



# Developing a National Core set of Outcome Measures for Rehabilitation in Rheumatic and Musculoskeletal Diseases



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# National Advisory Unit on Rehabilitation in Rheumatology (NKRR)



## Who are we?

- Multidisciplinary research group

## What do we do?

- Develop and communicate knowledge about rehabilitation in rheumatology
- Promote and strengthen an evidence based rehabilitation service nationally for people with rheumatic diseases.

## Our main target groups

- Health professionals
- Patients
- Politicians and decision makers

[www.nkrr.no](http://www.nkrr.no)  
[www.facebook.com/  
revmatologiskrehabilitering](https://www.facebook.com/revmatologiskrehabilitering)

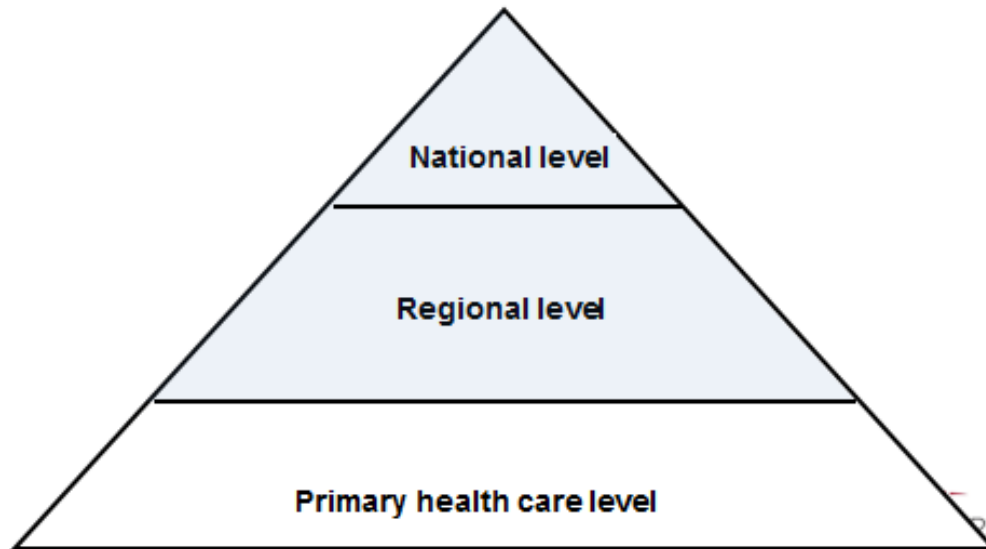


# Background

A core assignment for the National Advisory Unit is to monitor and communicate quality of rehabilitation for patients with rheumatic diseases.

# Background

- Patients with rheumatic and musculoskeletal diseases (RMD's) are in need of rehabilitation throughout periods of their lives



# Background

- Evidence is scarce and there is no consensus of what outcome measures to use<sup>1</sup>
- Lack of continuity between specialized care and primary care<sup>2</sup>



<sup>1</sup> Küçükdeveci et al J.Rehab.Med. 2011; <sup>2</sup>Andreassen et al HDIR 2012; <sup>2</sup>Riksrevisjonen 2012

# Aims

- Develop a national core set of outcome measures
  - Both in specialized care and in primary care
  - Both for clinical evaluations and for research
  - Multidisciplinary
  - Feasible and easy to use for patients (max. 20 minutes)
- «A relay baton» in the rehabilitation process, ensuring continuity in transitions between specialized- and primary care.





## Two main steps

1. What are the 10 most important aspects to assess in rehabilitation for musculoskeletal diseases?
2. Which instruments are best to measure these 10 aspects?

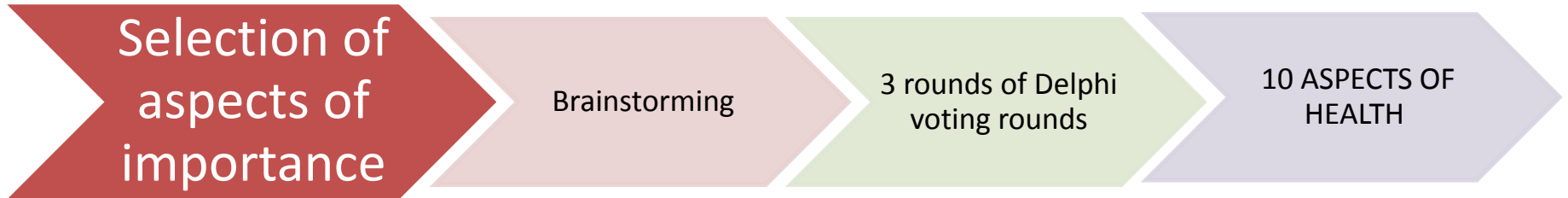
# Delphi consensus procedure and expert group



The Delphi expert group included 46 experts



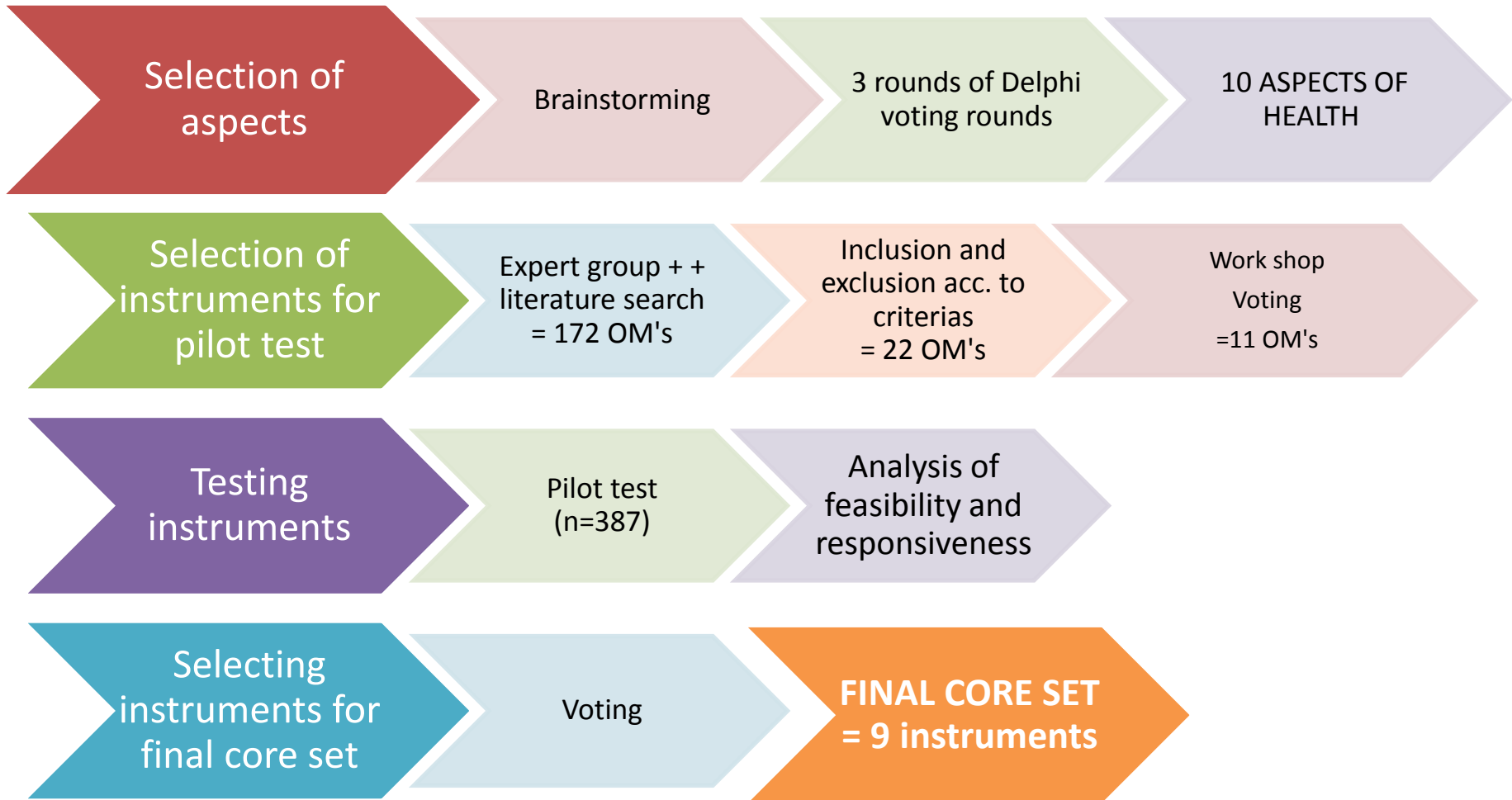
# The process -step by step



- Fatigue
- Pain
- Mental health
- Quality of life
- Social participation
- Goal attainment
- Motivation
- Coping
- Daily activities (ADL)
- Physical fitness

(random order)

# The process -step by step



# Outcome measures in the final core set

NRS Pain	NRS Fatigue	Hopkins Symptom Checklist
EQ 5D-5L	Coop Wonca Social Participation	Patient Specific Functional Scale incl. motivation
Effective Consumer Scale	Hannover Functional Scale	30 sec sit-to-stand test



# To be continued....

- A recommended core set of outcome measures are presented
- The core set is published online at [www.nkrr.no/klinisk verktøykasse/faglige anbefalinger](http://www.nkrr.no/klinisk_verktøykasse/faglige_anbefalinger)  
Research article is soon to be submitted.
- The core set is tested in rehabilitation settings for patients with RMD's but most OM's are generic so in the future it should also be tested on other diagnostic groups

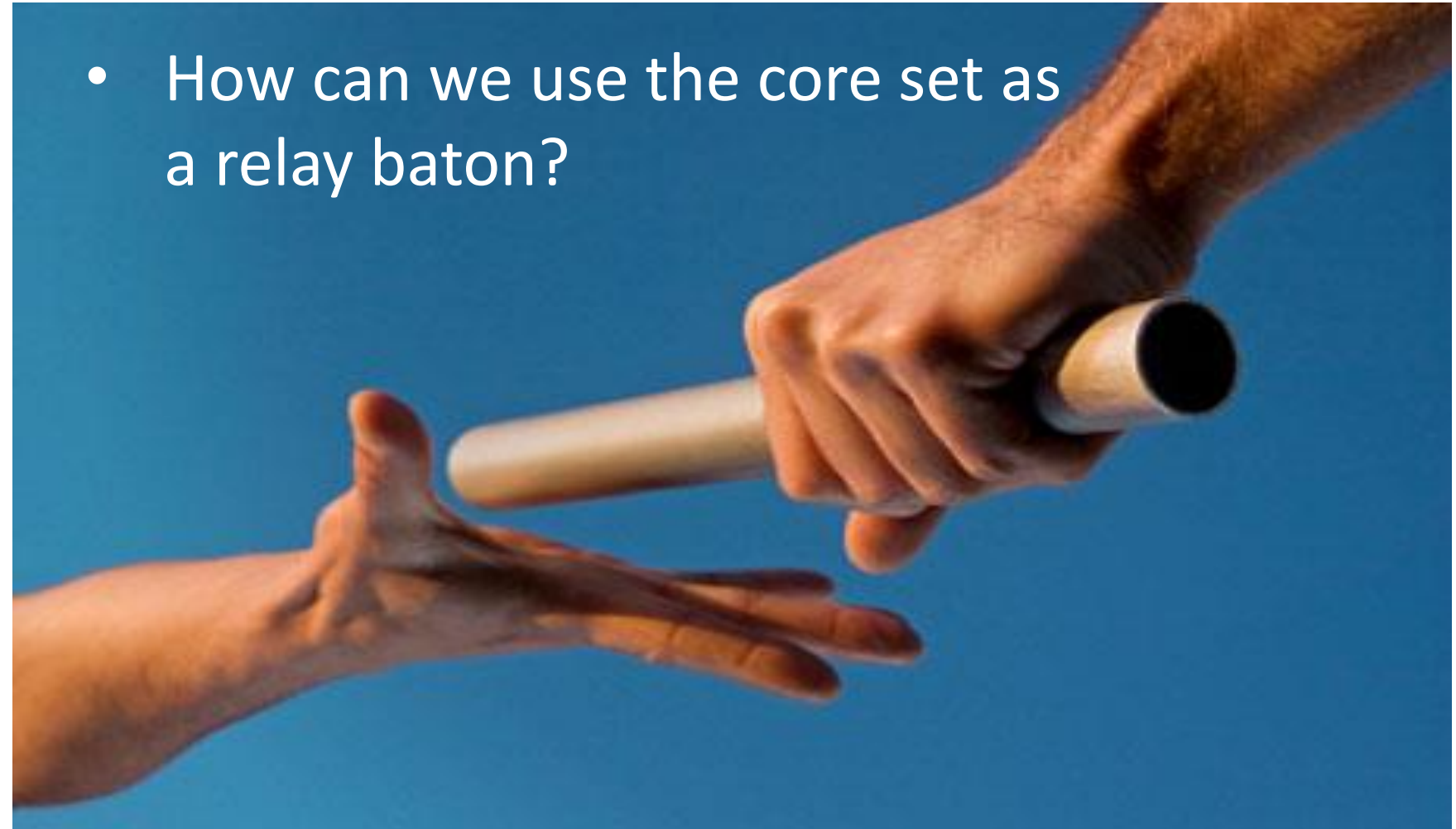
# The Core set in use



# The BRIDGE study

# Aim 1

- How can we use the core set as a relay baton?



## Aim 2

- What happens after rehabilitation in specialised care for patients with RMD's?





# Method

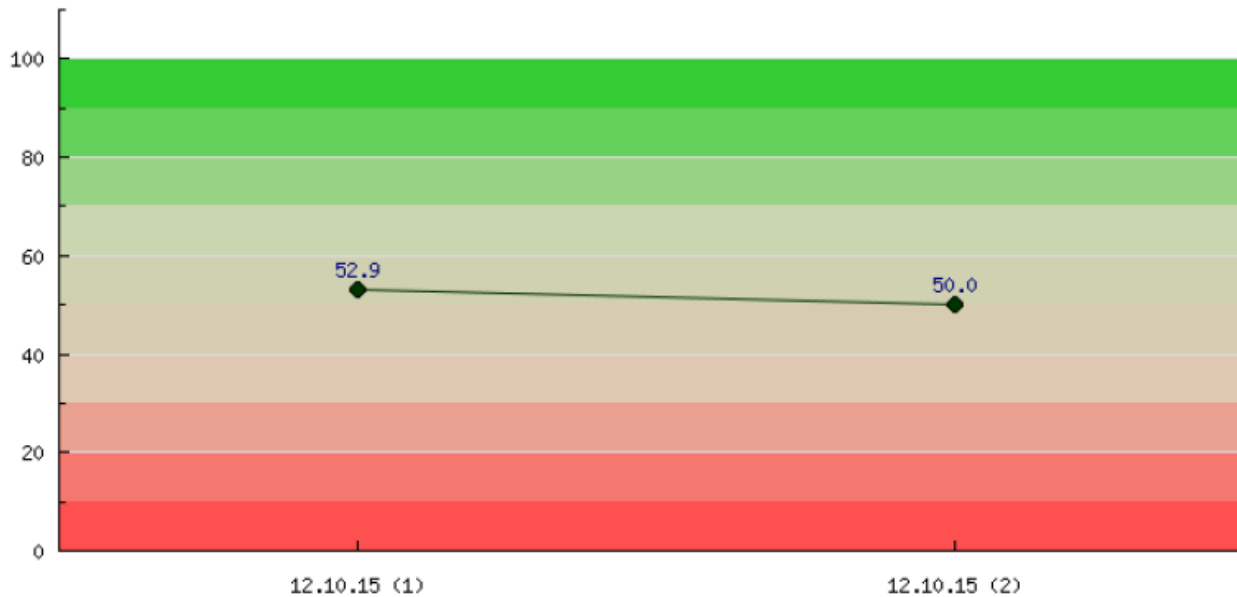
- Multicenter observational study
- 9 rehabilitation centers and hospitals in all regions
- Electronic data collection started Nov 4.
- ~700-1000 patients
- Assessment:
  - admittance
  - discharge
  - 4,8 and 12 months after rehabilitation



# The core set as a relay baton

## Mestring

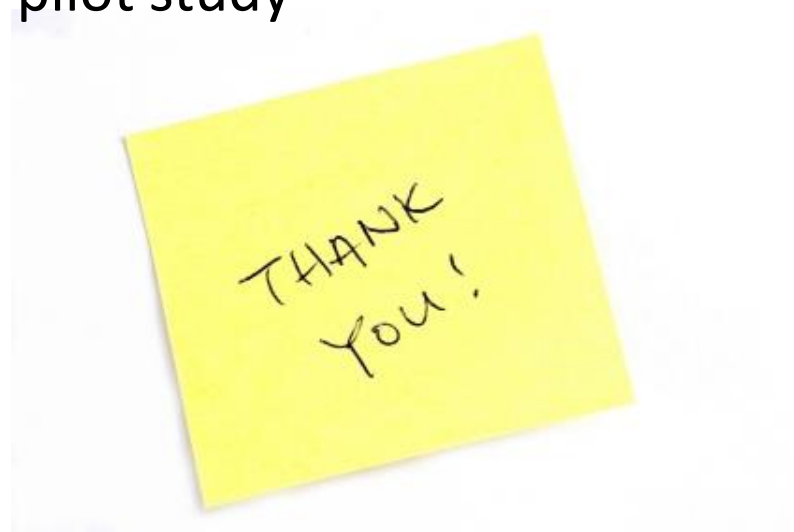
100 tyder på at du i svært stor grad mestrer sykdommen



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# The core set project thanks

- Exstra-stiftelsen
- Experts included in the Delphi group, and librarian Kari Engen Matre for valuable help in the literature search
- Patients participating in the pilot study





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