

# ARCR\_Pred Newsletter

December 2020 | Number 1

This Newsletter is published twice a year



2020-2023

<http://p3.snf.ch/project-184959>

## Facts

19 clinics involved

132 project staff

466 patients enrolled

397 patients operated

273 patients documented 6-week follow up (86%)

«This is the first large prospective multicenter Swiss cohort study to document the outcome of ARCR patients»

## Milestones achieved:

- Ethical approval was obtained (ID 2019-02076)
- All project sites were instructed for study participation and visited at least once for monitoring
- Almost half of required patients are recruited
- The project protocol was submitted for publication

## Surgical safety and effectiveness in orthopedics: Swiss-wide multicenter evaluation and prediction of core outcomes in Arthroscopic Rotator Cuff Repair

**Objectives:** This project aims to document prospectively a large cohort of Arthroscopic Rotator Cuff Repair (ARCR) up to 2 years after surgery and develop predictive models of outcomes, including:

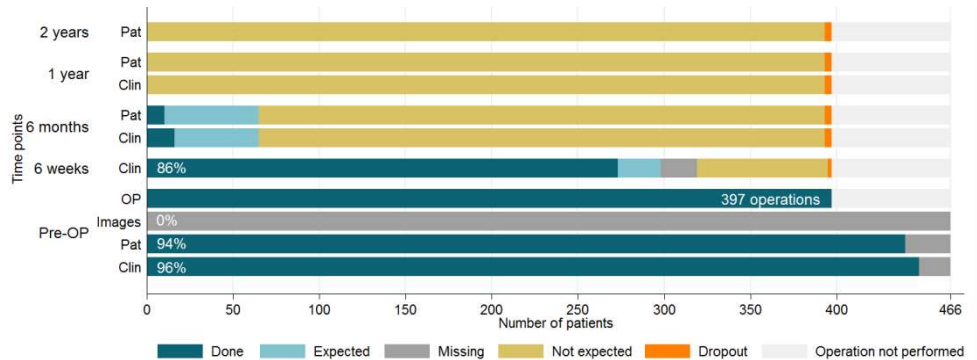
- (1) Perceived-shoulder function improvement
- (2) Occurrence of post-operative shoulder stiffness

## Patient recruitment started in June 1<sup>st</sup> 2021

We are only slightly below the expectation to enroll 970 patients within one year, notably because of the COVID epidemic and associated operative restrictions in many project sites. The last operation is currently expected by the end of July 2021.

## High documentation completeness

The 6-month follow-up examinations were initiated. We thrive for a high level of documentation completeness by intensive monitoring and communication with the sites. The collection of baseline images is starting after a testing phase to ensure proper anonymization.



## Project processes

Well working processes



- + Recruitment of patients
- + Motivation of project staff
- + Operation form
- + Electronic CRFs completeness

Processes to be improved



- Baseline images collection (MRIs and X-rays)
- Paper-based CRFs completeness



## Welcome to our next project meeting per video!

Thursday January 14, 2021 (16:00-18:00)

16:00: Part 1 with all project staff – 17:00: Part 2 with project board members

URL links to access the meeting parts using MS TEAMS will be sent in January.

### Outlook:

1. Initiation of 2 new sites (Winterthur, Solothurn)
2. Project Meeting 14.01.2021 (16:00-18:00)
3. Collection of baseline images (MRI & Xrays)
4. Implementation of 6-month follow-up examinations
5. Achievement of a consensus form for the 12-month ultrasound examination
6. Completion of a systematic review (SR) of risk factors (RF) for ARCR outcomes
7. First publication(s)
  - Project protocol
  - SR of RF for stiffness
8. Improved publication management together with project sites and partners

### Patient population

Enrolled patients	466	n (%)
Age	58 years ( $\pm 10$ )	
Gender, male	284 (63%)	
Cause of the tear	Purely degenerative	130 (29%)
	More degenerative	88 (20%)
	More traumatic	113 (25%)
	Purely traumatic	115 (26%)
Working patients	303 (69%)	
Smoker	Never smoked	280 (63%)
	Smoked before	90 (20%)
	Current smoker	78 (17%)
Obese patients	87 (22%)	
Diabetes	25 (6%)	
Number of infiltrations	None	308 (69%)
	1	79 (18%)
	2	29 (7%)
	3+	29 (7%)
Tear Severity	Partial tear	68 (17%)
	Single full tear	99 (25%)
	2 or 3 tendons	164 (41%)
	Massive tear	67 (17%)
Involved tendons	SSC	33 (8%)
	SSP	111 (28%)
	SSP & ISP	80 (20%)
	SSP & ISP & SSC	72 (18%)
	SSP & SSC	102 (26%)

SSC: Subscapularis; SSP: Supraspinatus; ISP: Infraspinatus

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### Thank you for your participation!

The whole project team wish you a Merry Christmas and a happy New Year. We look forward to our further collaboration in 2021!



### Confidentiality Statement:

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