

Prevalence and Sociodemographic Characteristics of Post-traumatic Stress Disorder in Adult Orthopaedic Trauma Patients in a Ugandan Referral Hospital

*Alexis Dun Bo-Ib Buunaaim, MMED (Ortho); Catherine Adito Abbo, MBChB, PhD;
Patrick Sekimpi MMED (Ortho)*

Makerere University, Mulago National Referral Hospital, Kampala, Uganda

Purpose: Attempts to ensure total care of the trauma patient in order to reduce morbidity and mortality has led to a drift of global concern toward the psychiatric sequelae of trauma patients. Psychiatric disorders following trauma are common, with one of the commonest being posttraumatic stress disorder (PTSD), and are associated with poor functional and occupational outcomes. In African settings, there is scarcity of data regarding the prevalence and sociodemographic characteristics of PTSD in trauma patients. The objective of this study was to determine the prevalence and sociodemographic characteristics of PTSD in adult orthopaedic trauma patients seen in a referral hospital in Uganda.

Methods: This was a hospital-based quantitative cross-sectional descriptive study of adult orthopaedic trauma patients at Mulago hospital from April to September, 2013. A structured questionnaire containing sociodemographic characteristics and module for PTSD diagnosis in Diagnostic and Statistical Manual of Mental Disorders, Fourth Edition Text Revised (DSM-IV-TR) was administered to consenting patients who met the inclusion criteria by systematic random sampling. Data were entered in Epi Data software and exported to STATA 10.0 for descriptive bivariate analysis using Mantel Haenszel method.

Results: 297 patients were recruited into the study, where the period prevalence of PTSD in adult orthopaedic trauma patients seen at Mulago hospital was 17.85% (53 of 297). The mean age was 37.06 ± 14.61 years with majority of participants between the ages of 18 and 29 years (37.04%). 66.33% were males (197 of 297) and 33.67% females 33.67% (100). The educational level of majority of these participants was primary/secondary 74.07% (220 of 297). Most of the participants were self-employed (52.53% [156]) and 80.81% of participants (240) of participants ad an income level of less than one million Ugandan shillings (\$397) per year.

Conclusion: The 6-month prevalence of PTSD in adult orthopaedic trauma patients was 17.85%. Also, female sex, older age group (over 40 years), divorced, widow/widower, government or private employment, and a low income level had a higher risk of PTSD following trauma. The need for a multidisciplinary approach to the management of the trauma patient involving a clinical psychologist or a psychiatrist will be vital for a better outcome.