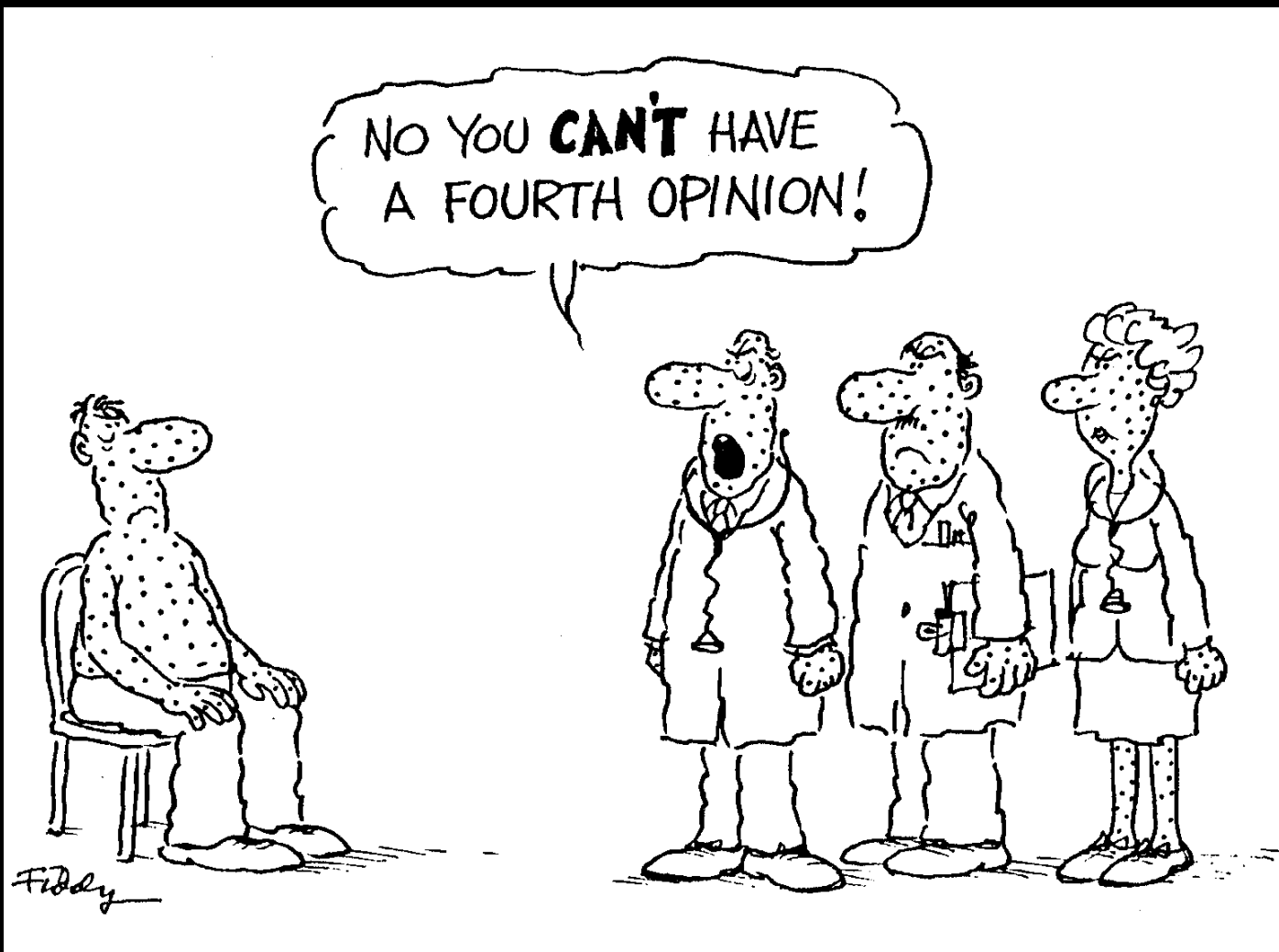
Anxiolytics / Antidepressants

Fibromyalgia

Pain clinic regulars

**Make Good Clear records**

# Ask for a Second Opinion



# Top 10 Tips

1. XR OA ~~≠~~ TKR
2. Identify high risk patients pre op
3. Listen
4. Rx Pain
5. CRP ESR
6. No Bone scan
7. Correlate Sx with findings
8. Hips Back Vascular
9. Decide and communicate
10. Ask for help!



# Knee Replacements and Pain

## 3 Things you really need to know:

1. They Exist
  2. Multifactorial (Guilt / Blame / 2nd Opinion)
  3. Amitriptyline + Time
- ....and Listen



# *Thank You*



Support and treatment  
after joint replacement



# EKRU

Exeter Knee Reconstruction Unit