Psychiatric morbidity and stress burden in patients with upper and lower limb fractures

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Since little is known about clinical consequences of psychiatric morbidity associated with orthopaedic trauma, present study was planned to see the extent of psychological symptoms that patients experience following orthopedic trauma and its impact on quality of life. The study was conducted on 25 consecutive patients with fracture of lower and upper limb, presenting after two weeks or more to Orthopedics, OPD of Dayanand Medical College and Hospital. Normal and control subjects were matched according to their age. After informed consent psychiatric manifestations, stress burden was assessed using scales: MINI International Neuropsychiatric Interview, Perceived Stress Scale and, Impact of Event Scales. The collected data were analyzed using two sample t-test. Results revealed significant difference of psychiatric disorders in lower limb fracture patients as compared to upper limb fracture patients and normal subjects. Substance dependency was the most common diagnosis in 24.3%, anxiety in 20%, while depressive syndromes were found in 6.4% patients. On impact of event scale patients with lower limb fracture scored higher on hyper arousal symptoms as compared to upper limb fracture patients and normal subjects. On perceived stress scale, patients with lower limbs fracture have higher stress than other two groups. The present study reflects that psychiatric morbidity is significantly higher in fracture patients and if these psychological issues are addressed at early stages, they will decrease the prevalence and intensity of psychological distress and improve the quality of life in both the patients as well as to the caregiver.

Biography

Pankaj Kumar is currently working as Assistant Professor in the Department of Psychiatry, Dayanand Medical College and Hospital, Ludhiana. His areas of interest are sexual dysfunction, de-addiction, and adolescence behavior problem. He has eight publications in his name and has presented many research papers at National and International platforms.

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