

ORTHOTIC BRACING FOR PECTUS CARINATUM; EARLY EXPERIENCE FROM A SINGLE UK CENTRE

Christos Kaselas¹, Rebecca Lisseter¹, Helen McCormack¹, Sion Barnard², Hany Gabra¹

¹*Department of Paediatric Surgery, Great North Children Hospital, Newcastle Upon Tyne, UK,*

²*Department of Cardiothoracic surgery, Royal Freeman Hospital, Newcastle Upon Tyne, UK*

Aim of the study: Orthotic bracing (OB) has increasingly been the procedure of choice in the treatment of Pectus Carinatum (PC). However, there is still a limited experience in the UK. We report our early experience.

Material-Methods: A retrospective review of the medical notes of all patients with (PC) who were managed with OB between May 2013-December 2016 in our institute. Exclusion criteria were follow up less than 6 months (n=3) or lost follow up (n=5). Demographics, age at treatment, type of PC, compliance, length of treatment and outcomes of the treatment, were recorded and analysed.

Results: Of a total of 51 patients (M:F =47:4) received OB for PC, 43 patients were available for analysis. Age at start of treatment ranged from 12-17 years (median = 15). The majority had symmetrical PC (56%) and chondro-gladiolar type (95%). Follow up ranged from 7-42 months. Twenty five patients (58%) were fully compliant with the treatment i.e. using the OB >10 hours/day with no reported complications. The overall improvement in appearance of PC was seen in 79% (n=34) compared to 9 patients who had no improvement and treatment discontinued. There was significant correlation between compliance to treatment (>10 hours/day) and the overall positive outcome ($p=0.0254$).

Conclusion: Our results were comparable with other previously reported series in other countries. Careful selection of patients and good compliance with the treatment are the main factors that affect the outcome. OB is a safe modality for the management of PC and requires significant dedication from the patients and close follow up by the clinician in order to succeed.