

Dupuytren's Contracture: Primary Care Checklist

Dupuytren's contracture can be classified into:

- **Mild** (no functional impairment, contractures < 30° at metacarpophalangeal joints (MCPJ, knuckles)
- **Moderate** (notable functional impairment and 30-60° fixed flexion at the MCPJ and <30° at the proximal interphalangeal joint (PIPJ, small finger joint)
- **Severe** (fixed flexion > 60° at the MCPJ and >30° at the PIPJ) (from British Society of Surgery of the Hand (BSSH)

Dupuytren's is most effectively treated surgically in patients who meet the following criteria

The patient must have one (or more) of the following:

| | <i>Delete as appropriate</i> |
|---|------------------------------|
| Flexion deformity >30° at the MCJ contracture or any PIP contracture | Yes/ No |
| OR.... Rapidly progressive disease | Yes/ No |
| OR.... Contracture interferes with lifestyle and/or occupation | Yes/ No |