PROMIS(e) of Self-Efficacy for Managing after Distal Radius Fracture:

Opportunities and Challenges Beyond Chronic Conditions

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2019 HealthMeasures User Conference
PROMIS Self-Efficacy for Managing Chronic Conditions

Distal Radius Fracture
Cognitions and behaviors in recovery after musculoskeletal injury

Self-management

Self-efficacy
Describe and understand self-management in adults ages 45-74 after distal radius fracture

**Aim:** Explore associations between self-efficacy for managing injury and perceived health
Study Design

QUAL + quan

META-INFERENCES
Measures

PROMIS Self-Efficacy for Managing Chronic Conditions

“an individual’s confidence in his/her ability to successfully perform specific tasks or behaviors related to one’s health in a variety of situations”

(Gruber-Badini, Velzo, Romero, & Shulman, 2017, p. 1916)
Measures

PROMIS Self-Efficacy for Managing Chronic Conditions

CUSTOM SHORT FORMS

- Managing Symptoms: 16-item short form
- Managing Emotions: 9-item short form
- Managing Daily Activities: 15-item short form
# Measures

<table>
<thead>
<tr>
<th>Physical Health</th>
<th>Mental Health</th>
<th>Social Health</th>
</tr>
</thead>
<tbody>
<tr>
<td>• PROMIS Pain Interference</td>
<td>• PROMIS Depression</td>
<td>• PROMIS Ability to Participate in Social Roles and Activities</td>
</tr>
<tr>
<td>• Patient-Rated Wrist Evaluation (condition-specific measure of disability)</td>
<td>• PROMIS Anxiety</td>
<td></td>
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</tbody>
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## Preliminary Data (n = 22)

<table>
<thead>
<tr>
<th>SE-SYMPOTOMS</th>
<th>SE-EMOTIONS</th>
<th>SE-DAILY ACTIVITIES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mean ± SD = 51.3 ± 7.1</td>
<td>Mean ± SD = 53.5 ± 6.6</td>
<td>Mean ± SD = 48.7 ± 6.6</td>
</tr>
<tr>
<td>Range = 36.1 - 68.2</td>
<td>Range = 43.1 - 65.5</td>
<td>Range = 38.6 - 60.4</td>
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</tbody>
</table>

<table>
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<tr>
<th>SE-Symptoms</th>
<th>Pain Interference</th>
<th>PRWE</th>
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<th>Anxiety</th>
<th>Social</th>
</tr>
</thead>
<tbody>
<tr>
<td>SE-Daily Activities</td>
<td>TBD</td>
<td>TBD</td>
<td>TBD</td>
<td>TBD</td>
<td>TBD</td>
</tr>
</tbody>
</table>
Preliminary Data

Reaction to the Questionnaires

“It’s been a really interesting process and you really captured it.”

(Jill, 70 year old white female, 32 days after ORIF of distal radius fracture of dominant extremity)
Challenges

• “Self-Efficacy for Managing Chronic Conditions”?

• Managing Medications and Treatments

• What does a score of 50 mean?

• Inability to use CAT because of irrelevant items for population
Opportunities

• Expand the PROMIS(e) of Self-Efficacy for Managing Health to recovery after musculoskeletal injury or surgery
  • Research AND clinical applications

• Measurement studies in acute musculoskeletal populations
  • Identify irrelevant and missing items
  • Refine existing items (e.g. “illness” versus “injury”?)
  • Validate in population
Thank You

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Selected References


