

# 3<sup>rd</sup> International Conference on EHEALTH NETWORKING, APPLICATION AND SERVICES

March 14-15 2024 | Webinar

## Comprehensive assessment of Anterior Cruciate Ligament (ACL) reconstruction outcomes: Insights from a tertiary sector hospital in Pakistan

**Shayan Ali Irfan**

*University of Health Sciences, Pakistan*

**Objective:** The objective is to assess the comprehensive management of ACL injuries, focusing on diagnostic, surgical, and rehabilitation aspects, with a particular emphasis on adherence to BOAST and Rehabilitation guidelines.

**Methods:** The study involves 82 predominantly male patients who underwent ACL reconstruction in the last 5 years. Data, including clinical assessments, MRI timings, meniscal repair considerations, graft selection discussions, and rehabilitation adherence, was collected retrospectively. BOAST guidelines and a Rehabilitation Protocol for ACL reconstruction guided the evaluation.

**Results:** Prompt clinical assessments were observed, but variable MRI timings indicate concerns in standardized diagnostics. Meniscal repair considerations were present in 70.73% of cases, emphasizing the need for standardized protocols. Patient involvement in graft selection discussions favored the quadruple hamstring graft. Positive early-phase outcomes in Rehabilitation Protocol were noted, but non-compliance in later stages poses a significant challenge.

**Conclusion:** While the study demonstrates successes in diagnostics, surgical interventions, and early rehabilitation, non-compliance in later rehabilitation stages demands attention. Addressing factors like patient education and socioeconomic barriers is crucial for comprehensive care. The study underscores the dynamic nature of ACL management, calling for ongoing refinements in diagnostic and treatment protocols. Despite limitations, findings contribute insights for improved ACL reconstruction efficacy and patient outcomes. What are the specific reasons for non-compliance in the later stages of the Rehabilitation Protocol, and how can interventions be designed to improve adherence and outcomes.

### Biography

Shayan Ali Irfan, a recent alumnus of Dow University of Health Sciences, stands as a burgeoning professional within the esteemed realm of orthopedics. Presently, he lends his expertise as an intern in the Orthopedic Department of a distinguished public-sector hospital in Pakistan, showcasing an unwavering commitment to the intricacies of musculoskeletal care. He, a zealous research enthusiast, possesses a formidable acumen in statistical analysis and research writing, evident in his impressive portfolio of several published articles. Undoubtedly, he is not merely satisfied with this laurel but is ardently engrossed in the meticulous number of additional studies currently under rigorous review. With an ambitious trajectory, Shayan Ali Irfan aspires to carve out a distinguished career path in the field of orthopedics, a testament to his passion for advancing the frontiers of medical knowledge and patient care.