



# #14: BARRIERS TO HEALTHCARE ACCESS AND UTILIZATION IN PATIENTS WITH ROTATOR CUFF TEARS

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**Disclosures: None relevant**

# BACKGROUND

- Rotator cuff tears are common, affecting approximately 30% of adults over 60 years of age
- These injuries can be a source of significant pain that can limit daily activities and reduce quality of life
- Despite the recognized importance of prompt intervention for rotator cuff tears, disparities in access to care may prevent certain patients from obtaining treatment

# BACKGROUND

- Patients with rotator cuff tears who are low socioeconomic status, minority race or ethnicity, with government-subsidized insurance, or low income undergo surgical intervention less frequently than other patients

***Objective: Analyze social factors associated with reduced access to care in patients with rotator cuff tears***

# METHODS

- Utilized the All of Us database, a new database created by the NIH that targets diverse patient inclusion
- All patients with rotator cuff tears were identified
- Four self-reported domains were assessed in the past one year:  
(1) delayed care; (2) could not afford care; (3) skipped medications;  
(4) >1 year without seeing a healthcare provider
- Multivariable regression was used to analyze the association of patient-factors with each domain of access to care

# RESULTS

- 4,265 patients with rotator cuff tears included
  - 68.1 years average age, 59.1% female, 83.5% White, 57% college graduates
- **>24% of patients** reported delaying care and/or not being able to afford care

Domain of Healthcare Access	Patients with Rotator Cuff Tear (n=4,265)
Delayed care	1141 (26.7%)
Could not afford	1063 (24.9%)
Skipped medication	514 (12.1%)
>1 year since provider	71 (1.7%)

Variable	Odds Ratio	95% CI Lower	95% CI Upper	p-value
<b>Delayed care</b>				
Rotator cuff repair	0.94	0.76	1.16	0.56
Age	0.95	0.94	0.96	<0.001*
Male sex	0.73	0.62	0.85	<0.001*
White race	0.74	0.54	1.02	0.07
Black race	0.73	0.50	1.06	0.10
Income: <\$50,000	1.54	1.19	1.98	<0.001*
Income: \$50,000 to \$100,000	0.98	0.75	1.27	0.87
Income: >\$100,000	0.76	0.58	1.00	0.05
Education: college	1.15	0.92	1.44	0.23
Education: < high school	1.19	0.71	2.00	0.52
No partner	1.02	0.86	1.20	0.84
Sexuality: not heterosexual	1.24	0.96	1.60	0.10
PROMIS Physical	0.83	0.76	0.91	<0.001*
PROMIS Mental	0.78	0.71	0.85	<0.001*
<b>Could not afford care</b>				
Rotator cuff repair	1.02	0.82	1.26	0.86
Age	0.96	0.95	0.97	<0.001*
Male sex	0.79	0.67	0.93	0.004*
White race	0.84	0.56	1.25	0.39
Black race	0.87	0.56	1.35	0.52
Multiracial	1.33	0.66	2.66	0.42
Income: <\$50,000	1.81	1.41	2.32	<0.001*
Income: \$50,000 to \$100,000	0.72	0.56	0.94	0.015*
Income: >\$100,000	0.42	0.31	0.56	<0.001*
Education: college	1.24	0.53	2.86	0.62
Education: high school	1.35	0.57	3.18	0.50
Education: < high school	1.09	0.41	2.84	0.87
No partner	0.96	0.81	1.14	0.65
Sexuality: not heterosexual	1.05	0.80	1.37	0.75
PROMIS Physical	0.78	0.71	0.85	<0.001*
PROMIS Mental	0.81	0.74	0.88	<0.001*

## Multivariable Regression

Younger age, female sex, lower income, worse physical health, and worse mental health associated with reduced access to care among 4,265 patients with rotator cuff tears

# CONCLUSION

- Over one quarter of patients in our diverse cohort of patients with rotator cuff tears reported reduced access to care
- **Patient factors including younger age, female sex, income <\$50,000, worse physical health, and worse mental health are associated with reduced access to care**
- Physicians should be aware of these differences to better identify and advocate for these patients



# SIGNIFICANCE OF FINDINGS

- One of the most effective cost-effective care options for patients with rotator cuff tears is surgical intervention
  - Costs for preoperative evaluation are substantial with an average of \$1,748 per patient
- Taken in context with our findings, patients may be delaying treatment in attempt to save money
- An understanding of the risk factors that contribute to poor healthcare access may help to identify actionable measures to improve care accessibility for patients with rotator cuff tears