

In medical and clinical research, **follow-up** refers to:

The ongoing observation and assessment of a patient or study participant over some time after an initial treatment, diagnosis, or intervention.

Purposes of Follow-Up - **Monitor disease progression or recurrence** (e.g., tumor recurrence after surgery) - **Evaluate treatment outcomes** (e.g., functional recovery, complications) - **Detect late-onset side effects** - **Ensure adherence to therapy or rehabilitation** - **Collect long-term data** for research or registries

Types of Follow-Up - **Short-term follow-up**: days to weeks

(e.g., postoperative wound healing)

- **Long-term follow-up**: months to years

(e.g., survival, relapse rates in cancer)

In Research Studies Follow-up is crucial to: - Assess **primary and secondary endpoints** - Calculate **outcome measures** like survival rate, recurrence, or treatment efficacy - Reduce **loss to follow-up**, which can introduce bias

Example in a Study

“All patients were followed up every 6 months with MRI and endocrine tests for at least 5 years.”

This means researchers kept evaluating the patients' status regularly to track outcomes and complications.

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