Musculoskeletal Health Questionnaire (MSK-HQ): a partnership model of implementation

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Diffusion of PROMs

• Research evidence driven- (instrument)

• Top down mandated

• A distinct approach- A *partnership* model to implementation; a collaboration between a charity (ARUK), researchers and n=11 partners providing a range of MSK services.
Musculoskeletal Health Questionnaire

- Comprehensive development evaluation methodology
- Designed to work across all MSK.
- Easy to use and interpret
- Sensitive to change
- N=14 items, n=1 Activity ‘0=very poor, 56= excellent’

<table>
<thead>
<tr>
<th>MSK-HQ: CONTENT</th>
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</thead>
<tbody>
<tr>
<td>Pain /stiffness during day</td>
<td>Needing help</td>
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<tr>
<td>Pain stiffness at night</td>
<td>Sleep</td>
</tr>
<tr>
<td>Walking</td>
<td>Fatigue</td>
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<tr>
<td>Washing, dressing</td>
<td>Emotional well-being</td>
</tr>
<tr>
<td>Physical activity</td>
<td>Understanding condition</td>
</tr>
<tr>
<td>Work /daily routine</td>
<td>Confidence in managing</td>
</tr>
<tr>
<td>Social activities / hobbies</td>
<td>Overall impact</td>
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</tbody>
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<table>
<thead>
<tr>
<th>Question</th>
<th>Not at all</th>
<th>Slightly</th>
<th>Moderately</th>
<th>Severely</th>
<th>Extremely</th>
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<tbody>
<tr>
<td>11. Emotional well-being</td>
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<tr>
<td>How much have you felt anxious or low in your mood because of your</td>
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<td>joint or muscle symptoms in the last 2 weeks?</td>
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<tr>
<td>12. Understanding of your condition and any current treatment</td>
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<tr>
<td>Thinking about your joint or muscle symptoms, how well do you feel you</td>
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<tr>
<td>understand your condition and any current treatment (including your</td>
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<tr>
<td>diagnosis and medication)?</td>
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<tr>
<td>13. Confidence in being able to manage your symptoms</td>
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<tr>
<td>How confident have you felt in being able to manage your joint or</td>
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<tr>
<td>muscle symptoms by yourself in the last 2 weeks (e.g. medication,</td>
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<td>changing lifestyle)?</td>
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<td>14. Overall impact</td>
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<tr>
<td>How much have your joint or muscle symptoms bothered you overall in</td>
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<tr>
<td>the last 2 weeks?</td>
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</table>
Case studies

- Aim to gain insights into how the MKS-HQ is used by early adopters as a resource to support organisational decision making about services and impact on individual patient care.

- Partnership: Interim sharing of progress, challenges, successes

- Interviews, meetings, focus group, documents/report

- N=11 partner organisations, n=29 interviews
  SI meeting, focus group
Partners

- Sports and exercise
- Osteopathy
- Community physiotherapy
- Hospital physiotherapy
- Integrated MSK service
- Spine pathway
- Intermediate diagnostic MSK service
- National health board
- Chronic pain service
Partners’ aims

Individual patient care
• Patient monitoring, facilitate communication, unmet need

Population based approaches
• Potential evidence of outcomes for Commissioners
• Audit /service improvement
• Internal/external benchmarking
• Clinical supervision/professional development
Approaches

• Specific populations / all MSK patients
• Pilots / continuous collections
• Time-points for collection
• Different administration methods
• Data processing
• Funding
Acceptability

• Patients; easy to complete and relevant
• High level of staff engagement and confidence in the measure
• A more structured appointment resulting in more time for the delivery of treatment.
• Inclusion of items related to knowledge of condition, self confidence in managing condition and psychosocial aspects novel
• Variable response rates
Logistics and feasibility

- Delays due to reconfiguration of services and installation of new clinical systems
- Challenges with negotiating external processing for electronic capture
- Data governance
- Capacity to process and analyse data
- Conflicting demands
Interpretability

- Minimally Important Difference
- Presentation of results to different audiences
- Benchmarking
- Item level changes
- Relationship with other measures
Actionability

• Promotes inquiry – individual and aggregate level

• Individual item responses were considered valuable and actionable, specifically items related to information needs and self-management.

• Targeted services for sleep education

• Facilitated discussion- more time for intervention

Too early for evidence of impact
Sustainability

- Concerns about resources for continued implementation
- Competing demands/priorities
- Refining process and logistics
- Scaling ‘up’ and ‘out’
- Staff engagement/training (*normalised*)
- Patient engagement activities
Conclusions

- Partnership between charities, academics and local NHS services are a promising mechanism to implement PROMs.

- Comparability- heterogeneity

Insight in to real-world challenges of implementing PROMs in the NHS
Further information

Accessing the measure:
https://process.innovation.ox.ac.uk/

Further information:
<table>
<thead>
<tr>
<th>Question</th>
<th>Severity Levels</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>1. Pain/stiffness during the day</strong></td>
<td>Not at all</td>
</tr>
<tr>
<td>How severe was your usual joint or muscle pain and/or stiffness overall during the day in the last 2 weeks?</td>
<td>□ 4</td>
</tr>
<tr>
<td><strong>2. Pain/stiffness during the night</strong></td>
<td>Not at all</td>
</tr>
<tr>
<td>How severe was your usual joint or muscle pain and/or stiffness overall during the night in the last 2 weeks?</td>
<td>□ 4</td>
</tr>
<tr>
<td><strong>3. Walking</strong></td>
<td>Not at all</td>
</tr>
<tr>
<td>How much have your symptoms interfered with your ability to walk in the last 2 weeks?</td>
<td>□ 4</td>
</tr>
<tr>
<td><strong>4. Washing/Dressing</strong></td>
<td>Not at all</td>
</tr>
<tr>
<td>How much have your symptoms interfered with your ability to wash or dress yourself in the last 2 weeks?</td>
<td>□ 4</td>
</tr>
</tbody>
</table>