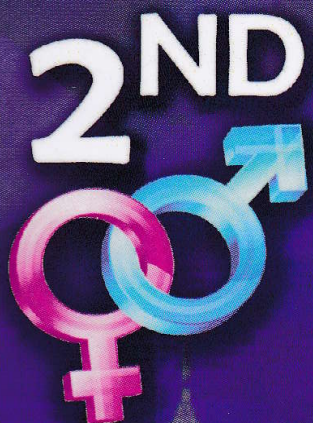


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QUALITY OF LIFE AND FUNCTIONAL OUTCOMES FOLLOWING SUPRACONDYLAR FRACTURE OF HUMERUS IN CHILDREN

Mai Nurul Ashikin Taib, Colin Komahen, Mohd Shukrimi Awang, Mohd Ariff Sharifudin, Ardilla Hanim Abdul Razak

Kulliyyah (Faculty) of Medicine, International Islamic University Malaysia, Kuantan, Malaysia.

Background: The course of recovery in children post injury remains unclear despite recent focus on quality of life (QOL) and functional outcomes following trauma. There is a need for accurate assessment of the impact and course of such injuries on a child's functional status and perceived well-being. Determining when and whether or not functional outcome and QOL plateaus, will allow health care providers and researchers to focus more intensely on rehabilitation during period of gain. This will lead to a more adaptive rehabilitation after plateaus are achieved.

Objective: To determine the QOL and functional outcomes following supracondylar fracture of humerus in children.

Methodology: Children who have sustained supracondylar humerus fracture were recruited. Standard proforma for data collection was used and administered to patients and their parents. Demographic data as well as information on parents' occupation, level of education and household income were recorded. Quality of life was assessed using the Paeds QoL 4.0 Generic core scales at 6 weeks, 12 weeks and 24 weeks intervals. Functional outcomes were assessed using the Mayo Elbow Performance Index (MEPI) at similar intervals.

Results: Out of a total of 46 children enrolled in the study, 40 had completed a 6-month data entry. The mean age was 6 years old and the most common cause of injury was following a fall. There was a significant improvement in quality of life and MEPI scores between the three intervals.

Conclusion: Children demonstrate a rapid recovery of function and quality of life following supracondylar humerus fracture. Physical function is almost normal at 6 months post injury however the quality of life remains lower than age-matched norms at the same interval. It is unclear whether this represents a plateau in recovery or whether further improvements can be expected over longer time intervals.

Keywords: *paediatric trauma, quality of life, supracondylar humerus fracture*