

# DIABETES AND DIABETIC NURSE EDUCATION CARE AND PRACTICE

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## Does diabetes affect functional outcomes after shoulder arthroplasty

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**Background:** Shoulder arthroplasty improves shoulder function in patients with severe arthritic changes. Diabetes is a known risk factor for postoperative complications. However, the impact of diabetes on functional outcomes after shoulder arthroplasty is uncertain.

**Purpose:** This prospective cohort assessed whether diabetes affects functional outcomes after shoulder arthroplasty.

**Methods:** Diabetic patients undergoing shoulder arthroplasty (n=140), were evaluated at baseline, at an early follow-up visit (between 3-6 months) and at the late follow-up visit (between 1-3 years). The American Shoulder and Elbow Surgeons (ASES) assessed shoulder function and the Short-Form-12 (SF-12) assessed physical health status. Shoulder goniometry and dynamometry were used to assess motion and strength.

**Results:** Despite significantly poorer ASES and SF-12 scores at baseline in diabetic patients, later scores were not different than those without diabetes. For patients with diabetes, ASES pain [7 (3) to 2 (2)], ASES function [5 (5) to 18 (6)], and physical health status [27 (6) to 38 (8)] scores improved significantly over time similar to patients without diabetes [ASES pain: 6 (3) to 2(2); ASES function: 8 (5) to 18 (8); physical health status: 31 (8) to 40 (12)]. However, all these scores remained below the normal values for both groups.

**Conclusion:** Patients with diabetes achieve a large benefit from shoulder arthroplasty, with follow-up outcomes similar to those without diabetes.

### Biography

Sanaa Alsubheen is a physical Therapist with 10 years of clinical experience. She completed her master's of science in kinesiology (exercise and work physiology) from Memorial university of Newfoundland, Canada on October 2016. Currently she is a PhD candidate at Western university, London, Ontario, Canada. She is interested in investigating the association between diabetes and adhesive capsulitis of the shoulder joint.

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