

# Euro Health Care and Fitness Summit

September 01-03, 2015 Valencia, Spain

## Preoperative Etoricoxib reduces opioid use and improves clinical recovery after a total knee replacement

**Chia-Liang Ang**

Singapore General Hospital, Singapore

Effective ways of reducing pain after a total knee replacement (TKR) without inducing excessive opioid-related side effects are important for the patient's rehabilitation. In this double-blinded randomized controlled trial, we compared the effects of preoperative etoricoxib with placebo in reducing pain and improving range of motion of the knee. Patients were randomized into one of two groups: Etoricoxib 120 mg (33 patients) or an identical-appearing placebo (32 patients), taken at 24 hours and at 2 hours before a total knee arthroplasty. For both groups, postoperative analgesia consisted of patient-controlled analgesia (PCA) with intravenous morphine boluses, oral paracetamol and etoricoxib. The etoricoxib group had a significantly lower mean usage of PCA in the first 16 hours as compared to placebo (first 8 hours: 3.8 mg vs. 5.9mg,  $p=0.041$ ; second 8 hours: 3.2 mg vs. 6.5mg,  $p=0.023$ ). The etoricoxib group also demonstrated greater active range of motion of the knee at the third and fourth postoperative days (mean:  $85^\circ$  vs.  $68^\circ$ ,  $p=0.018$ ). Postoperative pain scores and drop in hemoglobin were similar between the groups. The pre-emptive administration of etoricoxib before a total knee arthroplasty resulted in reduced post-operative use of intravenous morphine and accelerated rehabilitation as compared to placebo.

[med80199@yahoo.com](mailto:med80199@yahoo.com)

## How objective is the young women's physical self image perception?

**Cristiana Lucretia Pop**

Bucharest Economic Studies University, Romania

Under the social and cultural patterns pressure most of women are unhappy with their body image regardless their weight or BMI values, identifying their ideal body with a thinner version. Physical activity has certain results in improving the physical and psychological parameters researched in this cross-sectional study. The study's main objective was to determine the relationship established between body image dissatisfaction, as subjective variable and body mass index among a sample of Romanian young women. Subsequent we estimated in which range the body image perceptions is determined in our research group by BMI as an objective parameter. The data were collected using measurements and questionnaires for a random sample of 160 female students (19-21 year old) assumed to be healthy, educated, with constant physical activity and having an urban life style. The BMI mean value -  $20.93 \text{ kg/cm}^2$  ( $SD=3.30$ ) is equivalent with a slender figure, corresponding to an average high of 1.65 m ( $SD=0.06$ ) and an average weight of ~57 kg (56.99 kg;  $SD=9.70$ ). Though a prevalence of body dissatisfaction was reported, 79% of girls were discontented with their physical appearance. We find a consistent, statistical significant correlation between BMI and body dissatisfaction ( $r(158) = 0.56$ ,  $p<0.0005$ ). An important part (31%) of body dissatisfaction is determined by BMI and subsequent by weight and fat deposits. The conclusion was that BMI values are useful predictors for body dissatisfaction risk among young women, while physical activity and health education have an important potential for enhancing that perception.

[crispotir@gmail.com](mailto:crispotir@gmail.com)