

Effectiveness of the treatment of massive tears in the shoulder rotator cuff, assessed with relevant results for the patient.

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SUMMARY

Objectives:

1. Identification, through a qualitative study, of those treatment results that are relevant to people with massive tears in the rotator cuff of the shoulder joint; and
2. Comparison of the effectiveness of conservative treatment, arthroscopic decompression surgery and reverse shoulder prosthesis, in terms of results that are relevant to the patients and to health-related quality of life.

Methods:

Mixed methodology study (qualitative and quantitative) with an exploratory, sequential design.

Phase 1- Identification of treatment outcomes of interest to the patients: Phenomenological qualitative study. Theoretical sampling with 16 interviews in depth to people affected by massive rotator cuff tears and 3 discussion groups with 5-10 health professionals, with analysis of thematic content.

Phase 2- Comparative study of effectiveness: Multicenter, prospective observational study, including patients 65-85 years old (n=200) with a massive tear in the rotator cuff of the shoulder joint and treated with one of the three established therapies. Participants will answer, before treatment and at 6, 12 and 24 months after its beginning, a telephonic interview including the outcome identified in Phase 1, a generic and two disease-specific health-related quality of life instruments, a functional shoulder instrument, and the Global Rating of Change question. Bivariate analysis and models of Generalized Estimation Equations (GEE) for repeated measurements will be carried out, adjusted with propensity scores.