

Guidelines for Outcome Studies

Two Types of Studies:

- 1) Interactive – during treatment
- 2) Follow-up – functional interview

Current Process of Follow-up Studies:

- 6 Months – ongoing
- 1 Year – ongoing with limited data
- 3 Years – not completes

Interactive Study (not a true outcome study):

- Systematically perform during treatment or rehabilitation process
- Subjective changes based on short-term goals met or not met
Is subjective interview and analysis our best measure?
- Re-development of new and updated goals
- Change interventions that may lead to discharge
- Objective date i.e., Range of Motion and functional strength

Questions to consider for shoulder pathology:

- 1) During the treatment/rehab process is your shoulder:
 - a) worse
 - b) same
 - c) better

Answer can be based on a percentage

- 2) What is your current level of pain?
 - 0 – 10 scale
 - a) Resting(awake)
 - b) ADL
 - normal
 - working

- sports
- c) night(sleeping)

Task to consider when developing a functional ADL reporting system:

- 1) Dressing and personal grooming
- 2) Toilet activities
- 3) Carrying objects, i.e. books, briefcase, suitcase
- 4) Sleeping on affected side
- 5) Lifting heavy objects > 10 lbs.
- 6) Performing normal household duties
- 7) Sports specific skills – throwing and other overhead lifting
- 8) Return to work without restrictions

Assessment grading system to consider:

- a) Perform well without difficulty
- b) Perform cautiously with slight limitations
- c) Can not perform without pain

Reference: Brian Leggin – PT, DPT, OCS; Penn Therapy and Fitness, Philadelphia(JOSPT March 2006)