

Report on Physiotherapy

CROMs,PROMs,PREMs

SGH - Sharjah

Jan – June'2025

List of CROMs & PROMs in Physiotherapy

PROMs

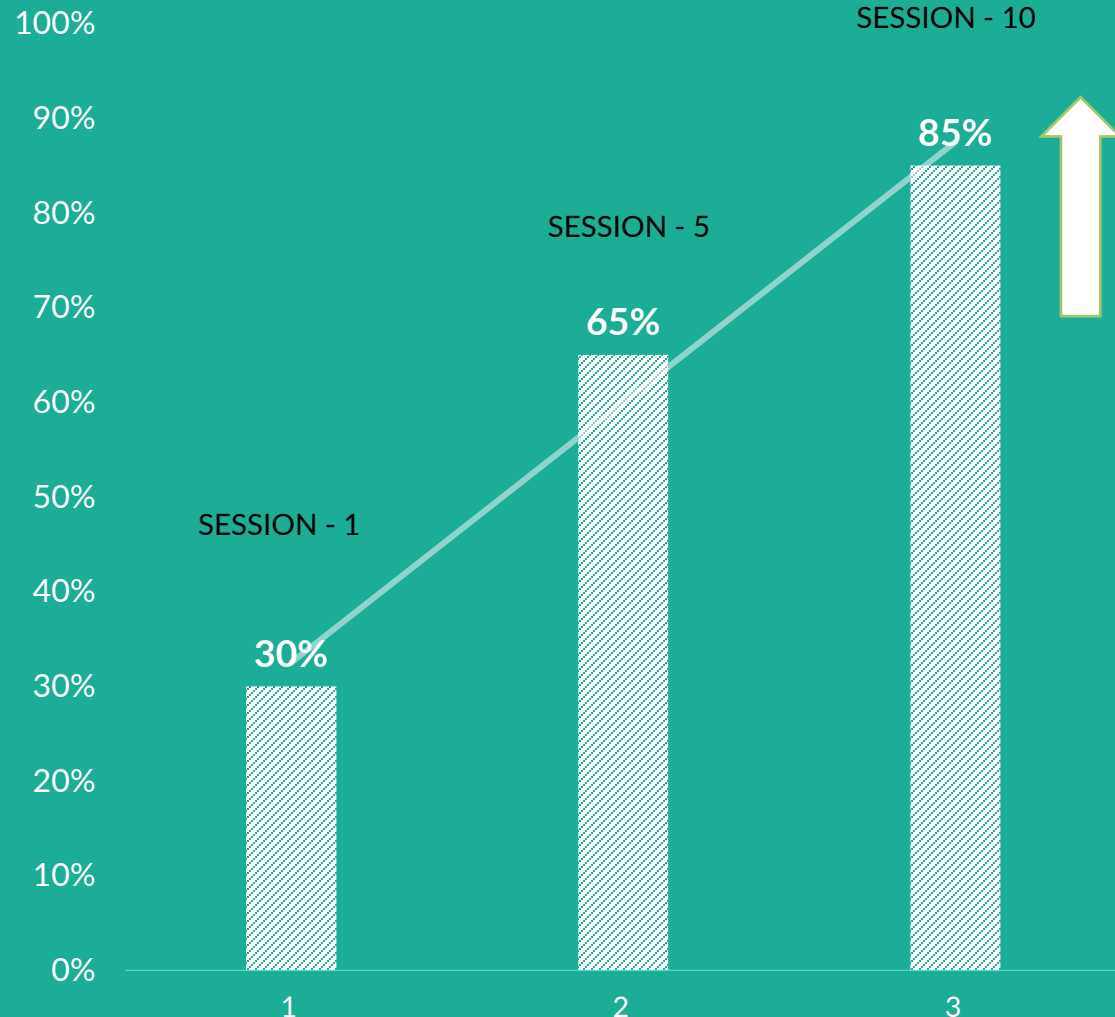
- 1 – The back pain functional scale
- 2 - The Quick DASH outcome measure- Shoulder and Hand
- 3 - Lower Extremity Functional Scale

CROMs

- 1 – Pain score using Visual Analogue Scale
- 2 – Range of Motion
- 3 – Muscle Strength Testing

PROJECT SUMMARY - PROMs

AVG. RATE OF IMPROVEMENT REPORTED BY THE PATIENTS DURING SESSIONS



Sample size : 40 patients

Sessions monitored :Jan-June'2025

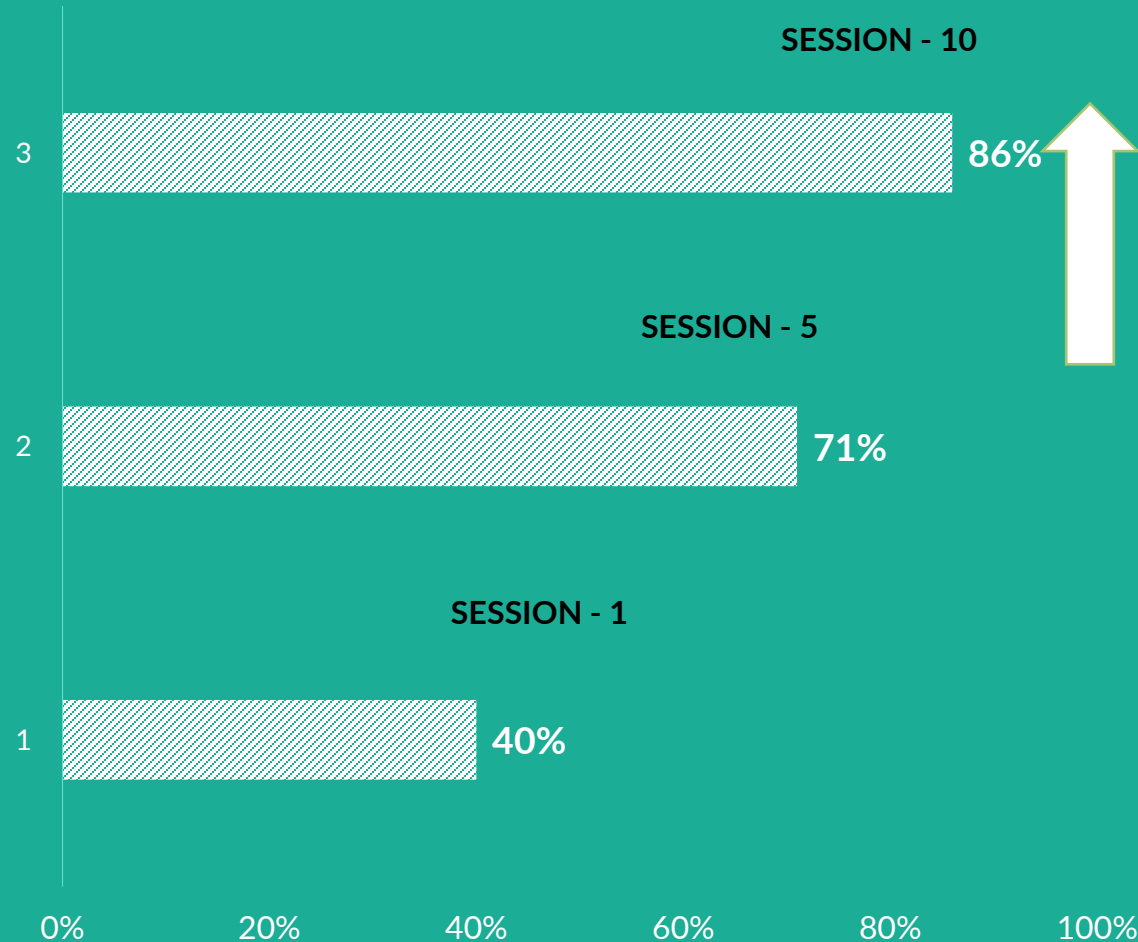
NPS - 90

The Back Pain Function Scale (BPFS) PROM Measures:

- (1) any of your usual work housework or school activities
- (2) your usual hobbies recreational or sporting activities
- (3) performing heavy activities around your home
- (4) bending or stooping
- (5) putting your shoes or socks (or stockings or pantyhose)
- (6) lifting a box of groceries from the floor
- (7) sleeping
- (8) standing for 1 hour
- (9) walking 1 mile
- (10) going up or down 2 flights of stairs (about 20 steps)
- (11) sitting for 1 hour
- (12) driving for 1 hour

PROJECT SUMMARY – PROM Cont'd

AVG. RATE OF IMPROVEMENT REPORTED BY THE PATIENTS DURING SESSIONS



Sample size : 40 patients

Sessions monitored :Jan-June'2025

NPS - 90

Lower Extremity Functional Scale (LEFS) PROM Measures:

- 1.Any of your usual work, housework or school activities.
2. Your usual hobbies, recreational or sporting activities.
3. Putting on your shoes or socks.
4. Squatting.
5. Lifting an object, like a bag of groceries from the floor.
6. Performing light activities around your home.
7. Getting into or out of a car.
8. Going up or down 10 stairs (about 1 flight of stairs).
9. Standing for 1 hour.
10. Sitting for 1 hour.
11. Running on even ground.
12. Hopping.

PROJECT SUMMARY – PROM Cont'd

AVG. RATE OF IMPROVEMENT REPORTED BY THE PATIENTS DURING SESSIONS



NPS - 90

Sample size : 50 patients

Sessions monitored :Jan-June'25

The Quick DASH outcome measure-Shoulder and Hand PROM Measures:

- 1.Open a tight or new jar.
2. Do heavy household chores (e.g., wash walls, floors).
3. Carry a shopping bag or briefcase.
4. Wash your back.
5. Use a knife to cut food.
6. Recreational activities in which you take some force or impact through your arm, shoulder or hand (e.g., golf, hammering, tennis, etc.).
7. During the past week, to what extent has your arm, shoulder or hand problem interfered with your normal social activities with family, friends, neighbors or groups?
8. During the past week, were you limited in your work or other regular daily activities as a result of your arm, shoulder or hand problem?
9. Arm, shoulder or hand pain.
10. Tingling (pins and needles) in your arm, shoulder or hand.
11. During the past week, how much difficulty have you had sleeping because of the pain in your arm, shoulder or hand?
- 12.spending your usual amount of time doing your work?

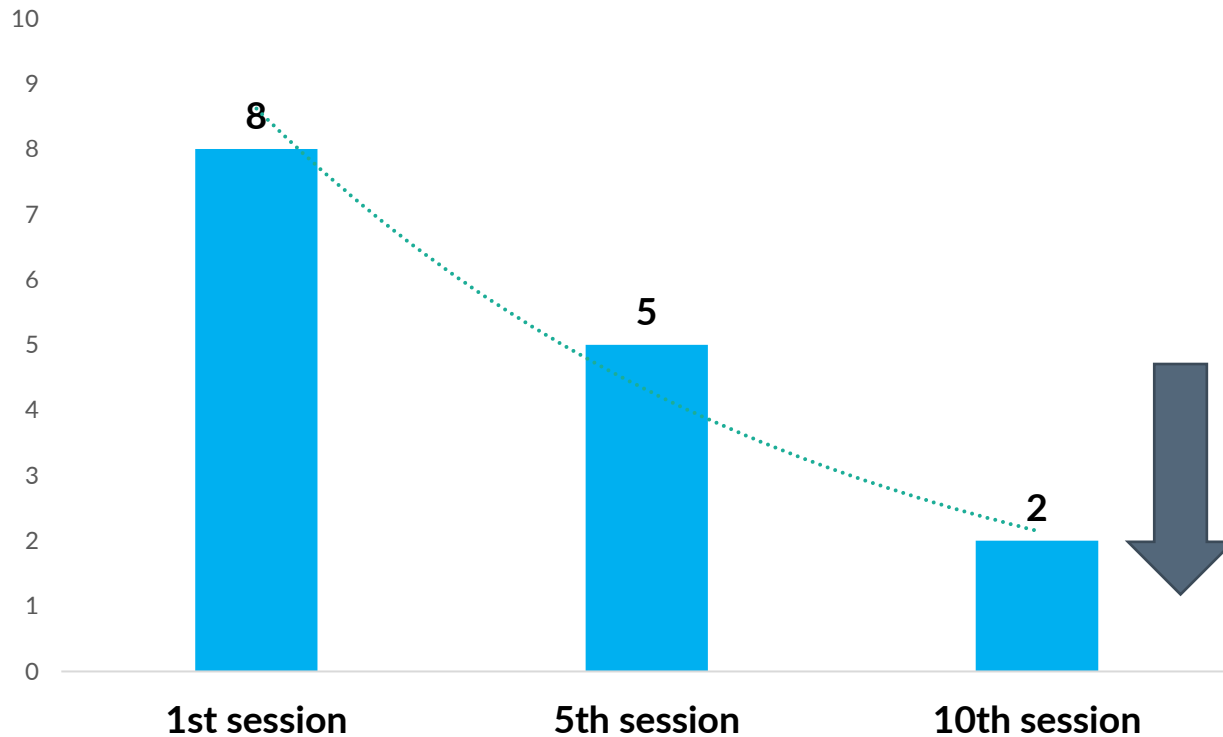
PROJECT SUMMARY - CROMs

Clinician Reported Outcome measures

The Back Pain Function Scale (BPFS):

- 1 – Pain score using Visual Analogue Scale
- 2 – Range of Motion
- 3 – Muscle Strength Testing

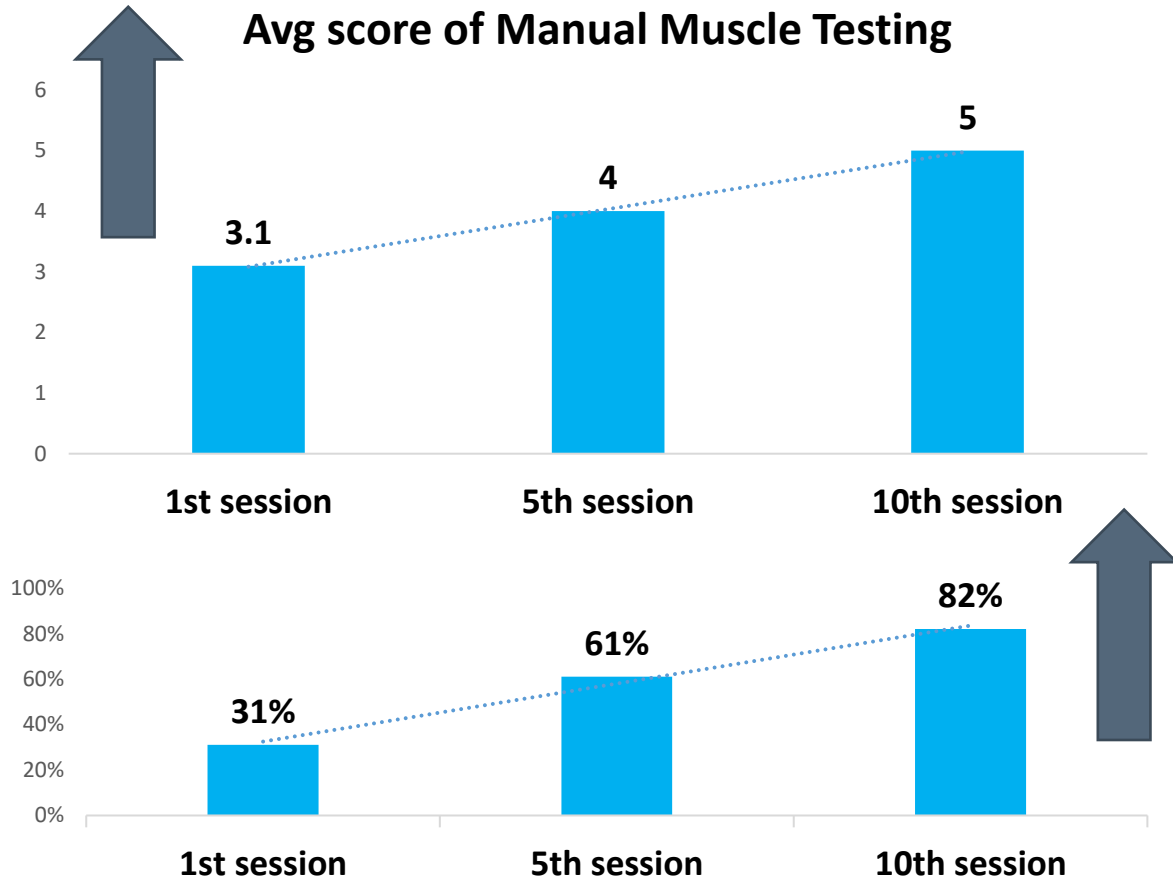
Avg pain score



Sample size : 50 patients

Sessions monitored : Jan-June'2025

Avg score of Manual Muscle Testing



■ Avg Rate of Improvement in Range of Motion

..... Linear (Avg Rate of Improvement in Range of Motion)

PROJECT SUMMARY – CROMs Cont'd

Clinician Reported Outcome measures

The Quick DASH outcome measure-Shoulder and Hand

1– Pain score using Visual Analogue Scale

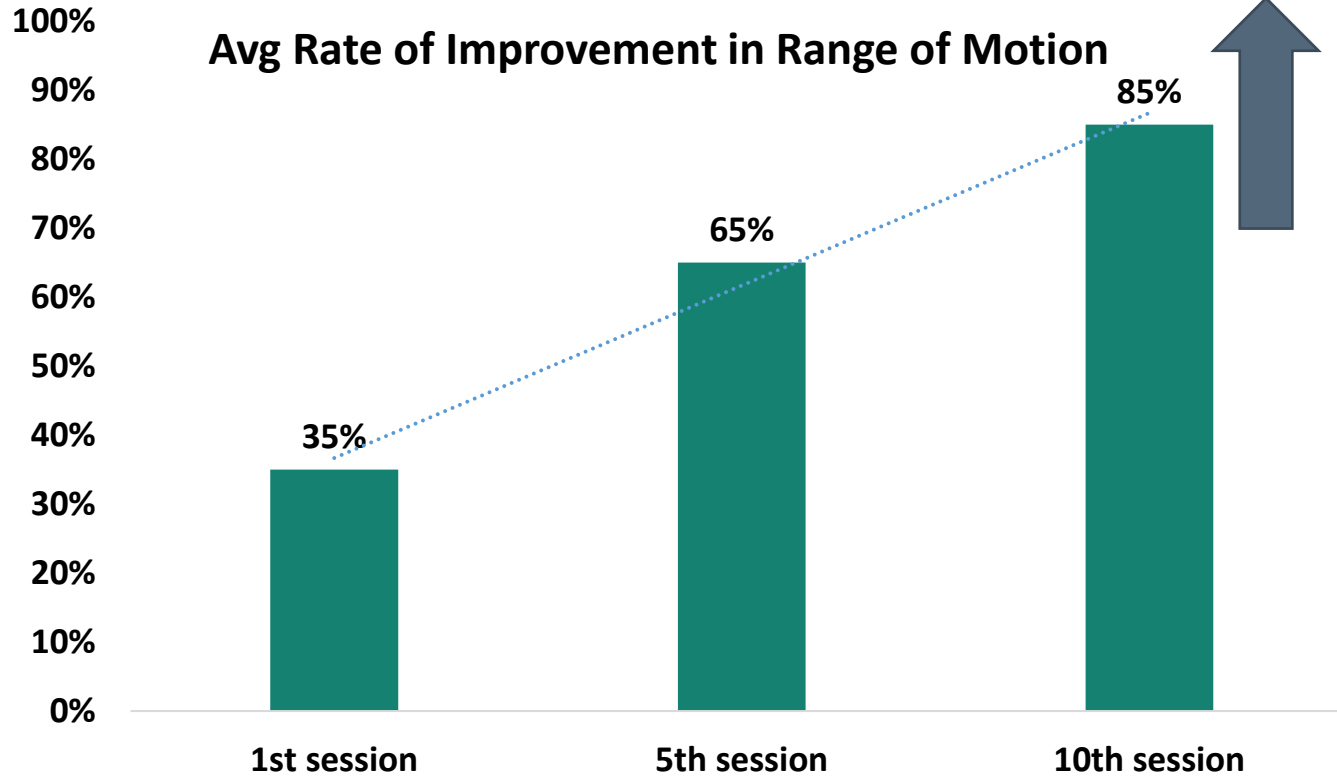
2 – Range of Motion

3 – Muscle Strength Testing

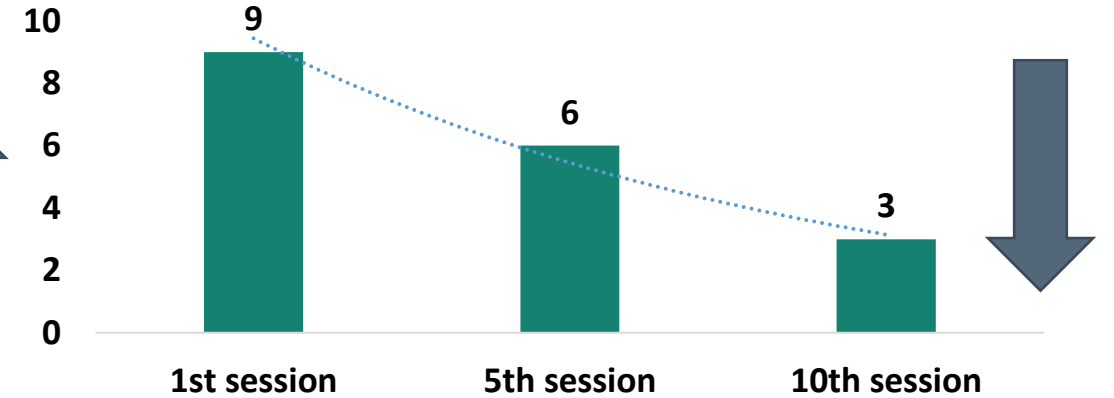
Sample size : 50 patients

Sessions monitored :Jan-June'2025

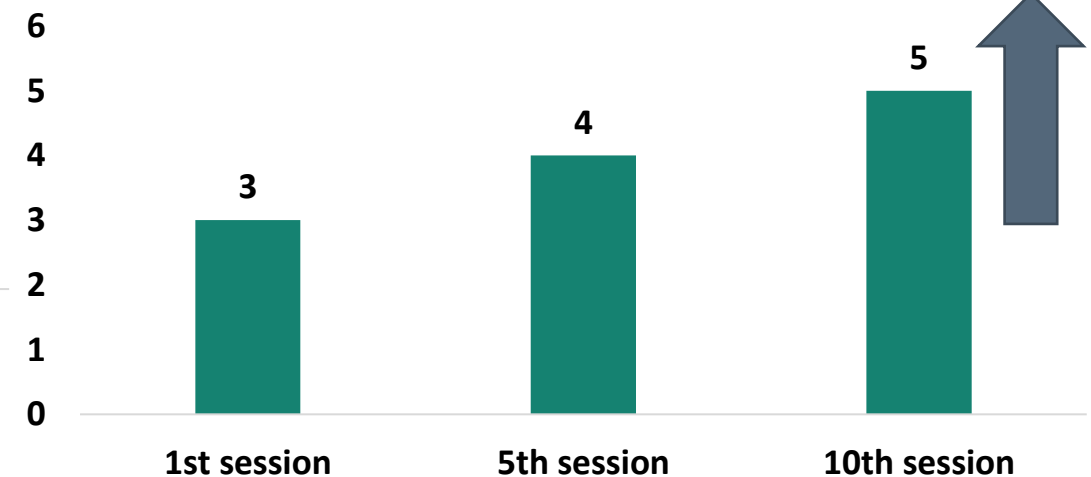
Avg Rate of Improvement in Range of Motion



Avg pain score



Avg score of Manual Muscle Testing



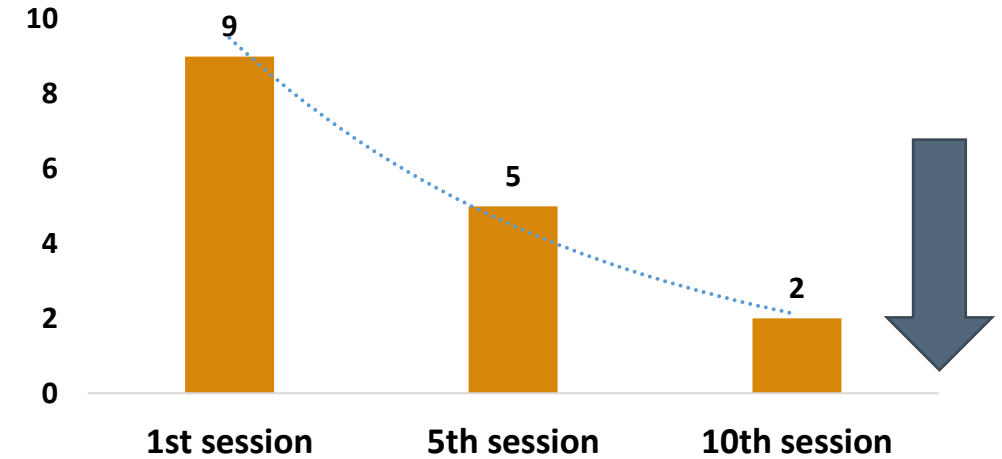
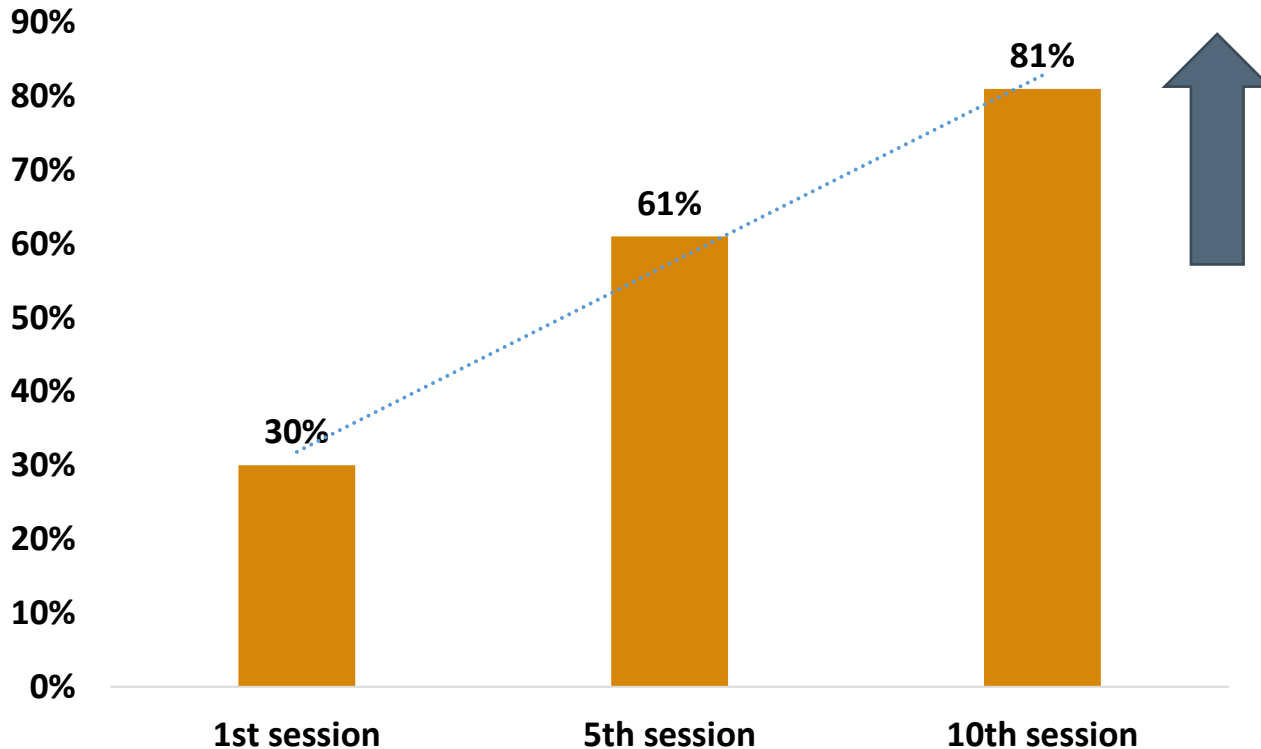
PROJECT SUMMARY – CROMs Cont'd

Clinician Reported Outcome measures
Lower Extremity Functional Scale (LEFS)
1– Pain score using Visual Analogue Scale
2 – Range of Motion
3 – Muscle Strength Testing

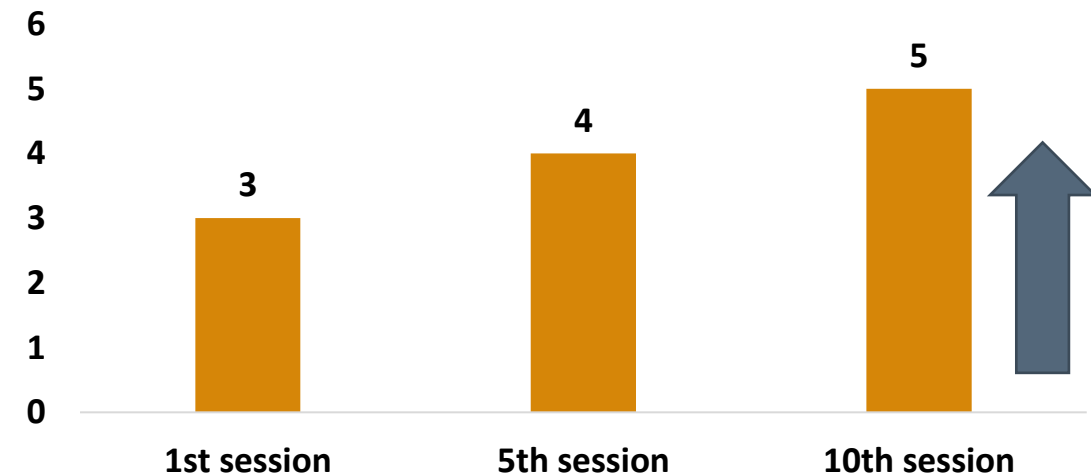
Sample size : 50 patients
Sessions monitored :Jan-June'2025

Avg pain score

Avg Rate of Improvement in Range of Motion



Avg score of Manual Muscle Testing



THANK YOU!