

**ICF-based Clinical Practice Guidelines for Common Musculoskeletal
Conditions**

Board of Directors' Meeting

February 2016

Submitted by: Joe Godges DPT* and Christine McDonough PT, PhD**

***ICF-based Clinical Practice Guidelines Editor**

**** ICF-based Clinical Practice Guidelines Revisions Editor**

Advisory Panel Members:

**Anthony Delitto PT, PhD
Joy MacDermid PT, PhD
Phil McClure PT, PhD
JW Matheson DPT
Todd Davenport DPT**

Revisions Advisory Panel Members

**Paul Beattie PT, PhD
James Elliott PT, PhD
Jay Irrgang PT, PhD
Sandra Kaplan PT, PhD
Guy Simoneau PT, PhD**

Strategic Plan Directive:

ORTHOPAEDIC SECTION, APTA STRATEGIC OBJECTIVES 2015-2020

Standards of Practice - Support the development and distribution of resources that promote the provision of best practices in orthopaedic physical therapy

Objective 1: Prior to 2020, disseminate ICF-based Clinical Practice Guidelines for 25 common musculoskeletal conditions

Stages of Clinical Practice Guideline Development

<u>Stage</u>	<u>Description</u>
1.	Topic Selected
2.	Initial Draft in Development
3.	Initial Draft Reviewed and Edited by Coordinator
4.	Author Review and Approval of Coordinator Edits
5.	Place Draft on orthopt.org to Disseminate and Solicit Feedback
6.	Draft in Review by Content Experts
7.	Authors Incorporating Content Expert Comments
8.	Content Expert Draft Review by Coordinator
9.	Place Updated Draft on orthopt.org to Disseminate and Solicit Feedback
10.	Draft in Review by Stakeholder Reviewers
11.	Authors Incorporating Stakeholder Reviewer Comments
12.	Stakeholder Reviewer Comments Review by Coordinator
13.	Draft in Review by <i>JOSPT</i> Editors
14.	<i>JOSPT</i> Editor Draft to Authors for Change Requests or Approval
15.	Final Draft to <i>JOSPT</i>
16.	Authors Review of Proofs
17.	Publication in <i>JOSPT</i>
18.	Submission for National Guidelines Clearinghouse Acceptance

CURRENT STATUS**Completed Guidelines - published in *JOSPT***

1. Heel Pain / Plantar Fasciitis (2008)
Heel Pain / Plantar Fasciitis Revision (2014)
2. Neck Pain (2008)
3. Hip Pain and Mobility Deficits / Hip Osteoarthritis (2009)
4. Knee Stability and Movement Coordination Impairments / Knee Ligament Sprain (2010)
5. Knee Pain and Mobility Impairments / Meniscal and Articular Cartilage Lesions (2010)
6. Achilles Pain, Stiffness, and Muscle Power Deficits / Achilles Tendinitis (2010)
7. Low Back Pain (2012)
8. Shoulder Pain & Mobility Deficits/Adhesive Capsulitis (May 2013)
9. Ankle Stability and Movement Coordination Impairments/Ankle Ligament Sprain (Sep 2013)
10. Non-arthritic Hip Joint Pain (June 2014)

Guidelines - under review (i.e., authors have submitted a draft to the Coordinator/Editors)

None at this time

Guidelines - under development (i.e., authors are being assembled and receiving tasks, literature is being reviewed, and drafts are being created)

11. Patellofemoral Pain Syndrome
12. Carpal Tunnel Syndrome (collaborating with the Hand Rehabilitation Section)
13. Elbow Epicondylitis (collaborating with the Hand Rehabilitation Section)
14. Distal Radius Fractures (collaborating with the Hand Rehabilitation Section)
15. Shoulder Instability (collaborating with the Sports Section)
16. Hip Fracture (collaborating with the Academy on Geriatrics)
17. Post Concussion Syndrome (collaborating with the Neurology Section and Sports Section)
18. Medical Screening in Management of Common Musculoskeletal Conditions (collaborating with the Federal PT Section)
19. Prevention of ACL Injuries (collaborating with the Sports Section)

Planned Clinical Practice Guidelines:

20. Shoulder Rotator Cuff Syndrome (will be initiated follow completion of the Shoulder Instability Guidelines)

Development process being supervised

21. Antipartum Pelvic Pain (collaborating with the Section on Women's Health - initial draft completed - guideline not yet reviewed - review process being discussed with the Nancy Donovan PT, PhD, Editor-in-Chief, Journal of Women's Health Physical Therapy)
22. Work Rehabilitation (OHSIG)

Clinical Practice Guidelines **Revision** Activities:

Completed Revision

1. The Heel Pain / Plantar Fasciitis (Leader: RobRoy Martin) - published in November issue of JOSPT

Guidelines in the Revision Process

2. Hip Mobility Deficits / Hip Osteoarthritis (Leader: Mike Cibulka)
3. Neck Pain (Leader: Peter Blanpied)
4. Knee Stability and Movement Coordination Impairments / Knee Ligament Sprain (Leader: David Logerstedt)
5. Knee Pain and Mobility Deficits / Meniscal and Articular Cartilage Lesions) Sprain (Leader: David Logerstedt)
6. Low Back Pain (Leader: Anthony Delitto)
7. Achilles Pain, Stiffness, and Muscle Power Deficits / Achilles Tendinitis (Leader: RobRoy Martin)

Guidelines to initiate the Revision Process in 2016

8. Shoulder Adhesive Capsulitis (Leader: Phil McClure)

Recent Activities and Action Items

Activity #1 - APTA Clinical Practice Guidelines Development Workshop

Joe Godges, Christine McDonough, and Sandra Kaplan and were invited to facilitate this workshop, for the 3rd time, in mid July 2015

Activity #2 - Policy Revisions

There are 5 major areas of revision of the policies approved during 2015.

1. Creation of a full time Orthopaedic Section staff member, a ICF-based CPG Coordinator.
This will provide a dedicated professional to keep our 20+ CPGs up to standards required by the National Guidelines Clearinghouse and keep the Orthopaedic Section and JOSPT recognized leaders in this arena.
2. Creation of Advisory Panel consisting of Patients and Consumers.
This panel would be an initial step to formalize this needed area of our CPG development and review process.
3. Creation of CPG Implementation Advisory Panel.
Guidelines are graded on their documentation of their planning and execution of their implementation process. This panel will provide oversight to our implementation plans and execution strategies - many of which are part of the Orthopaedic Section and JOSPT Strategic Plans for the next 5 years.
4. Name Changes for CPG Editor/Coordinator and CPG Revisions Editor/Coordinator to CPG Editor and CPG Revisions Editor
The Coordinator will be a paid, professional position. The current Coordinators will transition to being Editors and CPG and CPG Revision editorial-related tasks.
5. Honoraria removal for the CPG Editor and CPG Revision Editor
Joe Godges and Christine McDonough will perform editorial-related CPG tasks without receiving honoraria.

Activity #3 - 2016 ICF-related CSM Presentations

1. Clinical Examinations for Diagnosis of Shoulder Conditions: What Should Be the Focus?
2. An ICF-Based Clinical Practice Guideline for Lateral Epicondylitis
3. Neck Pain: ICF-Based Clinical Practice Guidelines

Action Items

Action Item #1 - Select the CPG Coordinator

Christine and Joe are, and will continue to, work with Terri DeFlorian with reviewing, interviewing candidates for this position

Action Item #2 - Administrative Processes the CPG Coordinator

Christine and Joe will continue to work with Terri DeFlorian to develop and manage the Ortho Section staff person selected to work in this position.

Action Item #3 - Plan for Ortho Section Annual Conference Pre-con Seminar for 2017 - Critical Appraisal of Literature for Preparing Clinical Practice Guidelines: Hands on Training

Presenting this annually to selected Work Group members and new volunteers to be Work Group members may be very efficient strategy to train more individuals to perform the time intensive tasks involved with creating CPG according to the new National Guideline Clearinghouse standards.

Christine and Joe will work with Terri, Tara, and the Education Committee members to plan and execute this AOS Pre-conference Seminar

Action Item #4 - Guideline Implementation Tools

Work with the ICF-based CPG Implementation Advisory Panel and other stakeholders to facilitate the current and create new "tools" to disseminate for implementing the CPGs - Initiate by substantive discussions at CSM

(From our 2015-2020 Strategic Plan):

CPG implementation tools available for members, collaborative health care professionals, and patients made available through either the Section or JOSPT portals, and/or partnering vendors. Potential implementation tools include:

- Embedded tools, such as instructional videos, within the web-based version of the CPG on www.jospt.org
- CPG-related "Patient Perspectives"
- CPG presentations at CSM and/or other professional conferences
- CPG training iPad / web based app for clinicians
- CPG condition-based exercise app for clinicians and patients
- CPG-based read for credit products
- CPG-based webinars on the foundational knowledge (anatomy, kinesiology, biomechanics, etc) of the CPG condition, which would provide education for students and healthcare professionals learning about guidelines-based care