

Research Article

Depression in patients following limb reconstructive surgeries for trauma

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ABSTRACT

Background: Psychological complications are common following physical trauma and its surgical treatment. Studies on trauma patients are mostly from the Western world and have focussed more on posttraumatic stress disorder and less on depression.

Methods: This study was conducted in a tertiary referral centre for trauma in South India. One hundred patients who had undergone limb reconstructive surgeries following trauma were included in the study. The major causes of trauma were occupational accidents and road traffic accidents. Beck depression inventory II was used to diagnose depression. The severity of trauma, impairment in joint motion and sensory impairment were also determined. Association between the variables was assessed using Chi -Square/ Fisher's exact test.

Results: The prevalence of depression was found to be 36% (95% CI: 26.6-45.4). Age between 41 and 60 years, unemployment, severe degree of injury, and the period between three months and one year of trauma were found to have significant association with depression.

Conclusions: Depression is common following physical trauma and its surgical treatment. Its early recognition and treatment is important to ensure faster recovery and better quality of life.

Key words: Depression, Trauma, Reconstructive surgery

INTRODUCTION

Injuries following physical trauma contribute significantly to morbidity and mortality. Around ten percent of deaths worldwide and 15 % of disability adjusted life years (DALYs) are attributed to injuries.¹

A major contributor of injury related morbidity and mortality are those sustained in the workplaces which contribute to 10 % of deaths due to injuries and 20 to 25 % of all injuries.² In India which has a fast growth of

vehicular population and road network, 13 to 18 % of total deaths are due to injuries.¹

As per the WHO estimates, road traffic injuries are the sixth leading cause of deaths in India. They also result in hospitalization and disabilities in the young and middle-aged population.³

Depressive disorders are common in the general population; with a lifetime prevalence of almost 16% and 12 month prevalence around 7%.⁴ Psychiatric complications particularly anxiety and mood disorders and posttraumatic stress disorder are common following