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**“Functional and psychological evaluation of patients enrolled into total knee arthroplasty and its effect on the treatment outcome”**

**Abstract**

In knee osteoarthritis, the treatment of choice is knee arthroplasty. The primary indication to perform TKA is pain preventing the functioning of the patient.

The main aim of this study was the assessment of the effects of knee osteoarthritis treatment of patients undergoing arthroplasty and the influence of psychological and physical factors in predicting pain and knee function after treatment.

Material and methods. The study involved 60 patients between the ages of 50 and 80, who were enrolled in TKA treatments due to the presence of OA.

The first control test measurement was held to 8 weeks before the surgery, the second during the control visit 6–9 weeks after the surgery. Both measurements included: interview with the patient, functional assessment (KOOS, the fall risk assessment, TUG – walk test evaluation), mental health questionnaire (GHQ-28), pain intensity assessment (VAS).

On the basis of the analysis, it was found that patients with higher activity after treatment experience a lower level of anxiety. The lower anxiety affects a better balance, while patients with better balance experience less pain.

It follows that it is worth reducing the level of concern among patients by using pre-operative physiotherapy which prepares them for treatment. It is also important to provide them with psychological care.