

Upper Body

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

Upper Body - Lifting	Upper Body – Hands and Fingers					
	Cannot do at all	A lot of difficulty	Some difficulty	No difficulty	Missing/ Not asked	Total
Cannot do at all	1	-	-	-		1
A lot of difficulty	1	1	-	-	1	3
Some difficulty	-	4	5	2	1	12
No difficulty	-	2	16	60	1	79
Missing/Not asked	-	-	-	-	5	5
Total	2	7	21	62	8	100

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