

A gentleman waiting to discuss about the report of nerve conduction with you.

Your patient is an actor but you are NOT. Do what you could do as a third year student. Try to gather knowledge in advance.

Report has confirmed that he is having carpal tunnel syndrome. In his notes the consultant has indicated he should undergo surgery for carpal tunnel syndrome. You are expected to fix a date for surgery for him.

Surgery for CTS is among the most common hand surgeries. In various trials, 70 - 90% of patients who underwent surgery were free of nighttime pain afterward.

Evidence strongly suggests that surgery is more effective than conservative approaches.

In general, patients with the following characteristics are likely to benefit from surgery:

- Symptoms lasting 10 months or longer
- Continual numbness
- Muscles in the base of the palm have begun to shrink
- Symptoms occur within 30 seconds during a Phalen's test
- Above 50 years of age

Surgery does not cure all patients. But evidence now shows that surgery is better than splints and conservative measures for the relief of pain.

Factors that may increase the chances for successful surgery:

- Having surgery performed within 3 years of the diagnosis
- Being in good general health
- Having very slow nerve conduction results, but also having some muscle strength before surgery
- Symptoms are worse at night than during the day

Factors that may reduce the chances for success:

- Having very severe symptoms before surgery.
- Performing heavy manual labor, particularly working with vibrating tools.
- Having very poor nerve conduction results before surgery.
- Patients who are on hemodialysis
- Alcohol abuse, poor mental health, patients with diabetes and high blood pressure also have poor prognosis

Ref: http://www.umm.edu/patiented/articles/what_surgical_procedures_carpal_tunnel_syndrome_000034_9.htm#ixzz29277JbiW

