ICF-based Clinical Practice Guidelines for Common Musculoskeletal Conditions

Board of Directors’ Meeting

February 2015

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

*ICF-based Clinical Practice Guidelines Coordinator

** ICF-based Clinical Practice Guidelines Revisions Coordinator

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
Strategic Plan Directive:
ORTHOPAEDIC SECTION, APTA STRATEGIC OBJECTIVES 2010-2014
Standards of Practice - develop and disseminate outcomes studies
Objective A: Create clinical practice guidelines - 15 guidelines by 2015

Stages of Clinical Practice Guideline Development

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

Completed Guidelines - published in JOSPT
   Heel Pain / Plantar Fasciitis Revision (2014)
3. Hip Pain and Mobility Deficits / Hip Osteoarthritis (2009)
5. Knee Pain and Mobility Impairments / Meniscal and Articular Cartilage Lesions (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-arthritis Hip Joint Pain (June 2014)

Guidelines - under review

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

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)

Guidelines to initiate the Revision Process in 2015

6. Achilles Pain, Stiffness, and Muscle Power Deficits / Achilles Tendinitis (Leader: RobRoy Martin)
7. Low Back Pain (Leaders: Anthony Delitto, Steven George)
Recent Activities and Action Items

Activity #1 - APTA Clinical Practice Guidelines Development Workshop

Joe Godges and Sandra Kaplan were invited to facilitate a this workshop that had the following 11 workgroups participating:

- Acute Care Section - Total Knee Arthroplasty Rehabilitation
- Acute Care and Cardiopulmonary - Critically Ill / ICU Management
- Clinical Electrotherapy and Wound Care Section - Diabetic Foot Ulcer
- Aquatic Therapy Section - Aquatic Therapy Interventions for Hip and LBP
- Neurology, Orthopaedic, Sports Sections - Post-Concussion Management
  (Kathy Kumagai DPT, OCS, NCS represented Ortho Section)
- Academy on Geriatrics - Fall Prevention
- Geriatrics, Orthopaedic Section - Hip Fractures
  (Mike Cibulka and Doug White represented Ortho Section)
- Neurology Section - Locomotor Training
- Pediatrics Section - Coordination Disorders
- Section on Women's Health - Post Partum Management of Pelvic Girdle Pain
- Cardiac and Pulmonary Section - Venous Ulcers

Christine McDonough assisted with the facilitation of this workshop and led the Hip Fracture workgroup.

Activity #2 - Completion of the First CPG Revision

The Ankle and Foot workgroup were pioneers again, creating the process and product for others to follow.

Authors:
Robroy L. Martin, Todd Davenport, Stephen Reischl, Thomas G. McPoil, James W. Matheson, Dane K. Wukich, Christine M. McDonough

Reviewers:

Christine McDonough guided and facilitated the Ankle and Foot though the process with developing this revision, with goal to create a model for the other revision groups to follow.

*All of the CPG Revision Advisory Panel members served as Reviewers of this revision, and will also review each revision in the future.
Activity #3 - Motions Adopted related to collaborative CPG development- 2014

I, Stephen McDavitt, President, move that the Orthopaedic Section and the Sports Section collaborate and utilize their combined resources to create clinical practice guidelines on **Shoulder Instabilities** under the following conditions:

1) The guidelines will be coordinated by the Orthopaedic Section ICF-based Clinical Practice Guidelines Coordinator and Advisory Panel,
2) will be published in JOSPT,
3) will be entitled: *Clinical Practice Guidelines linked to the International Classification of Functioning, Disability, and Health from the Orthopaedic Section and the Sports Section of the American Physical Therapy Association,*
4) will utilize the following copyright and permission statements: ©201_ Orthopaedic Section American Physical Therapy Association (APTA), Inc., the Sports Section, APTA, Inc., and the *Journal of Orthopaedic & Sports Physical Therapy* consent to the reproducing and distributing this guideline for educational purposes, and
5) will be submitted as a guideline on www.guidelines.gov

ADOPTED (unanimous) - May 23, 2014 BoD Meeting

Stephen McDavitt, President, moved that the Orthopaedic Section Board of Directors approve the Orthopaedic Section and the Sports Section collaborate and utilize their combined resources to create clinical practice guidelines on **Primary Anterior Cruciate Ligament Injury Prevention** under the following conditions:

1) The guidelines will be coordinated by the Orthopaedic Section ICF-based Clinical Practice Guidelines Coordinator and Advisory Panel,
2) Will be published in JOSPT,
3) Will be entitled: Clinical Practice Guidelines linked to the International Classification of Functioning, Disability, and Health from the Orthopaedic Section and the Sports Section of the American Physical Therapy Association,
4) Will utilize the following copyright and permission statements: (c)201_ Orthopaedic Section American Physical Therapy Association (APTA), Inc., the Sports Section, APTA, Inc., and the Journal of Orthopaedic & Sports Physical Therapy consent to the reproducing and distributing this guideline for educational purposes, and
5) Will be submitted as a guideline on www.guidelines.gov

Fiscal implication: Fiscal Implication (in proposed 2015 budget line 4180): $4,000 for "Author Fees" to develop this guideline - one time budget action. Following this, a $2,000 per year fee will be required for the CPG revision process, which will likely begin in 2018.

ADOPTED (unanimous) July 24-25, 2014 BOD Meeting

Joe Godges, ICF-based Coordinator, moved that the Orthopaedic Section Board of Directors approve the following: The Neurology Section, Orthopaedic Section and the Sports Section will collaborate and utilize their combined resources to create clinical practice guidelines on **Post-Concussion Syndrome Management** under the following conditions:

1) The guidelines will be coordinated by the Orthopaedic Section ICF-based Clinical Practice Guidelines Coordinator and Advisory Panel,
2) will be published in JOSPT,
3) will be entitled: Clinical Practice Guidelines linked to the International Classification of Functioning, Disability, and Health from the Neurological Section, Orthopaedic Section and the Sports Section of the American Physical Therapy Association,
4) will utilize the following copyright and permission statements: (c)201_ Neurology Section American Physical Therapy Association (APTA), Inc., Orthopaedic Section American Physical Therapy Association (APTA), Inc., the Sports Section, APTA, Inc., and the Journal of Orthopaedic & Sports Physical Therapy consent to the reproducing and distributing this guideline for educational purposes, and
5) will be submitted as a guideline on www.guidelines.gov
ADOPTED (unanimous) October 18, 2014 BOD Meeting
Fiscal Implication: None

=Motion 7= Stephen McDavitt president, moved that the Orthopaedic Section provide funding for one individual to the APTA’s CPG workshop to support the development of a Hip Fracture Clinical Practice Guidelines.

Background:
1. The Orthopaedic Section BoD and the Section on Geriatrics BoD both approved the following motion in 2013:
   The Orthopaedic Section and the Section on Geriatrics will collaborate and utilize their combined resources to create clinical practice guidelines on Hip Fractures, 1) coordinated by the Orthopaedic Section ICF-based Clinical Practice Guidelines Coordinator and Advisory Panel, 2) to be published in JOSPT, 3) using the following listing in the title: Clinical Practice Guidelines linked to the International Classification of Functioning, Disability, and Health from the Section on Geriatrics and Orthopaedic Section of the American Physical Therapy Association, 4) utilizing the following copyright and permission statements: (c)201_ Orthopaedic Section American Physical Therapy Association (APTA), Inc., and the Section on Geriatrics, APTA, Inc., and the Journal of Orthopaedic & Sports Physical Therapy consent to the reproducing and distributing this guideline for educational purposes, and 5) submit to have the guideline on www.guidelines.gov

ADOPTED (unanimous) July 24-25, 2014 BOD Meeting
# Line Items for Clinical Practice Guidelines Budget Spreadsheet

## 2015 Budget

### Line 4118 Travel - General (to CSM)

<table>
<thead>
<tr>
<th>Description</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>ICF-based CPG Coordinator: ($470)(3 days x $310 = $930)</td>
<td>1,400</td>
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<tr>
<td>ICF-based CPG Revisions Coordinator: ($470)(3 days x $310 = $930)</td>
<td>1,400</td>
</tr>
<tr>
<td>ICF-based CPG National Guidelines Clearinghouse (NCG) Coordinator: ($470)(2 days x $310 - $620)</td>
<td>1,090</td>
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### Line 4118 Travel - General (to Guidelines International Network Annual Conference - in Amsterdam in October 2015)

<table>
<thead>
<tr>
<th>Description</th>
<th>Amount</th>
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</thead>
<tbody>
<tr>
<td>ICF-based CPG Revisions Coordinator: ($1500)(4 days x $310 = $1240)</td>
<td>2,740</td>
</tr>
<tr>
<td>Conference Registration Fee</td>
<td>1,000</td>
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</tbody>
</table>

### Line 4121 - ICF-based CPG Honorarium

<table>
<thead>
<tr>
<th>Description</th>
<th>Amount</th>
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<tbody>
<tr>
<td>Guidelines Coordinator (4 guidelines @ $1,500 each = $6,000)</td>
<td>8,000</td>
</tr>
<tr>
<td>Guidelines Revision Coordinator (4 guidelines @ $1,000 each = $4,000)</td>
<td>4,000</td>
</tr>
<tr>
<td>Natl Guidelines Clearinghouse Coordinator - to post/maintain guidelines on <a href="http://www.guidelines.gov">www.guidelines.gov</a> (8 guidelines @ $250 each = $2,000)</td>
<td>2,000</td>
</tr>
</tbody>
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### Literature Indexing, Appraisal Administration, Reference Management, and Manuscript Organization for the CPG Revisions - Graduate Assistant (independent contractor) - average of 4 hours per week at $25/hour for 40 weeks (supervised by Christine McDonough - CPG Revisions Coordinator) (4 hrs/wk x 40 wks x $25/hr = $4,000) | 4,000 |

### Line 4180 - ICF-based CPG Development Expenses

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<thead>
<tr>
<th>Description</th>
<th>Amount</th>
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<tbody>
<tr>
<td>Patellofemoral Pain CPG (Workgroup Leader: Lynn Snyder-Mackler)</td>
<td>4,000</td>
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<tr>
<td>Shoulder Instability CPG (Workgroup Leader: Phil McClure)</td>
<td>2,000</td>
</tr>
<tr>
<td>ACL Prevention CPG (Workgroup Leader: Lynn Snyder-Mackler)</td>
<td>2,000</td>
</tr>
<tr>
<td>Post-Concussion Syndrome CPG - in progress (Workgroup Leader: Karen McColloch)</td>
<td>2,000</td>
</tr>
<tr>
<td>Hip Fractures - in progress (Workgroup Leader: Christine McDonough)</td>
<td>2,000</td>
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<tr>
<td>Carpal Tunnel Syndrome - in progress (Workgroup Leader: Joy MacDermid)</td>
<td>2,000</td>
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<td>Elbow Epicondylitis - in progress (Workgroup Leader: Joy MacDermid)</td>
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<td>Distal Radial Fracture - in progress (Workgroup Leader: Joy MacDermid)</td>
<td>2,000</td>
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<tr>
<td>Medical Screening CPG - in progress (Workgroup Leaders: T. Davenport, M. Wong)</td>
<td>2,000</td>
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### Line 4180 - ICF-based CPG Revision Expenses

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<tr>
<td>Hip OA CPG Revision (Workgroup Leader: Michael Cibulka)</td>
<td>2,000</td>
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<tr>
<td>Knee Ligament CPG Revision (Workgroup Leader: David Legerstedt)</td>
<td>2,000</td>
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<tr>
<td>Knee Cartilage CPG Revision (Workgroup Leader: David Legerstedt)</td>
<td>2,000</td>
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<tr>
<td>Achilles Tendinopathy CPG Revision (Workgroup Leader: RobRoy Martin)</td>
<td>2,000</td>
</tr>
<tr>
<td>Low Back Pain CPG Revision (Workgroup Leaders: Tony Delitto, Steve George)</td>
<td>2,000</td>
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Total: **59,630**

(revised submission - October 17, 2014)