A Web-program and an Action Guide for patients with anterior cruciate ligament injuries

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Aim

- To investigate whether a web-program can replace a preoperative information meeting for ALC injured patients
- To develop and evaluate an Action Guide to assess and address patient's post-operative concerns and problems

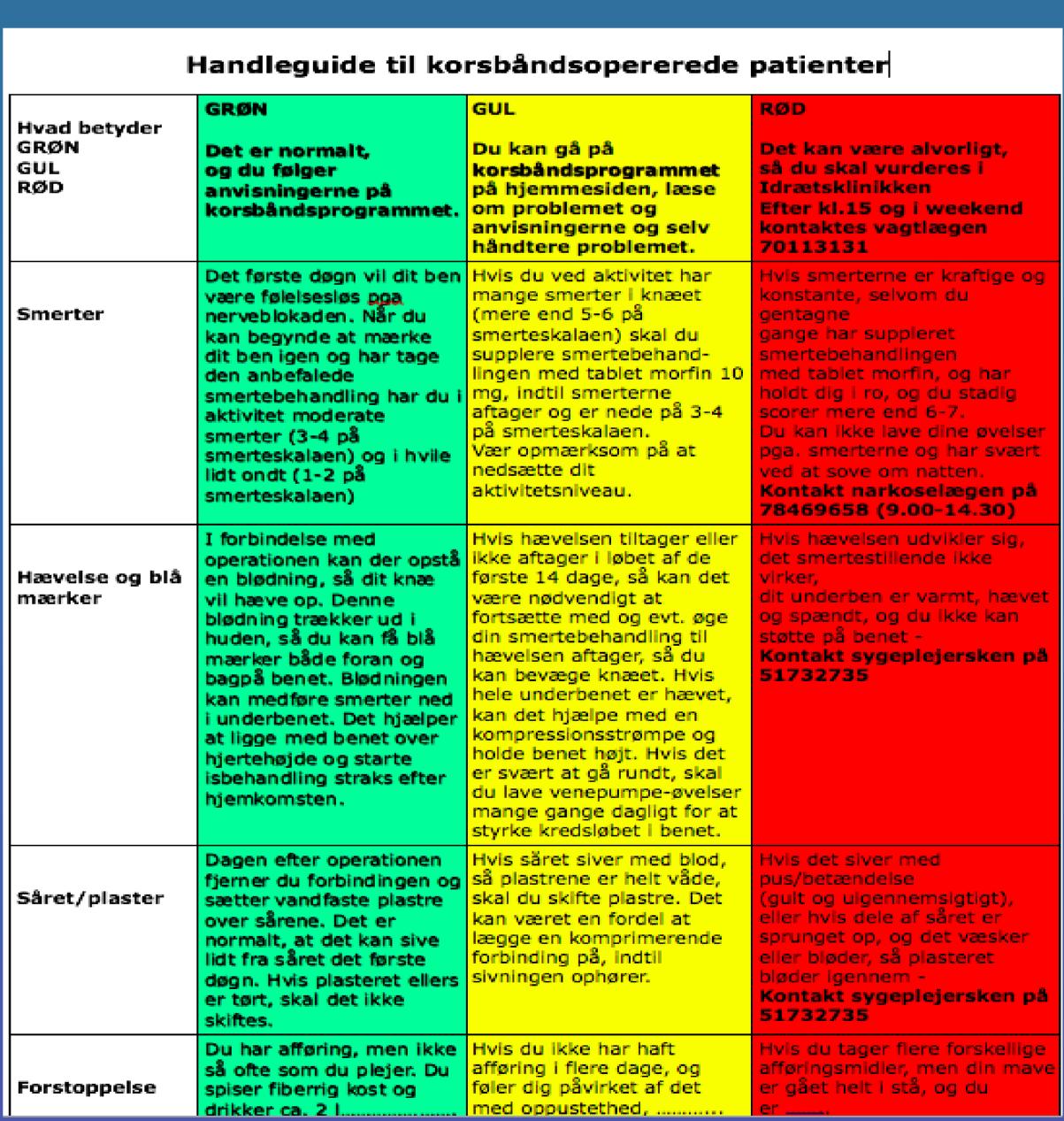
Background

- Comprehensive preoperative information is important to ensure that ACL patients are able to observe and respond to symptoms after discharge.
- Information meetings can be problematic due to absence from school/work and too much compressed information.
- Further, many patients were concerned after surgery and felt they were left alone with their problems.

Methods

- A Web-program with the pre- operative information was created, and 93 patients were allowed to choose between participating in the pre-operative information meeting or to be informed only by the Web-program.
- An "Action Guide" was created based on the patients' experienced problems and 76 patients participated in a survey before and after implementation of the Action Guide.





Results

- Following the implementation of the Web-program, the number of patients participating in the information meeting was reduced by 89%.
- The number of telephone calls from post-operative patients decreased by 34% after implementation of the Action Guide.

Conclusion

Most patients with anterior cruciate ligament injuries prefer information from a Web-program instead of a pre-operative information meeting. An Action Guide can help the patients to assess and address their post-operative concerns and problems, which again can reduce telephone calls to the clinic.