Injury perceptions and their association with recovery outcomes in adults with traumatic orthopaedic injuries: A scoping review

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Aims

• Primary aims were to explore what is known about injury perceptions, and their association with recovery outcomes using the Common Sense Model as a guiding framework.

• Secondary aims were to characterise injury perceptions and identify associated biopsychosocial features of injury perceptions.

Methods

• A broad search strategy was used to search Medline (EbscoHost), PsycINFO, Embase, CINAHL & grey literature

• 2 reviewers (Physiotherapist and Psychologist) independently screened and extracted data

Results

• Overall quality of the evidence was moderate to low.

• Consistent with Common Sense Model theory, people hold beliefs about the type of injury, its consequences, causes, duration and cures/controls.

• Negative injury perceptions associated with worse functional outcomes.

• Perceptions influenced by multiple interacting, non-linear elements

Background

Most people with traumatic orthopaedic injuries recover, but a subset experience persisting pain and/or mental health problems. The beliefs people have about their injury or their injury perceptions may impact recovery.

Methods

A broad search strategy was used to search Medline (EbscoHost), PsycINFO, Embase, CINAHL & grey literature.

2 reviewers (Physiotherapist and Psychologist) independently screened and extracted data.

Figure 1: PRISMA flow diagram for study selection.

Figure 2: The multiple elements that influence beliefs that a person with an injury holds.

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