

# IMPACT ON PAIN MANAGEMENT AFTER A SINGLE INTRAARTICULAR INJECTION IN PATIENTS WITH HIP OSTEOARTHRITIS WHO FAILED CONVENTIONAL TREATMENT



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## BACKGROUND

Viscosupplementation intraarticular injection with hyaluronic acid and platelet-rich plasma have been shown to improve pain management in osteoarthritis

## PURPOSE

We sought to describe impact on analgesic consumption and VAS score after a a single viscosupplementation intraarticular injection in patients with hip osteoarthritis

## MATERIAL AND METHODS

Randomized controlled trial to compare clinical efficacy and safety of a single ultrasound-guided intra-articular injection with autologous platelet-rich plasma (PRP) versus hyaluronic acid (HA) in hip osteoarthritis was performed with a 1-year follow-up (4 visits: baseline, 1, 4, 24, 48 weeks). Variables studied included the reduction on: VAS score, analgesic drugs consumption in doses (defined as total Daily-defined-doses (DDD) and type categorized according to OMS scale: type I, II and III for opioids.



## RESULTS

A total of 74 patients were randomly assigned to 2 groups and received one single injection, PRP (38 patients), AH (36 patients). Table 1 shows reduction on analgesic drugs consumption per group of treatment. Within the first month, a significant reduction was shown in VAS score for both treatment arms respect last visit: 4 [2-6] vs. 7 [5-8] in PRP and 4.5 [2-7] vs. 7 [5-8] in HA,; p<0.01. The 42.8% and 35.7% improvement of PRP and HA groups respectively decrease to 28.5% in visit 3 for both arms. Pain management decrease although safer a year of Follow-up baseline levels are not achieved and only 3/74 (4%) patients decided to go for surgery during the follow-up period. No adverse events were observed in any of the treatment groups

	AH	PRP	Total	p-value
	N(%)	N(%)		
VISIT 1				
TYPE AND DOSES REDUCTION (N,%)				
NO	17(47.2%)	18(47.4%)	35(47.3%)	0.58
YES	19(52.8%)	20(52.6%)	39(52.7%)	
VISIT 2				
TYPE AND DOSES REDUCTION (N,%)				
NO	19(52.8%)	16(42.1%)	35(47.3%)	0.246
YES	17(47.2%)	22(57.9%)	39(52.7%)	
VISIT 3				
TYPE AND DOSES REDUCTION (N,%)				
NO	26(74.3%)	27(73%)	53(73.6%)	0.556
YES	9(25.7%)	10(27%)	19(26.4%)	
VISIT 4				
TYPE AND DOSES REDUCTION (N,%)				
NO	26(76.5%)	19(55.9%)	45(66.2%)	0.073
YES	8(23.5%)	15(44.1%)	23(33.8%)	

## CONCLUSIONS

Viscosupplementation with a single intraarticular injection with hyaluronic acid and platelet-rich plasma seemed to be a safe and effective treatment option to improve pain management in hip osteoarthritis allowing to delay surgery. Although, PRP cohort presented better profiles no significant differences were found with HA cohort.

