SHOULDER & ELBOW HRA

Client Review Document

Overview

The Shoulder & Elbow HRA is an online application that assesses shoulder or elbow joint function.

Main Scientific Basis

This HRA was designed using the Oxford Shoulder Score (OSS)[1], the Oxford Elbow Score (OES)[2] and the Oxford Shoulder Instability Score (OSIS)[3].

Product Description

It takes roughly five minutes to answer the questions included in the HRA. Users' answers determine their severity ratings for joint function. Their answers also drive the personalized results they see after completing the HRA. The results displayed are influenced by a variety of factors, including their current joint function as determined by the OSS[1] and OSIS[3] or OES[2] rating, quality of life impairment, and other risk factors that may be related to joint pain[7].

Key Results Provided

The primary result from the Shoulder & Elbow HRA is the joint function result from the OSS and OSIS or the OES. The result is categorized into severe, moderate, mild, or no significant symptoms. For shoulder joints, the most severe result from either the OSS or OSIS will be displayed to the user as their primary result. Follow-up messaging, emails, and programs can be developed to align with these categories.

About the OSS, OSIS and OES

The OSS, OSIS and OES are 12-item questionnaires that are short, practical, reliable, reproducible, valid, and sensitive to clinically important changes.[1,2,3] The OSS pertains to shoulder pain and function (pain severity, mobility, sleep, dressing, eating, personal hygiene, housework, shopping, carrying/hanging items and transport). The OSIS pertains to shoulder instability or worry about instability (joint dislocation) and its effect on users' regular activities. The OES pertains to elbow pain and function (pain severity, mobility, sleep, personal hygiene, housework, shopping, leisure activities and transport) and its effect on users' quality of life/mental health. The Oxford Shoulder and Elbow Scores have been primarily used to assess function before and after joint surgery.

References

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3. Dawson J., Fitzpatrick R., Carr A. et al. The assessment of shoulder instability. The development and validation of a questionnaire. *J Bone Joint Surg Br*. 1999; 81(3): 420-6.
4. Orthopaedic Score. Oxford Shoulder Score. https://www.orthopaedicscore.com/scorepages/oxford_shoulder_score.html. Accessed September 1, 2022.
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