

QTB

QUALITY TOOL BOX

Overview

QTBs are a resource for Academy members that include existing tools which may be useful in physiatric practice. Tools included in the Chronic Axial Low Back Pain QTB were identified by subject matter experts who treat patients with this condition, and the Academy's Performance Metrics Committee has evaluated the tools for their methodological quality.

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Chronic Axial Low Back Pain

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Core Constructs

Core Constructs were identified to help guide the selection of Assessment Instruments. Core Constructs are based on the International Classification of Functioning, Disability and Health (ICF) framework. More information on the ICF Framework can be found [here](#).

The Core Constructs for this QTB related to CLBP are:

- *Symptom quality*
- *Global health status*
- *Work productivity*
- *Activity Limitations/ Participation Restrictions*

Clinical Practice Guidelines

1. North American Spine Society (NASS): **Clinical Guidelines for Multidisciplinary Spine Care Diagnosis and Treatment of Lumbar Disc Herniation with Radiculopathy.**
2. North American Spine Society (NASS): **Clinical Guidelines for Multidisciplinary Spine Care Diagnosis and Treatment of Degenerative Lumbar Spinal Stenosis.**
3. North American Spine Society (NASS): **Clinical Guidelines for Multidisciplinary Spine Care Diagnosis and Treatment of Degenerative Lumbar Spondylolisthesis.**
4. American Academy of Orthopedic Surgeons (AAOS): **Treatment of Symptomatic Osteoporotic Spinal Compression Fractures.**

Assessment Instruments

Activity Limitations/Participation Restrictions

- **Pain Disability Questionnaire (PDQ)**—A patient-report measure that assesses how pain affects functioning in everyday activities.
- **Oswestry Disability Index (ODI)**—A patient-report measure that assesses symptoms and severity of low back pain in terms of disablement and the degree to which back or leg pain impacts functional activities.
- **Roland Morris Disability Questionnaire (RMDQ)**—A patient-reported measure of back pain.
- **6-Minute Walk Test**—Provider-based assessment that assesses distance walked over 6 minutes as a sub-maximal test of aerobic capacity/endurance.
- **Short Physical Performance Battery**—A provider-based assessment that assesses lower extremity function.
- **Functional Movement Screening (FMS)**—A provider-based assessment that evaluates movement pattern quality.

Symptom Quality

- **Numeric Rating Scale (NRS)**—A patient-report measure that measures the subjective intensity of pain.
- **Lumbar Range of Motion Test**—Provider-based assessment that assesses movement limitations and possible causes, including pain, spasm, stiffness, or blocking.
- **Backache Index (BAI)**—Provider-based assessment that is applied to patients with LBP in order to help with performing physical examinations easily.

Global Health Status

- **PROMIS-57 v1.0**—A Patient-reported outcome measure of health status **Physical Function and Pain Impact**

Work Productivity

- **Work Productivity and Activity Impairment Questionnaire: General Health**—Patient-reported measure that assesses ability to work and perform regular activities

Performance Measures

Patient Safety Domain

- **PQRS #130** – Documentation of Current Medications in the Medical Record
- **PQRS #154** – Falls: Risk Assessment

Communication and Care Coordination Domain

- **PQRS #182** – Functional Outcome Assessment
- **PQRS #131** – Pain Assessment and Follow-Up
- **PQRS #155** – Falls: Plan of Care
- **PQRS #24** – Osteoporosis: Communication with the Physician Managing On-going Care Post-Fracture of Hip, Spine or Distal Radius for Men and Women Aged 50 Years and Older
- **PQRS #47** – Advance Care Plan

Clinical Process and Effectiveness Domain

- **PQRS #39** – Screening or Therapy for Osteoporosis for Women Aged 65 Years and Older
- **PQRS #40** – Osteoporosis: Management Following Fracture of Hip, Spine or Distal Radius for Men and Women Aged 50 Years and Older
- **PQRS #41** – Osteoporosis: Pharmacologic Therapy for Men and Women Aged 50 Years and Older

Population Health Domain

- **PQRS #128** – Preventive Care and Screening: Body Mass Index (BMI) Screening and Follow-Up
- **PQRS #134** – Preventive Care and Screening: Screening for Clinical Depression and Follow-Up Plan

Patient Education Materials

- **Patient information: Low back pain in adults (Beyond the Basics)**
- **Cleveland Clinic Center for Spine Health**

AAPM&R Resources

- [Evidence-Based Resources](#)
- [Vetted PQRS Measures](#)
- [Performance Measure Resources](#)
- [Endorsed Clinical Practice Guidelines](#)
- [Quality Glossary](#)

External Resources

Evidence/Literature:

- [Cochrane Library](#)

An online collection of databases that brings together in one place rigorous and up-to-date research on the effectiveness of healthcare treatments and interventions, as well as methodology and diagnostic tests.

- [Oxford Centre for Evidence-Based Medicine 2011 Levels of Evidence](#)

Defines a process of finding appropriate evidence feasible and its results explicit.

Clinical Practice Guidelines:

- [National Guidelines Clearinghouse](#)

A public resource for evidence-based clinical practice guidelines.

Assessment Instruments/Performance Measures:

- [National Quality Measure Clearinghouse](#)

A public resource for evidence-based quality measures and measure sets.

- [National Quality Forum \(NQF\) Quality Positioning System](#)

NQF's measure search tool that helps you find the endorsed measures you need quickly and easily.

- [Rehabilitation Measures Database](#)

The Rehabilitation Clinician's Place to Find the Best Instruments to Screen Patients and Monitor Their Progress.