

Evaluating the reproducibility of the short version of the Western Ontario Rotator Cuff Index (Short-WORC) prospectively

We wanted to know how consistent the Short-WORC is when measuring patients' quality of life after they have a shoulder injury



What is the problem?

After a shoulder injury, people have a reduced quality of life. This means they not feel healthy, comfortable or feel like want to participate in daily life activities. In order to measure how their shoulder injury is affecting their quality of life, we can use the Short-WORC. The Short-WORC is a 7-item questionnaire that asks patients about their reduced quality of life. The scores from the Short-WORC can help healthcare providers better understand their patients' issues. However, the Short-WORC was recently reduced from 21 items to 7 items, so we want to make sure this shorter version is still consistent for measuring quality of life.

How did the team study the problem?

We invited 162 patients (90 women/79 men) with a shoulder injury or problem to complete the Short-WORC. We used a computer software to complete different measurement tests to check if the Short-WORC was consistent.

What did the team find?

This study shows that the Short-WORC can be used in a variety of clinics that see patients with shoulder injuries and problems. Healthcare providers can get a better idea of how their patients are dealing with their shoulder, and what improvements to their treatment needs to be made to help improve their quality of life.

How can this research be used?

This study shows that the Short-WORC can be used in a variety of clinics that deal with shoulder injuries and disorders. Healthcare providers can get a better idea of how their patient is dealing with their shoulder, and what improvements to their treatments need to be made, to ensure they have a high quality of life.

Cautions

This study is one of three studies that assessed the Short-WORC to ensure that it is a good measure of a patient's quality of life after a shoulder injury or problem. While this study indicates promise, there is still some more research to occur, that will lead us to a final decision on the Short-WORC's use in clinic.

Reference: Furtado, R., MacDermid, J. C., Bryant, D. M., Faber, K. J., & Athwal, G. S. (2020). Evaluating the reproducibility of the short version of the Western Ontario Rotator Cuff Index (Short-WORC) prospectively. *JSES International*, 4(1), 197-201.