



EARLY INTERVENTION IN A MULTIDISCIPLINARY SETTING with the inclusion of outcome measure data collection stimulates dialogue amongst all stakeholders: the patient, the employer, the payor, and the clinician.¹ Nova Medical Centers' outcome measures consist of tests and measurements used to gauge the effectiveness of individual treatment plans and helps determine the patients' functional abilities. Efficient and effective collaboration on all patient cases leads to shorter treatment times and a faster return to work.²



OUTCOME MEASURE ³	DESCRIPTION
Lower Extremity Functional Scale (LEFS)	Test used to assess impairment in patients with lower extremity musculoskeletal-related dysfunction or disorder.
Modified Low Back Pain Disability Questionnaire (MLBDQ)	Test used to assess severity of low back pain in terms of impairment and impact on functional activity.
Neck Disability Index (NDI)	Test used to assess severity of neck pain with or without upper extremity symptoms in terms of impairment and impact on functional activity.
Disabilities of the Arm, Shoulder, and Hand Scale (QuickDASH)	Test used to assess disorders of the upper limbs and monitor function over time.

QUARTERLY DATA*	FUNCTIONAL ABILITY*	
2015: Quarter 2 (72% Center Participation) Average # of PT Visits: 4.8** Average Claim Duration: 13.1	LEFS: 93%	NDI: 96%
2015: Quarter 3 (100% Center Participation) Average # of PT Visits: 5.3** Average Claim Duration: 14.3	MLBDQ: 98%	QuickDASH (ADL) 95% (Work) 95%
	LEFS: 92%	NDI: 97%
	MLBDQ: 98%	QuickDASH (ADL) 95% (Work) 96%

¹ Gellhorn AC, Chan L, Martin B, Friedly J. Management patterns in acute low back pain: the role of physical therapy. *Spine (Phila Pa 1976)* 2012;37(9):775-82. doi: 10.1097/BRS.0b013e3181d79a09.

² Gatchel R., Polatin P., Noe C., Gardea M., Pulliam C., Thompson J. (2003). Treatment and cost-effectiveness of early intervention for acute low-back pain patients: a one-year prospective study. *J. Occup. Rehabil.* 13 1-9. doi:10.1023/A:1021823505774.

³ The American Physical Therapy Association and Evaluation Database to Guide Effectiveness workgroups identified for the highest-volume conditions in orthopaedics.

* Collected via voluntary, self-reported questionnaires administered at the start of the episode of care, at specified points during treatment, and at a time of discharge.

** Excludes surgical or specialist referral cases.