



## Quality of life following Shouldice Repair: a prospective cohort study among inguinal hernia patients

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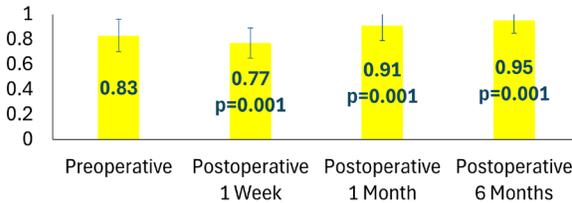
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**Introduction** Quality of life has become an important outcome after hernia surgery [1-3]. This study evaluated quality of life in primary inguinal hernia Shouldice Repair patients from the Shouldice Hospital (SH).

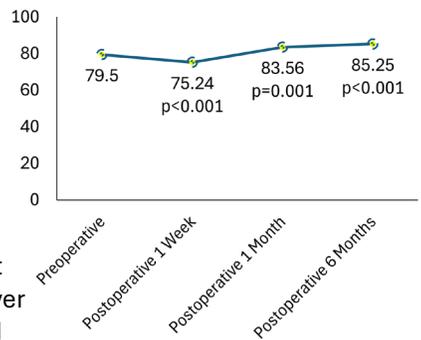
**Results** From January 2023 to February 2024, 532 participants met the criteria, completed the preoperative survey, and underwent surgery. The participants were mostly male (94%), aged 62.18 years with a BMI of 24.93 kg/m<sup>2</sup>. The EQ-5D-3L health index scores and EQ-VAS health status significantly changed over time (**Figure 1** and **2**).

**Material & Methods** After ethical approval and consent, data was collected. The EQ-5D-3L questionnaire was used to determine quality of life at the preoperative and 1-week, 1- and 6-month postoperative time.

**Figure 1** EQ-5D-3L Results



**Figure 2** EQ-VAS Results



**Discussion** Results were compared to a matched cohort study on elective groin hernia repair in Canadian (Vancouver (VCH)) and British (England (NHS)) populations [4]. The SH reported better findings for pain/discomfort, usual activities, mobility, and anxiety/depression after hernia surgery compared to those presented in Sutherland *et al.* [4]. Possible explanations for improved postoperative results that may be unique to the Shouldice Hospital include in-depth and ongoing patient education, the roommate system, longer postoperative hospital stay, social supports, medical supervision, multimodal pain management, and hernia repair type [5,6] Detailed comparative findings are shown in **Table 1**.

**Table 1** Results of a 2023-2024 Shouldice Hospital EQ5D3L with 2013-2017 Vancouver Coastal Health Authority and 2015/2016 National Health Services in England

	SH Preop (n=532)	VCH Preop (n=280)	NHS Preop (n=20,059)	SH 1 Month Postop (n=350)	SH 6 Months Postop (n=189)	VCH 6 Months Postop (n=280)	NHS 3 Months Postop (n=20,059)
<b>Mobility</b>							
No	415(78.0)	208(74.3)	16,348(81.5)	325(92.9)	178(94.2)	235(83.9)	16,542(82.5)
Some	117(22.0)	72(25.7)	3,694(18.4)	25(7.1)	11(5.8)	45(16.1)	3,472(17.3)
Extreme	0(0)	0(0)	17(0.1)	0(0)	0(0)	0(0)	45(0.2)
<b>Self Care</b>							
No	521(97.9)	259(92.5)	19,334(96.4)	342(98.3)	188(99.5)	263(93.9)	19,055(95.0)
Some	10(1.9)	21(7.5)	691(3.4)	5(1.4)	1(0.5)	16(5.7)	943(4.7)
Extreme	1(0.2)	0(0)	34(0.1)	1(0.3)	0(0)	1(0.4)	61(0.3)
<b>Usual Activities</b>							
No	317(59.6)	173(61.8)	14,698(73.3)	267(77.0)	177(93.7)	225(80.4)	15,980(79.7)
Some	208(39.1)	95(33.9)	4,932(24.6)	79(22.8)	12(6.3)	48(17.1)	3,829(19.1)
Extreme	7(1.3)	12(4.3)	429(2.1)	1(0.3)	0(0)	7(2.5)	250(1.2)
<b>Pain/Discomfort</b>							
No	181(34.0)	108(38.6)	6,363(31.7)	212(61.3)	152(80.5)	190(67.9)	13,482(67.2)
Some	343(64.5)	160(57.1)	12,789(63.8)	133(38.4)	36(19.0)	82(29.3)	6,216(31.0)
Extreme	8(1.5)	12(4.3)	907(4.5)	1(0.3)	1(0.5)	8(2.9)	361(1.8)
<b>Anxiety/Depression</b>							
No	418(78.6)	191(68.2)	17,114(85.3)	317(91.6)	176(93.2)	226(80.7)	17,522(87.4)
Some	109(20.5)	82(29.3)	2,767(13.8)	27(7.8)	12(6.3)	45(16.1)	2,351(11.7)
Extreme	5(0.9)	7(2.5)	178(0.9)	2(0.6)	1(0.5)	9(3.2)	186(0.9)

Notes: No/some/extreme-problems. Preop=preoperative, postop=postoperative. Numbers in brackets are (%).

**Conclusions** Quality of life, as measured by the ED-5D-3L health index score, significantly improved for patients that underwent a Shouldice Repair for an inguinal hernia.

## References

