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Introduction

Patient Reported Outcome Measures (PROMs) are tools used to evaluate patient's perceptions of their illness. There are many PROMs available; However, the psychometrics on many of these are unclear making it hard for clinicians to use in practice. Furthermore, the tasks represented in these instruments may not be a representation of daily activities.

Therefore, the **purpose** of this study was to evaluate commonly used PROM tasks.

Methodology

Procedures

College age participants were asked daily to tally how often 34 tasks were completed each day for 7 days. Tasks were taken from common upper extremity PROMs. Participants received reminders daily.

Data Analysis

Median scores and frequencies for each task were calculated. Median was used because the data was frequency based and not normally distributed. Z-scores were calculated to remove outliers.

Results

A total of 23 participants (Males=13; Females=10) aged 25.7±4.9 years completed the study.

All of the activities were used across all participants. Some tasks were completed more frequently than others.

The most frequently used tasks were "walk or sit comfortably with arms at your side" and "reach into your front or back pockets" while the least frequently completed tasks were "read" and "concentrate". See Table 1 and 2 below. Table 3 provides the other tasks asked on the questionnaire.

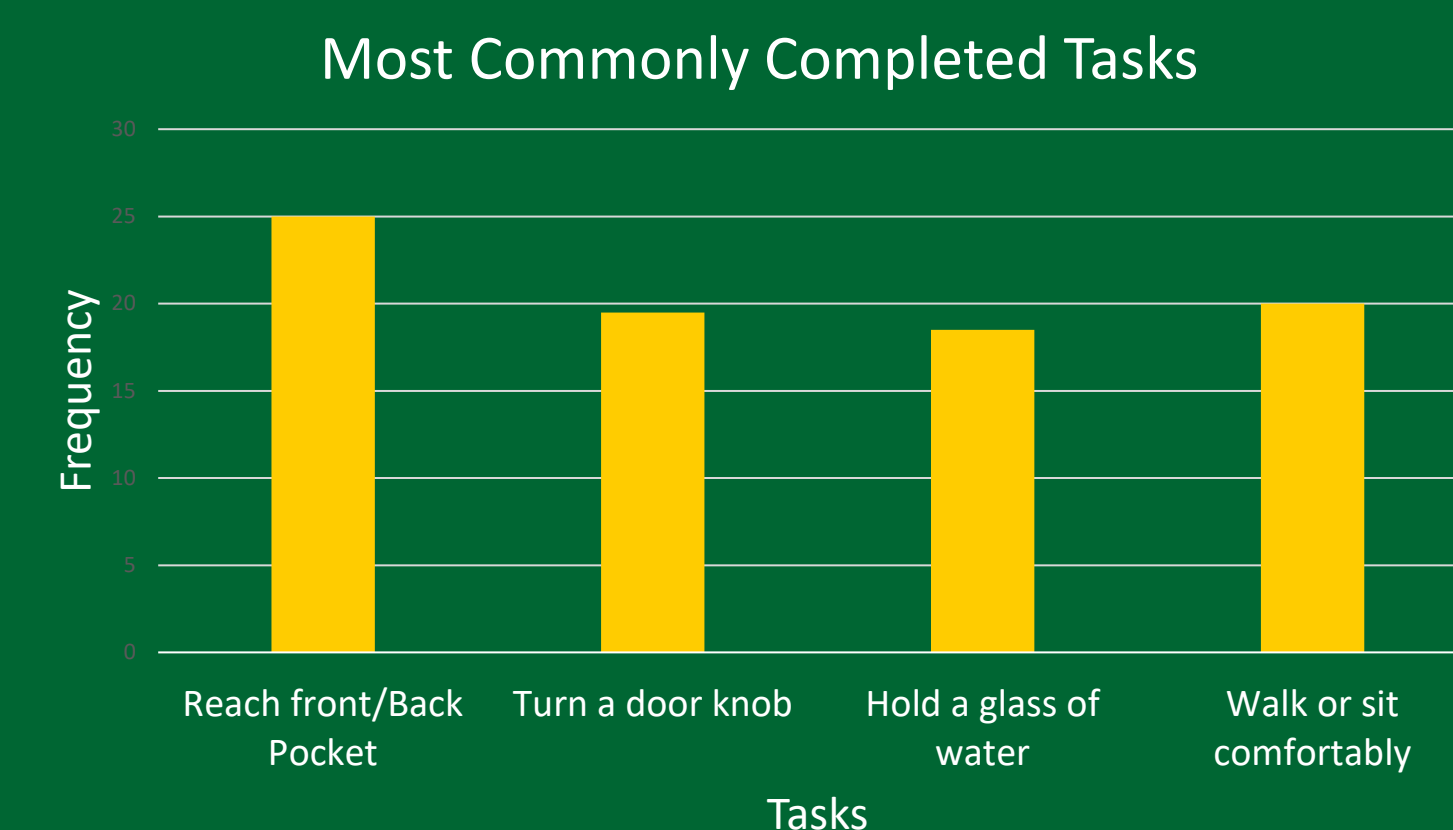


Table 1. (Above). Shows the most commonly completed tasks on the questionnaire.



Results

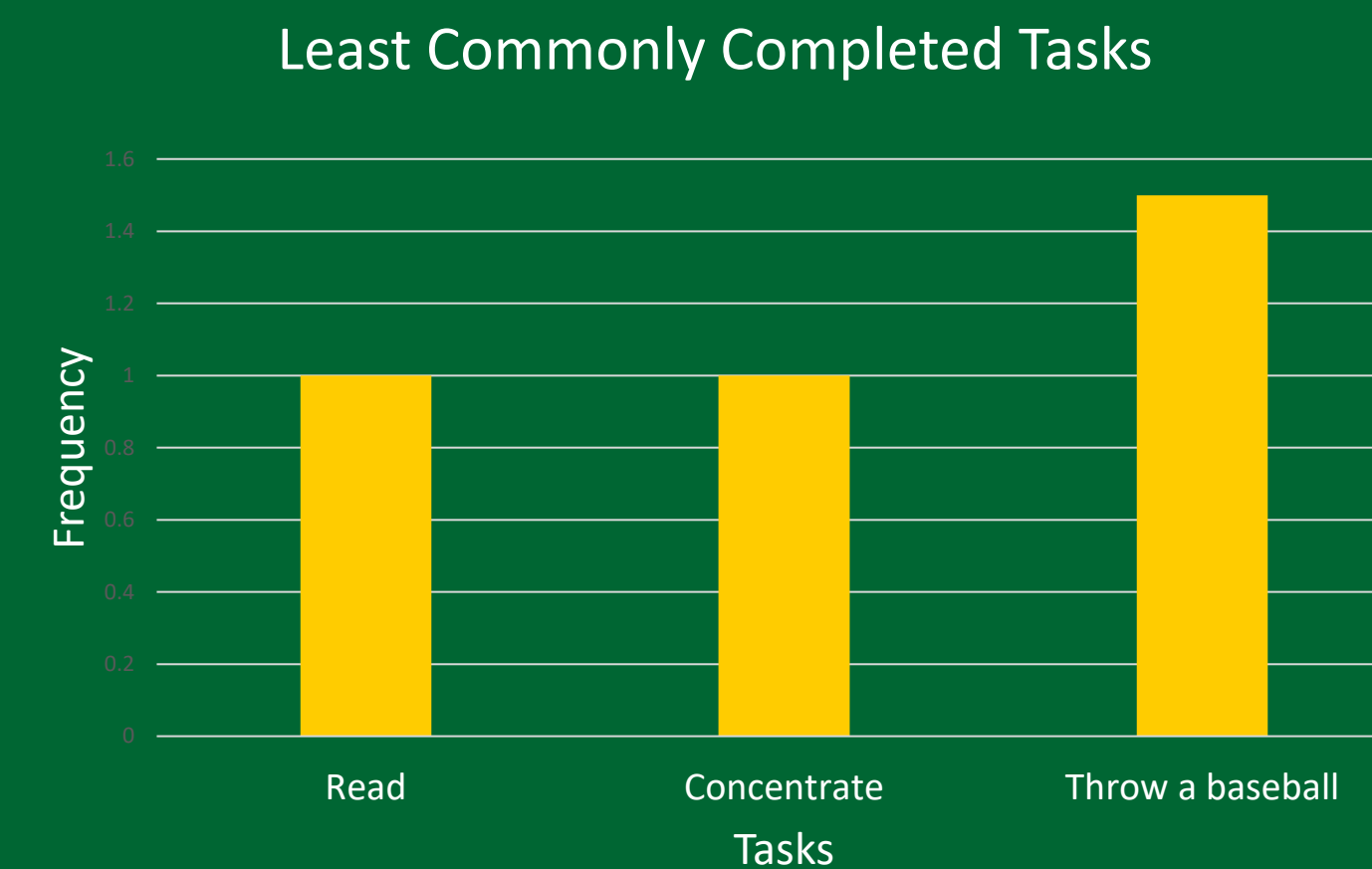


Table 2. (Above) shows the least commonly completed tasks on the questionnaire. Table 3. shows the remaining tasks and their median completion score.

Tasks	Median Score
Wash dishes	6.5
Drive	5.5
Tie shoes	5
Open a Jar	4
Eat with knife/fork/spoon	3.5
Hold a pan	3
Wash under arms	3.5
Button pants or shirt	3.5
Put on or take off pullover	3
Sleep on Side	3
Pick up coin	2.5
Wash or Brush hair	2
Place glass on shelf	2
Place dish on shelf	2
Remove clothing hanging in closet	2
Place mug on shelf	2
Adjust shower head	2
Pick up gallon of milk	2
Carry 10lb bag	2
Pour drink from liter bottle	2
Toss softball	2
Vacuum/Rake	2
Put on Coat	2

Conclusion

Some reported task frequencies were atypical and one reason could be recall bias. Therefore, clinicals should be aware that without clear directions on how to complete questionnaires, the patient recall may be inaccurate. However, if they are recalling specific tasks more frequently, it is likely a more important task to the participant. Thus, the clinician should consider the tasks importance.

Future Research

This research study focused on upper extremity conditions. Therefore, the next research project should consider lower extremity injuries. Additionally, additional studies should consider different patient populations.

References

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