Purpose: The purpose of this slide deck is to educate healthcare providers in primary care and workplaces about the various functional assessments for OA and to facilitate group discussion and brainstorming about implementing functional assessments in OA care.

Learning Objectives for HCPs and Employer Representatives:
- Recognize osteoarthritis as a serious disease and the burden of OA on an individual’s ability to function
- Understand the role of functional assessments in the context of OA
- Acquire knowledge about the various functional assessments used for individuals with OA
- Determine which functional assessments for OA might be used in their own clinical practice or workplace and identify barriers and facilitators to implementing these assessments

How to use this speaker guide: Each slide contains the core information to share with your audience. Additional, supplementary information for many of the slides is offered below. Plan to read the content on the slide, then refer to the corresponding slide number below to decide what additional information you will share or discuss.

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<td>Functional Assessments in Osteoarthritis (OA) Care</td>
<td>The role of functional assessments in OA care is to: 1. Quantify OA progression and severity, 2. Individualize treatment options for individuals with OA, 3. Measure and optimize employees’ health and safety.</td>
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| 3       | Osteoarthritis is a serious disease\(^{1,2}\)    | - Osteoarthritis is a serious and chronic disease.\(^{1,2}\)  
- OA is the most common form of arthritis, affecting 32.5 million, or 1 in 7.\(^{5}\)  
- 1 in 14 employed adults has osteoarthritis.\(^{6}\)  
- The high prevalence of arthritis manifests in enormous societal and personal costs.\(^{2}\)

\(^{*}\)Reported from 2008 to 2014

<p>| 4       | OA is common and increasing in prevalence.(^{5})  | Working age adults with arthritis have lower employment rates compared to adults without arthritis. Unemployed adults with arthritis have a much higher prevalence of arthritis-related activity limitations, which possibly suggests that arthritis-related activity limitations might contribute to their unemployment.(^{9}) |
| 6       | Impact of OA                                     |                                                                                                                                                     |</p>
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### Performance-based tests

- **Stair climb**
  - There is not a particular measure/test for this assessment 3, 16
  - Can use a single 20-cm (7.9-inch) step if stairs are not available 3, 16

### Arthritis Hand Function Test (AHFT) 17

- Requires training (manual available- $25) and equipment, and is time consuming 19

### Patient-Reported Outcome Measures (PROMs)

- **WOMAC**
  - Was originally developed for use in clinical trials and is now used by clinicians and researchers for hip/knee OA to evaluate the change in a patient's condition following a therapeutic intervention (such as arthroplasty or drug) 21, 22
  - WOMAC® is a registered trademark of Nicholas Bellamy.

- **Knee Disability and Osteoarthritis Outcome Score (KOOS)** 23, 24
  - Based on WOMAC® 23, 24
  - Can be used to monitor progression or effectiveness of selected treatment 23, 24
  - Domains are scored separately with a total score of 0 to 100. The lower the score, the greater the functional disability 23, 24
  - Also available as KOOS-12 with only 12 questions 23, 24
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| 29 | PROMs- Hip | Hip Disability and Osteoarthritis Outcome Score (HOOS)25,26  
- Based on the WOMAC®25,26  
- Can be used to monitor progression or effectiveness of selected treatment25,26  
- Domains are scored separately with a total score of 0 to 100. The lower the score, the greater the functional disability.25,26  
- Also available as HOOS-12 with only 12 questions25,26 |
| 30 | PROMs- Shoulder, Elbow, Wrist, Hand | Disabilites of the Arm, Shoulder and Hand (DASH)27  
- Uses a Likert scale for responses, rating ability to do certain tasks (no difficulty → unable to do) with higher score equal to greater disability28  
- Available in the QuickDASH, which has 11 questions28 |
| 31 | PROMs- Shoulder | American Shoulder and Elbow Surgeons Standardized Shoulder Assessment Form (ASES)28  
- Widely used; short, and easy to complete28 |
| 33 | PROMs- Hand | Functional Index for Hand Osteoarthritis (FIHOA)31,32  
- Example tasks assessed: turning a key, using a knife, writing, and fastening buttons32  
- Uses a Likert scale for responses (possible without difficulty → impossible)32 |
| 34 | PROMs- HRQoL | Rand Short Form-36 Health Survey (SF-36)34  
- 8 physical and mental health domains are:36  
  - health perception, physical functioning, physical/ emotional limitations, fatigue, pain, social functioning, and mental health  
The SF-36® is a registered trademark of the Medical Outcomes Trust. |
| 35 | PROMs- HRQoL | Patient-Reported Outcomes Measurement Information System (PROMIS)38  
- Questions ask about activities relating to dexterity, walking/mobility, and instrumental activities of daily living such as running errands38  
- Available on paper, computer and mobile apps38  
PROMIS® is a registered trademark of the U.S. Department of Health and Human Services. |
| 36 | PROMs- HRQoL | EuroQoL-5D (EQ-5D)40  
- Respondents rate their health “today” in the 5 dimensions using 3-5 levels of severity and indicate their overall health status on a visual analog scale.40 |
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| 37 | Work/Occupational Assessments | **Work Productivity and Activity Impairment Questionnaire (WPAI)**<sup>13,42</sup>  
  - Absenteeism=missed work, Presenteeism=reduced job performance, Work productivity loss=absenteeism plus presenteeism<sup>42</sup>  
  - Questions ask about hours of work missed and degree to which the health condition affects work productivity and regular activities<sup>42</sup>  
  - Higher values indicate higher levels of OA-related work impairment<sup>43</sup> |
| 38 | Work/Occupational Assessments | **Workplace Activity Limitations Scale (WALS)**<sup>44</sup>  
  - Questions assess difficulties with mobility, prolonged sitting/standing, lifting, kneeling, work hours, work pace, concentration, and meeting job demands.<sup>15</sup>  
  - Uses a 4-point Likert scale from no difficulty→unable to do with a higher score indicating greater workplace limitations<sup>15</sup> |
| 39 | Work/Occupational Assessments | **Work Instability Scale for Rheumatoid Arthritis (RA-WIS)**<sup>45</sup>  
  - Respondents answer "yes"=1 or "no"=0 to each item, with higher scores indicating greater work instability.<sup>46</sup>  
  - Although created for RA, this measure has been validated in people with OA<sup>46</sup> |
| 40 | Work/Occupational Assessments | **Summary & Discussion**  
  - Discussion ideas for clinical care |  
  - NOTE: Feel free to use some other questions, particularly if this is a group from the same clinic or practice where they can brainstorm work flow and other practical components of functional assessments. Examples of discussion questions include:  
  - What functional assessments do you/your practice currently use for patients with OA?  
  - What functional assessments seem practical for your clinical setting?  
  - What are some barriers to using functional assessments that you/your clinic need to address?  
  - What are some facilitators to implementing functional assessments in your clinic?  
  - How might you begin implementing functional assessments into your regular clinical practice? |
Discussion ideas for the workplace

NOTE: Feel free to use some other questions, particularly if this is a group from the same department or organization where they can brainstorm work flow and other practical components of functional assessments. Examples of discussion questions include:

- How does your workplace assess productivity, job fit, and need for job accommodations or job switching?
- What functional assessments seem practical for your workplace?
- What are some barriers to using functional assessments that your workplace needs to address?
- What are some facilitators to implementing functional assessments in your workplace?
- How might you begin implementing functional assessments into your workplace?

Visit www.oaocaretools.org for more tools and resources on performance measures and PROMs used in OA care.

OA AAAA collaborated with Pfizer in the development of this resource.

References