

Assessing Person-Centered Health Outcomes in Adults with Osteoarthritis and Rheumatoid Arthritis

These recommendations are offered as a starting point for consideration. They are not necessarily the best choices for every application and do not substitute for a comprehensive literature review.

Key Domains to Consider in Osteoarthritis (OA) and Rheumatoid Arthritis (RA)

OA, RA, and their treatments can have a significant impact on an individual's well-being. Common symptoms are increased levels of **pain intensity, pain interference, pain behavior, fatigue, sleep disturbance, and depression**, as well as decreased **physical function and ability to participate in social roles and activities**. Patient-reported outcome (PRO) assessments of these domains in OA and RA have been used successfully in research settings and are beginning to move into quality improvement initiatives and healthcare delivery settings.

Suggested HealthMeasures for Primary Domains in OA and RA

Pain - Interference

Pain interference, or the extent to which pain hinders engagement with social, cognitive, emotional, physical, and recreational activities, is one of the primary areas of concern in OA and RA due to the chronic nature of pain involved in these conditions. The Pain – Interference measure is available as a 6-item short form or via computerized adaptive test (CAT).

Pain – Intensity

Pain in the joints is one of the primary symptoms in OA and RA and is often chronic. The PROMIS Pain- Intensity short form can help to quickly assess how much a person hurts or to identify change in pain levels across treatment periods if repeated periodically. The PROMIS Pain – Intensity measure is available as a 3-item short form.

Physical Function

OA and RA often impact physical function due to the pain, swelling, and stiffness they cause in the joints. The PROMIS Physical Function measure assesses self-reported functioning of one's upper extremities (dexterity), lower extremities (walking or mobility), and central regions (neck, back), as well as instrumental activities of daily living, such as running errands. It is available as a 10-item short form or CAT. PROMIS Upper Extremity Function is a useful addition for patients who have concerns specific to the upper body (e.g., hand, wrist, shoulder, and elbow). It is available as a 7-item short form or CAT.

Summary

- Recommended primary domains for OA and RA include pain (intensity and interference), physical function, and fatigue.
- Recommended secondary domains for OA and RA include Pain Behavior, Depression, Sleep Disturbance, and Ability to Participate in Social Roles and Activities.
- HealthMeasures offers brief, psychometrically sound measures for these domains.
- Recommended assessment times include those scheduled to capture the effects of treatment as well as longer-term outcomes.

Fatigue

Persistent fatigue is a common symptom in OA and RA patients. The PROMIS Fatigue (FACIT-Fatigue) measure assesses a person's experience of fatigue (frequency, duration, and intensity) and the impact of fatigue on physical, mental, and social activities. It is available as a 13-item short form or via CAT.

Suggested HealthMeasures for Secondary Domains in Arthritis

Arthritis may impact many aspects of a person's physical, emotional and social functioning, which means that other health status and quality of life domains can also be significantly impacted and represent secondary domains worth assessing:

Secondary HealthMeasures	Description
PROMIS Pain Behavior CAT or scale	Measures external manifestations of pain: behaviors that typically indicate to others that an individual is experiencing pain (e.g. observable displays (sighing, crying), pain severity behaviors (resting, guarding, facial expressions, and asking for help), and verbal reports of pain).
PROMIS Sleep Disturbance 8a short form or CAT	Perceptions of sleep quality, sleep depth, and restoration associated with sleep.
PROMIS Depression 8a short form or CAT	Assesses negative mood (sadness, guilt), views of self (self-criticism, worthlessness), and social cognition (loneliness, interpersonal alienation), as well as decreased positive affect and engagement (loss of interest, meaning, and purpose).
PROMIS Ability to Participate in Social Roles and Activities 8a short form or CAT	Assesses the perceived ability to perform one's usual social roles and activities.

Primary HealthMeasures for Arthritis Patients

- PROMIS Pain Interference 6a short form or PROMIS Pain Interference Item bank for CAT
- PROMIS Pain Intensity 3a short form
- PROMIS Physical Function 10a short form or CAT; PROMIS Upper Extremity 7a short form or CAT
- PROMIS Fatigue 13a (FACIT-Fatigue) short form or PROMIS Fatigue CAT

Assessment Times

Ideally, a pre-intervention or pre-surgery (i.e., baseline) PRO assessment should be captured to serve as a reference point for monitoring response to treatment, with a follow-up assessment outside of the post-operative recovery period or post intervention.

Additional Information

The www.HealthMeasures.net website includes more information about measurement selection, data collection tools, scoring, and interpretation. Its [Search and View Measures](#) tool includes access to all HealthMeasures described here. A Forum allows for questions and responses from the HealthMeasures community. The HealthMeasures team is also available for collaboration or consultation via help@healthmeasures.net.

Learn More!

You can read about CATs and watch a video tutorial at the HealthMeasures.net website [here!](#)