

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

**CSM** Board of Directors' Meeting

**February 2017**

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

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

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

## **Advisory Panel:**

**Jim Elliot - Implementation methods overview)**

**Sandra Kaplan (methods)**

**Tom McPoil (foot/ankle) & production strategies)**

**Paul Beattie (low back and neck)**

**Kevin Wilk (shoulder and knee and sports)**

**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)**

11. Knee Injury Prevention - New (collaborating with the Sports Section)
12. Elbow Epicondylitis (collaborating with the Hand Rehabilitation Section)

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

13. Patellofemoral Pain Syndrome
14. Carpal Tunnel Syndrome (collaborating with the Hand Rehabilitation Section)
15. Distal Radius Fractures (collaborating with the Hand Rehabilitation Section)
16. Shoulder Instability (collaborating with the Sports Section)
17. Hip Fracture (collaborating with the Academy on Geriatrics)
18. Post Concussion Syndrome (collaborating with the Neurology Section and Sports Section)
19. Medical Screening in Management of Common Musculoskeletal Conditions (collaborating with the Federal PT Section)
20. Prevention of Chronic Pain Associated with Common Musculoskeletal Conditions (collaboration with Education Sections)

**Planned Clinical Practice Guidelines:**

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

**Development process being supervised**

22. Antipartum Pelvic Pain (collaborating with the Section on Women's Health - second draft completed - review process and published submission to journal still being discussed with authors and SOWH leaders)
22. Work Rehabilitation (OHSIG) - Preparing for publication in JOSPT

**Clinical Practice Guidelines Revision Activities:**

**Completed Revision**

1. The Heel Pain / Plantar Fasciitis (Leader: RobRoy Martin) - published in November 2014 issue of JOSPT

**Guidelines in the Revision Process**

2. Low Back Pain (Leader: Anthony Delitto)

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

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

### **Guidelines to initiate the Revision Process in 2017**

1. Shoulder Adhesive Capsulitis (Leader: Lori Michener)
2. Ankle Stability and Movement Coordination Impairments/Ankle Ligament Sprain (Sep 2013)
3. Non-arthritis Hip Joint Pain
4. The Heel Pain / Plantar Fasciitis (Leader: RobRoy Martin) - published in November 2014 issue of JOSPT

### **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 4<sup>th</sup> time, in mid-August 2016

Brenda Johnson attended the workshop as part of her training and to assist work groups attending. APTA funded Brenda's travel.

#### Activity #2 - Continuing Guideline Education

Brenda Johnson, Joe Godges, and Christine McDonough attended the 2016 GIN Conference. Brenda and Joe attended the Pre-Con Course about Streamlining Guideline Development.

#### Activity #3 - Policy Revisions

There are 4 major areas of revision of the policies in development

1. Revised the Advisory Panel make-up and consisting of Patients and Consumers. This panel would be an initial step to formalize this needed area of our CPG development and review process.
2. Revised CPG Implementation Advisory Panel. Vendors and potential were removed from this panel
3. Joe Godges finishing term CSM 2017 as Co Editor and Guy Simoneau beginning his first term CSM 2017 as Co Editor.

#### Activity #4 - 2017 and 2018 ICF-related CSM Presentations

1. Disrupting and Transforming Society as we "Get with the Guidelines" (planned for 2017). Presentation will summarize the status of the strategies to implement the clinical practice guidelines, with a focus on innovative, disruptive, and transforming strategies to integrate evidence-based practice guidelines into clinical education, clinical practice, and clinical research
2. The plan for 2018 will be a presentation on "Knee-Injury Prevention - Research, Guidelines, and Implementation Strategies"

## Action Items

### Action Item #1 - 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, Brenda, Joe, and Guy will work with Terri, Tara, and Nancy Bloom (Education Committee) to plan and execute this AOS Pre-conference Seminar

### Action Item #3 - Guideline Implementation Tools

Extensive efforts occurring at present to create a transparent and effective implementation strategies, utilizing partnering vendors where applicable and appropriate

(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](http://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