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Conversion Total Hip Arthroplasty: Perioperative and Postoperative Outcomes with the ABLE Approach

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The ABLE™ Approach for Conversion Total Hip Arthroplasty decreases surgical duration and length of stay

Conversion Total Hip Arthroplasty: Perioperative and Postoperative Outcomes with the ABLE™ Approach

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Introduction

- Muscle-sparing approaches to total hip arthroplasty (THA) have become increasingly common over the last decade.
- There is currently no data regarding outcomes of the Anterior-Based Muscle-Sparing (ABMS) or ABLE approach in conversion THA procedures.
- Traditionally, conversion THA has been performed through the posterior approach and the outcomes are well studied.
- The purpose of this study was to compare perioperative outcomes of the ABLE and posterior approach in conversion THA.

Methods

1. Retrospective cohort study of all conversion THA patients between 2013-2020 (n = 79).
2. Patient demographics, preoperative, perioperative, and postoperative data was collected from EPIC.
3. Statistical analysis was performed in Excel.

Results

- Compared to the posterior cohort (n = 20), the ABLE cohort (n = 59) demonstrated:
  - A shorter length of surgery (p = 0.036) and length of stay (p = 0.011)
  - A decreased estimated blood loss (p = 0.049)
  - No significant difference in blood transfusions, ED visits, hospital readmissions or complications.

Discussion

- This study is the first to observe the outcomes of conversion THA using the ABLE approach.
- Our data demonstrates that the ABLE approach for conversion THA is as safe and effective as the posterior approach within our 90-day postoperative study period.

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Table 1. Perioperative and Postoperative Outcomes of Conversion THA with the ABLE or Posterior Approach

	ABLE (n = 59)	Posterior (n = 20)	P-Value
Surgery Duration (minutes)	95.37	126.30	**0.036**
Length of Stay (hours)	52.45	72.81	**0.011**
Estimated Blood Loss (mL)	279.09	397.50	**0.049**
Blood Transfusions	4	1	0.424
Complications	1	0	0.293
ED Visit (30 days)	2	0	0.277
Hospital Readmissions (90 days)	0	0	No Difference

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