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Title

Outcome of scaphoid fractures – a single unit experience

Purpose

Assessment of the outcome of scaphoid fractures in a single hand unit.

Methods

This is a retrospective study. Data was extracted from an electronic database of our department (OTSys) and collected with an interviewer administered Google-based questionnaire. The results were analyzed using excel spreadsheet.

Results

There were 38 surgical procedures during the period of study. All patients were males with health insurance. Majority were involved in road traffic accidents. Three-quarters of patients were Singaporeans. One-fifth of patients were smokers, of which, 75% were smoking >2 years. There were 13.2% with scaphoid fractures due to job-related risk. None had open fractures. Commonest upper limb fracture associated with scaphoid fracture was distal radius fracture in 21.1%. There were 76.3% right-handed patients. Fracture was right-sided in 55.3%, left-sided in 42.1% and bilateral in one. Commonest fracture type was the waist of scaphoid (65.8%). Bone grafting was performed in 55.3%, with the commonest site from radius (71.4%). Vascularized bone grafting was performed in 19.0%.

The time to return to work was 8.71 weeks. Dependence on strong analgesics was for

Conclusion

Our outcomes were comparable to the available literature with regards to pain-free period, time to return to work and post-operative ROM. Scaphoid fractures commonly occur in the young productive age group and had good outcomes in our units' care.