10th Meeting of the Washington Group

Results from the UNESCAP and the Granada Group testing

Luxembourg
November 3 – 5, 2010
Upper Body (UB) and the ICF

- Objective of the domain:
  - Identify individuals who report upper body difficulties
  - Difficulties may have been present since birth or may be due to:
    - Accident
    - Disease
    - Injury
    - Degeneration of body structure/function
UB UNESCAP Cognitive Testing

- Aspects:
  - Lifting and Carrying Objects
  - Fine Hand Use
  - Hand and Arm Use
  - Self Care

- Testing goal:
  - Do questions elicit appropriate and comparable cross country and cross culture responses?
  - Are respondents able to easily understand questions and concepts?
  - Can the data be meaningfully interpreted?
Questions Included (1)

- Do you have any difficulty with self care, such as washing all over or dressing?
- Do you have difficulty raising a 2 liter jug of water from waist to eye level? If NO: Go to Hands & Fingers Question
- Do you use any aids or equipment or receive help with lifting? If YES:
  - What types of aids, equipment or assistance do you use?
  - Do you have difficulty raising a 2 liter jug of water from waist to eye level even when using your aid?
- How old were you when the difficulty lifting began?
- Is your difficulty lifting due to a health problem or something else?
Questions Included (2)

- Does your difficulty lifting limit your ability to carry out daily activities?
- Does your difficulty lifting limit your ability to carry out other activities that are not part of your day-to-day life?
- Do you have difficulty using your hands and fingers, such as picking up small objects, for example, a button or pencil, or opening or closing containers or bottles? If NO: Go to Next Section
- Do you use any aids or equipment or receive help when using your hands and fingers? If YES:
  - What types of aids, equipment, or assistance do you use?
Questions Included (3)

- How old were you when the difficulty using your hands or fingers began?
- Is your difficulty using your hands or fingers due to a health problem or something else?
- Does your difficulty using your hands or fingers limit your ability to carry out daily activities?
- Does your difficulty using your hands or fingers limit your ability to carry out other activities that are not part of your day-to-day life?
Results for the Lifting Question

- Responses obtained from 123 of 157 participants
- Most considered lifting from waist to eye level though there were some respondents who considered lifting an item from the floor.
- Concept of “2 liter jug of water” seemed to work well
- Lifting aid question not always connected to jug question
- Varied ideas of what to count as an “aid”
- When the “aid” reported was assistance from another person, the question regarding difficulty lifting “using your aid” was confusing to respondents
Results for the Hands & Fingers Question

- Responses obtained from 142 of 157 participants
- Most interpretations were as intended with some exceptions:
  - Ability to pick items off the floor was considered
  - Ability to pick up objects but not open lids
  - Difficulty attributed to a vision problem
Questions Included in Field Test

- Do you have difficulty with self care, such as washing all over or dressing?
- Do you have difficulty raising a 2 liter jug of water or soda from waist to eye level?
  - PROBE: Can you tell me how you arrived at your answer? Why did you answer [FILL WITH ANSWER]?
- Do you have difficulty using your hands and fingers, such as picking up small objects, for example, a button or pencil, or opening or closing containers or bottles?
  - PROBE: In answering this last question, were you thinking about bending down to pick up an object from the floor, picking up an object from a table, or something else?
Field Test Questions cont’d

- How old were you when the difficulty lifting or using your hands and fingers began?
- How much does your difficulty using your hands and fingers limit your ability to carry out daily activities?
Results from the Field Test

- Across all countries at least some difficulty reported for:
  - Self care: 5%
  - Lifting: 7%
  - Hands and fingers: 7%

- Reports of self-care difficulty increased with age:
  - 18 – 30 years: 1%
  - 31 – 40 years: 2%
  - 41 – 50 years: 6%
  - 51 – 60 years: 12%
  - 61 – 70 years: 18%
  - 71 and older: 23%
Field Test Results *cont’d*

- Three tasks – self care, lifting, and hands and finger use – do not identify the same populations though there is significant overlap nor are they mutually exclusive.
- No single question stands out for recommendation.
- Further research needed to determine *where* respondents are lifting from (floor/ground versus table) and *how* they are considering lifting.
- No further question wording revisions proposed.
Goals for the Granada Testing

- Are the lifting and hands/fingers questions tapping the same thing?
- What action is considered in the lifting question?
  - Ground to waist level
  - Waist to eye level
- What activities are being done in the use of fingers question?
  - Pick up versus grasp
- NOTE: The self care item for Upper Body was not included in this cognitive testing
## Overlap Between Items

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<th>A lot of difficulty</th>
<th>Some difficulty</th>
<th>No difficulty</th>
<th>Missing/Not asked</th>
<th>Total</th>
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Actions Considered for Lifting

- **Range of motion:**
  - Most narratives indicated respondents were thinking about lifting from waist to eye level
    - Waist to eye level not a common activity
  - A small minority indicated they were thinking about bending over to lift something from the ground

- **Item being lifted:**
  - Most thought about actual bottle of water or soda
  - Something significantly heavier was also reported
  - Some ambiguity created by issue of whether the action had to be done with one arm or whether both could be used
Other Findings for Lifting Item

- Respondents did not compare themselves to others when determining their answer.
- If respondents indicated thinking about a specific time period, it was the “current moment”. Otherwise they chose their answer without considering any specific time period.
Results for the Fingers Question

- **Range of motion:**
  - Respondents also thought about bending to the floor for this question; particularly those who had considered this movement in the previous question.

- **Dexterity versus Strength**
  - Picking up a button or pencil requires dexterity while twisting a jar open requires strength.
  - For several respondents this created a double-barreled question situation.

- **Respondents focused on the specific actions mentioned in the question**
  - Action of buttoning shirt versus picking button up
Final Thoughts

- Upper body questions work well for most respondents.
- Possible revisions for lifting question:
  - Waist to mouth which creates a more natural and common movement.
  - Consider the action of someone handing you a 2 liter bottle which avoids the issue of bending over.
- Possible revisions for hands and fingers question:
  - Replace button with needle if the action of buttoning is not an acceptable action.
  - Split into two items if both motions are important to capture.