

ICF-based Clinical Practice Guidelines for Common Musculoskeletal Conditions

Board of Directors' Meeting

February 2018

Submitted by: Christine McDonough PT, PhD*, Guy Simoneau, PhD, PT, FAPTA *, and Brenda Johnson**

***ICF-based Clinical Practice Guidelines Co-Editors**

**** ICF-based Clinical Practice Guidelines Coordinator**

Advisory Panel:

Jim Elliot, PT, PhD – (Implementation methods overview)
Sandra Kaplan, PT, DPT, PhD (methods)
Tom McPoil, PT, PhD, FAPTA (foot/ankle & production strategies)
Paul Beattie, PhD, PT, OCS, FAPTA (low back and neck)
Kevin Wilk, PT, DPT (shoulder and knee and sports)

Work Group Leaders:

Peter Blanpied, PT, PhD, OCS, FAAOMPT – Neck CPG Work Group Lead	2017 – 2019
Mike Cibulka, PT, MHS, DPT – Hip CPG Work Group Lead	2017 – 2019
Tony Delitto, PT, PhD, FAPTA – Low back CPG Work Group Lead	2017 – 2021
Ann Lucado, PT, PhD, CHT – Elbow/Hand/Wrist CPG Work Group Lead	2017 – 2019
RobRoy Martin, PT, PhD, CSCS – Ankle/foot CPG Work Group Lead	2017 – 2018
Lori Michener, PT, PhD, ATC, SCS, FAPTA – Shoulder CPG Work Group Lead	2017 – 2019
Lynn Snyder-Mackler, PT, ATC, Sc.D, SCS, FAPTA – Knee CPG Work Group Lead	2017 – 2019

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)
Martin RL, Davenport TE, Reischl SF, McPoil TG, Matheson JW, Wukich DK, McDonough CM. Heel Pain—Plantar Fasciitis: Revision 2014; J Orthop Sports Phys Ther. 2014 44:11, A1-A33
<https://www.jospt.org/doi/full/10.2519/jospt.2014.0303?code=jospt-site>
2. Neck Pain (2008)
Neck Pain – Revision (2017)
Blanpied PR, Gross AR, Elliott JM, Devaney LL, Clewley D, Walton DM, Sparks C, Robertson EK. Neck Pain: Revision 2017; J Orthop Sports Phys Ther. 2017 Jul;47(7):A1-A83
<https://www.jospt.org/doi/full/10.2519/jospt.2017.0302?code=jospt-site>
3. Hip Pain and Mobility Deficits / Hip Osteoarthritis (2009)
Hip Pain and Mobility Deficits / Hip Osteoarthritis-Revision (2017)
Cibulka MT, Bloom NJ, Enseki KR, Macdonald CW, Woehrle J, McDonough CM. Hip Pain and Mobility Deficits—Hip Osteoarthritis: Revision 2017; J Orthop Sports Phys Ther. 2017 Jun;47(6):A1-A37
<https://www.jospt.org/doi/full/10.2519/jospt.2017.0301?code=jospt-site>

4. Knee Stability and Movement Coordination Impairments / Knee Ligament Sprain (2010)
Knee Stability and Movement Coordination Impairments / Knee Ligament Sprain - Revision (November 2017)
Logerstedt DS, Scalzitti D, Risberg MA, Engebretsen L, Webster KE, Feller J, Snyder-Mackler L, Axe MJ, McDonough CM. Knee Stability and Movement Coordination Impairments: Knee Ligament Sprain Revision 2017; J Orthop Sports Phys Ther. 2017 Nov;47(11):A1-A47
<https://www.jospt.org/doi/full/10.2519/jospt.2017.0303?code=jospt-site>
5. Knee Pain and Mobility Impairments / Meniscal and Articular Cartilage Lesions (2010)
Knee Pain and Mobility Impairments / Meniscal and Articular Cartilage Lesions - Revision (February 2018)
Logerstedt DS, Scalzitti DA, Bennell KL, Hinman RS, Silvers-Granelli H, Ebert J, Hambly K, Carey JL, Snyder-Mackler L, Axe MJ, McDonough CM. Knee Pain and Mobility Impairments: Meniscal and Articular Cartilage Lesions Revision 2018. J Orthop Sports Phys Ther. 2018 Feb;48(2):A1-A50
<https://www.jospt.org/doi/ref/10.2519/jospt.2018.0301>
6. Achilles Pain, Stiffness, and Muscle Power Deficits / Achilles Tendinitis (2010)
(Planned May 2018 Publication for revision)
Carcia CR, Martin RL, Houck J, Wukich DK. Achilles Pain, Stiffness, and Muscle Power Deficits: Achilles Tendinitis; J Orthop Sports Phys Ther. 2010 Sep;40(9):A1-26
<https://www.jospt.org/doi/full/10.2519/jospt.2010.0305?code=jospt-site>
7. Low Back Pain (2012)
Delitto A, George SZ, Van Dillen LR, Whitman JM, Sowa G, Shekelle P, Denninger TR, Godges JJ. Low Back Pain; J Orthop Sports Phys Ther. 2012 Apr;42(4):A1-57
<https://www.jospt.org/doi/full/10.2519/jospt.2012.42.4.A1?code=jospt-site>
8. Shoulder Pain & Mobility Deficits/Adhesive Capsulitis (May 2013)
Kelley MJ, Shaffer MA, Kuhn JE, Michener LA, Seitz AL, Uhl TL, Godges JJ, McClure PW. Shoulder Pain and Mobility Deficits: Adhesive Capsulitis; J Orthop Sports Phys Ther. 2013 May;43(5):A1-31
<https://www.jospt.org/doi/full/10.2519/jospt.2013.0302?code=jospt-site>
9. Ankle Stability and Movement Coordination Impairments/Ankle Ligament Sprain (Sep 2013)
Martin, R. L., Davenport, T. E., Paulseth, S., Wukich, D. K., Godges, J. J. Ankle Stability and Movement Coordination Impairments: Ankle Ligament Sprains; J Orthop Sports Phys Ther 2013;43(9):A1-A40
<https://www.jospt.org/doi/full/10.2519/jospt.2013.0305?code=jospt-site>
10. Non-arthritis Hip Joint Pain (June 2014)
Enseki K, Harris-Hayes M, White DM, Cibulka MT, Woehrl J, Fagerson TL, Clohisy JC. Nonarthritic Hip Joint Pain; J Orthop Sports Phys Ther. 2014 Jun;44(6):A1-32
<https://www.jospt.org/doi/full/10.2519/jospt.2014.0302?code=jospt-site>
11. Antipartum Pelvic Pain (collaborating with the Section on Women's Health – Published in Journal of Women's Health Physical Therapy May 2017)
Clinton, SC, Newell, A, Downey, PA, Ferreira, K. Pelvic Girdle Pain in the Antepartum Population J Women's Health Phys Ther: 2017 May;41(2): p 102-125
https://journals.lww.com/jwhpt/Fulltext/2017/05000/Pelvic_Girdle_Pain_in_the_Antepartum_Population.aspx?WT.mc_id=HPxADx20100319xMP

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

12. Knee Injury Prevention (Lead Author: Amelia (Amy) Arundale, PT, PhD, DPT, SCS)
13. Carpal Tunnel Syndrome (Lead Author: Mia Erickson, PT, EdD)
14. Work Rehabilitation (Lead Author: Deirdre Daley, DPT)

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

15. Patellofemoral Pain Syndrome (Lead Author: Richard Willy, PT, PhD)
 16. Elbow Epicondylitis (collaborating with the Hand Rehabilitation Section) (Lead Author: Ann Lucado, PT, PhD, CHT)
 17. Distal Radius Fractures (collaborating with the Hand Rehabilitation Section) (Lead Author: Sue Michlovitz, PT, PhD, CHT)
 18. Shoulder Instability (collaborating with the Sports Section) (Co-Lead Authors: Amee Seitz, PT, PhD, DPT, OCS and Tim Uhl, PT, ATC, PhD, FNATA)
 19. Hip Fracture (collaborating with the Academy on Geriatrics) (Lead Author: Christine McDonough, PT, PhD)
 20. Post Concussion Syndrome (collaborating with the Neurology Section and Sports Section) (Lead Author: Karen McCulloh, PT, PhD, MS, NCS)
 21. Medical Screening in Management of Common Musculoskeletal Conditions (collaborating with the Federal PT Section) (Lead Author: Todd Davenport, PT, DPT, MPH, OCS)
- Prevention of Chronic Pain Associated with Common Musculoskeletal Conditions (collaboration with Education Sections) (Lead Author: David Morrisette, PT, PhD)
22. Pelvic Pain (collaboration with Section on Women's Health) (Lead Author: Meryl Alappattu, DPT, PhD)

Planned Clinical Practice Guidelines:

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

Development process being supervised

25. Work Rehabilitation (OHSIG) (Lead Author: Deirdre Daley, DPT) - Preparing for publication in JOSPT

Clinical Practice Guidelines Revision Activities:

Completed Revision

1. The Heel Pain / Plantar Fasciitis (Lead Author: RobRoy Martin, PT, PhD, CSCS) - published in November 2014 issue of JOSPT
2. Hip Mobility Deficits / Hip Osteoarthritis (Lead Author: Mike Cibulka, PT, MHS, DPT) – published in June 2017 issue of JOSPT
3. Neck Pain (Lead Author: Peter Blanpied, PT, PhD, OCS, FAAOMPT) – published in July 2017 issue of JOSPT
4. Knee Stability and Movement Coordination Impairments / Knee Ligament Sprain (Lead Author: David Logerstedt PT, PhD, MPT, MA, SCS) –published in November 2017 issue of JOSPT
5. Knee Pain and Mobility Impairments / Meniscal and Articular Cartilage Lesions - Revision (Lead Author: David Logerstedt PT, PhD, MPT, MA, SCS) – published in February 2018 issue of JOSPT

Guidelines in the Revision Process

6. Low Back Pain (Lead Author: Anthony Delitto PT, PhD, FAPTA)
7. Shoulder Adhesive Capsulitis (Lead Author: Ellen Shanley PhD, PT, OCS, CSCS)

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

1. Achilles Pain, Stiffness, and Muscle Power Deficits / Achilles Tendinitis (Lead Author: RobRoy Martin, PT, PhD, CSCS)

Guidelines to initiate the Revision Process in 2018

1. Ankle Stability and Movement Coordination Impairments/Ankle Ligament Sprain (Sep 2013) (Lead Author: RobRoy Martin, PT, PhD, CSCS)
2. Non-arthritis Hip Joint Pain (Lead Author: TBD)
3. The Heel Pain / Plantar Fasciitis (Lead Author: RobRoy Martin, PT, PhD, CSCS) - published in November 2014 issue of JOSPT

Recent Activities and Action Items

Activity #1 - Developing and piloting sustainable process for updating CPGs

- CPG Editors and Coordinator working on developing a new surveillance method that will help reduce the workload on authors while maintaining methodological standards and rigors. Heel Pain, being already based on systematic review, will be the first CPG update to pilot this process.

Activity #2 - APTA Clinical Practice Guidelines Development Workshop

Christine McDonough and Sandra Kaplan and were invited to facilitate this workshop, for the 6th time, in mid-August 2018

The new surveillance process will be presented and rolled out to all groups. We will present on our experience and provide education on this process.

Brenda Johnson will attend as well.

Activity #3 - Continuing Guideline Education

Brenda Johnson, Guy Simoneau, and Christine McDonough will attend the 2018 GIN Conference and other GIN/Guideline.gov webinars as available.

Brenda and Christine will submit an abstract to present on our surveillance process and receive feedback.

Activity #4 – Vendor Partnership/nondues generating income opportunities

- Piloting/soft launch of the Vendor Partnership Program
Currently two applicants (one applicant offering a “free” product, so will not pay application fee) that will go through the review and evaluation process
- Signed agreement with the Korean Physical Therapy Associate to translate, publish, and sell CPGs in a book. The royalties from book sales will be split equally amongst copyright holders. (KPTA still working on translations)

Activity #5 - 2018 ICF-related CSM Presentations

1. *Clinical Practice Update: Guidelines for Evidence-based Medical Screening and Diagnosis by Physical Therapists* (CSM 2018).
2. *Knee Injury Prevention Clinical Practice Guidelines*
3. *Integrating New Evidence Into Plantar Heel Pain Clinical Practice Guidelines (FASIG Programming)*

Activity #6 - 2018 Engaging Volunteer Network

- Email was sent to all Ortho Residency Directors to let them know about opportunities to help with CPG Development. Activities to help with are article screening, article appraisal, and data extracting.

- The call out was a success and we have 10 volunteers to help with the tasks above
- The effort will continue to build out resources to make CPG development faster and reduce the burden on authors

Activity #7 - 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

Action Item #1 – Streamlined Guideline Development

Continue efforts on lessening the burden of work to authors. Develop protocols for measures searches, updating revision methods, and pilot two different approaches to compare time saved, measure author satisfaction, and the possibility to engage more members in the CPG development process.

Action Item #2 – Streamlined Guideline Development

Formalizing the translation process of CPGs into non-English documents.

Action Item #3 - Resource development:

- Major contributor to APTA Guideline Development Manual, completed writing guidance sheet and selection of measure process documents for author use.
- Working on developing brief summary of post-publication/implementation process for guideline development groups

Update: Christine McDonough has accepted a faculty position at the University of Pittsburgh in the Department of Physical Therapy at the School of Health and Rehabilitation Sciences and in the School of Medicine in the Department of Orthopaedic Surgery. The move was affective after the New Year.