

# 10<sup>TH</sup> GLOBAL ORTHOPEDICIANS ANNUAL MEETING

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## The VERDICT study (The vitamin D evaluation and prevalence of deficiency in Indian clinicians across specialties)

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**Introduction:** India has reported wide-spread vitamin D deficiency. Doctors are expected to play a pivotal role in spreading awareness about vitamin D deficiency and measures to avoid it. However, they are also at risk for vitamin D deficiency, due to their professional scenario. The study was conducted to assess the vitamin D status in Indian Clinicians across the specialties.

**Methods:** A multi-centric cross sectional study conducted in 141 locations across 19 Indian States/Union Territories. Doctors working in hospitals, nursing homes, and private clinics constituted the study population & were evaluated for serum 25(OH)D level.

**Results:** A total of 937 subjects were evaluated during the study, which consisted of 782 (83.46 %) males and 155 (16.54%) females. The mean age of the study population was 47.99 ( $\pm 10.76$ ) years. Mean serum 25(OH)D level was 20.18 ( $\pm 19.04$ ) ng/mL (range: 3.7-150 ng/mL). Vitamin D levels were deficient in 69.58%, insufficient in 12.27% and sufficient in only 18.14% of study subjects. The lowest values were seen in the 30-39 years age group and in pediatricians across the specialties. No significant difference in 25(OH) D levels were seen in the Northern states (mean 20.27  $\pm 17.3$  ng/mL) compared to the Southern states (mean 20.09  $\pm 20.61$  ng/mL) of India.

**Conclusion:** Vitamin D levels are alarmingly low in a high proportion of doctors across India. There is a need for sensitization of doctors to low levels of vitamin D seen in them.

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## Periprosthetic fractures after Total Knee Arthroplasty (TKA)

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**Background:** Periprosthetic fractures after total knee arthroplasty are considered as a challenging entity faced by orthopedic surgeons. It can involve the femur, tibia or patella. Treatment options include conservative and operative methods. Both have advantages and disadvantages that must be considered before deciding the appropriate course of treatment.

**Patients & Methods:** This work was done at Seuz Canal University Hospitals during January 2011 till January 2015 on 50 patients, aged 55 to 80 years old out of which 35 are female and 15 are male. Patellar fractures were the most common fractures complicating total knee arthroplasty ranging from 0.11% to 21.4%, distal femoral fractures ranged from 0.3% to 2.5% and Tibial fractures ranged 0.4% to 1.75%. The etiology may be intraoperative or postoperative. The diagnosis was clinical and radiological. The treatment for non-displaced fractures was non-operative and open reduction with internal fixation was the treatment of choice of displaced fractures, extra medullary and intramedullary devices may be used.

**Results:** Good results in all cases with no infections or complications were obtained.

**Conclusion:** Periprosthetic fractures after total knee arthroplasty are considered as a challenging entity faced by orthopedic surgeons. Treatment options include conservative and operative methods. Both have advantages and disadvantages that must be considered before deciding the appropriate course of treatment.

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