

## Knowledge Questionnaire

### Module Questions

The nature of their condition

#### Question 1.

**What is the name of your shoulder condition and what treatment has your surgeon recommended?**

- a) Impingement syndrome (rotator cuff disease) and keyhole surgery (arthroscopy)\*
- b) Impingement syndrome (rotator cuff disease) and shoulder replacement
- c) Shoulder arthritis and keyhole surgery (arthroscopy)
- d) A broken shoulder and shoulder replacement
- e) I am not sure

#### Question 2.

**How did your shoulder condition develop?**

- a) The bones in my shoulder keep rubbing against each other and have painfully worn away over the years.
- b) A part of my arm bone broke off and is scratching my rotator cuff tendon, making it inflamed and painful.
- c) My rotator cuff tendon and subacromial bursa are being squeezed between my shoulder bones, making them inflamed, painful and possibly torn.\*
- d) I was born with a damaged rotator cuff tendon but it has only now become painful.
- e) I am not sure.

Treatment options

#### Question 3.

**What are your treatment options?**

- a) Surgery is my only option
- b) Physiotherapy, cortisone injections and anti-inflammatory medications are all treatment options, as is surgery.\*
- c) Learning to use my other arm as there aren't any treatment options.
- d) Getting a shoulder replacement.
- e) I am not sure.

#### Question 4.

**What is likely to happen if you do not have the operation your surgeon has recommended?**

- a) My shoulder problems will soon get better on their own.
- b) My shoulder problems are unlikely to get better and will probably get worse.\*
- c) My shoulder will stay as it is now.
- d) I will need a brand new shoulder in a few years.
- e) I am not sure.

The surgical procedure and what it hopes to achieve

**Question 5.**

**If you go ahead with the recommended surgical procedure, what will the surgeon do during the operation?**

- a) They will cut out the painful tendon in my shoulder.
- b) They will use an arthroscope (camera) to see the damage in my shoulder; they will use special instruments to remove inflammation, bony spurs and frayed tendons and they may need to repair these tendons by hand.\*
- c) They will fix the broken bones in my shoulder.
- d) They will take out my acromion because that's causing all the trouble.
- e) I am not sure.

**Question 6.**

**The operation is performed:**

- a) Under a general anaesthetic so you will sleep through the operation, as well as an injection to block the nerves in your arm so you experience less pain after the operation.\*
- b) With no anaesthetic; this is because the procedure is keyhole, so it isn't painful.
- c) With a general anaesthetic only.
- d) With only an injection to block the nerves in your arm.
- e) I am not sure.

**Question 7.**

**How many people having this operation have a good result?**

- a) Everyone has a good result.
- b) 75 in 100 people.
- c) 90 in 100 people.
- d) 95 in 100 people.\*
- e) I am not sure.

**Question 8.**

**After the operation, how long will you probably have to stay in hospital?**

- a) I can go home on the same day as my surgery.
- b) I will probably have to stay in hospital for one week.
- c) I will probably have to stay in hospital for one night, but it depends how I recovery from surgery.\*
- d) I will have to stay in hospital for several nights/
- e) I am not sure.

**Question 9.**

**After recovering from the operation, how much pain and movement is your shoulder likely to have?**

- a) No pain and a complete range of movement.
- b) No pain but much less movement than before symptoms began.
- c) More pain and less movement than before symptoms began.
- d) Less pain and more movement though my shoulder probably won't return to its completely normal state.\*
- e) I am not sure.

**Question 10.**

**How quickly will you recover from surgery?**

- a) Very quickly, I expect to be up and running very soon after my surgery.
- b) It will take me a couple of weeks to recover.
- c) Recovery is a slow process that may take up to 6-12 months and will require lots of shoulder exercises.\*
- d) My shoulder will get better slowly after 2-3 years.
- e) I am not sure.

Benefits and limitations

**Question 11.**

**What is the difference between a consequence and a complication?**

- a) A complication is unexpected, but a consequence is expected after the operation. \*
- b) A consequence is unexpected, but a complication is expected after the operation.
- c) Both consequences and complications are expected after the operation.
- d) Both consequences and complications are unexpected after the operation.
- e) I am not sure

**Question 12.**

**Which complications are discussed in the educational module?**

- a) The common complications.
- b) The severe complications.
- c) Both the common and the severe complications though it is impossible to foresee all possible complications. \*
- d) All possible complications.
- e) I am not sure.

**Question 13.**

**Scars,**

- a) Are very rare complications of surgery and require urgent treatment.
- b) Are a normal consequence of surgery and occur in all people; I am likely to have 2-3 cuts on my shoulder, one of which may be longer if mini-open repair was necessary.\*
- c) Are a normal consequence of surgery and occur in all people; I will have one large scar on my shoulder.
- d) An easily treatable complication of shoulder surgery.
- e) I am not sure.

**Question 14.**

**While some stiffness in the shoulder is expected, on average how many people get severe and prolonged shoulder stiffness requiring further treatment?**

- a) 1 in 100.
- b) 5 in 100. \*
- c) 10 in 100.
- d) 20 in 100.
- e) I am not sure

**Question 15.**

**True or False?**

**A second procedure may be needed if your shoulder remains very stiff after this operation.**

- a) True. \*
- b) False.
- c) I am not sure

**Question 16.**

**While some pain in the shoulder is expected, on average how many people get severe shoulder pain requiring further treatment?**

- a) 1 in 100
- b) 5 in 100
- c) 50 in 100
- d) The exact rate is not known\*
- e) I am not sure

**Question 17.**

**What is the risk of developing an infection after your shoulder operation?**

- a) 1 in 10.
- b) 1 in 100. \*
- c) 1 in 1000.
- d) 1 in 10,000
- e) I am not sure.

**Question 18.**

**What is likely to happen if you develop an infection?**

- a) It will go away on its own and no further treatment is necessary.
- b) I will be placed on antibiotics until the infection clears though I may need a second operation to remove a severe infection and I may require a repeat stay in hospital.\*
- c) There is no treatment for an infection so I will need to attend to my shoulder constantly if one develops.
- d) I will need a shoulder replacement.
- e) I am not sure.

**Question 19.**

**What is the risk of injury to a major nerve during this operation?**

- a) Less than 1 in 100.\*
- b) 1 in 100.
- c) 5 in 100.
- d) 10 in 100.
- e) I am not sure

**Question 20.**

**What is the likely result of injuring the important nerves around the shoulder?**

- a) Nerve injury is of no consequence.
- b) Permanent numbness and weakness around the shoulder and the arm.
- c) Temporary numbness and weakness around the shoulder and of the arm. \*
- d) I will probably not be able to use my arm ever again.
- e) I am not sure.

**Question 21.**

**Repair failure,**

- a) Is more likely after a larger of chronic tear but usually does not cause pain as inflammation is removed.\*
- b) Never happens.
- c) Always happens after a few years but will not cause pain.
- d) Always happens after a few years and will definitely require further treatment.
- e) I am not sure.

**Question 22.**

**Irreparable tears of the rotator cuff,**

- a) Are more likely after a larger of chronic tear but usually do not cause pain as inflammation is removed.\*
- b) Do not exist.
- c) Will continue to be painful because there is no way to fix them.
- d) Can only be treated with a shoulder replacement.
- e) I am not sure.

**Question 23.**

**Anaesthetic complications,**

- a) Never occur.
- b) Are very common.
- c) Can be predicted before the operation and therefore avoided.
- d) Are rare and include nausea, allergy, heart and breathing problems and possibly death.
- e) I am not sure.

**Feedback Questions**

**Question 1.**

**After viewing this module, do you:**

- a) Feel more confused about the operation
- b) Feel better informed about the operation
- c) Feel neither more confused nor better informed about the operation

**Question 2.**

**Has viewing this module made you:**

- a) More likely to choose surgery as a way to treat your shoulder problems
- b) Less likely to choose surgery as a way to treat your shoulder problems
- c) Neither more nor less likely to choose surgery as a way to treat your shoulder problems

**Question 3.**

**Do you feel the module was?**

- a) Very helpful
- b) Somewhat helpful
- c) Neither helpful nor unhelpful
- d) Not helpful at all

**What are your overall thoughts regarding the module?**

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