

Scores II

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ABSTRACT

The Editorial Committee wants to provide its readers with an update on the commonly used scales. The use of tables and scales is a widespread practice in Orthopedics and Traumatology. The measurement and quantification of clinical, functional, and radiographic aspects have become essential tools for decision-making in different aspects of healthcare activity. We carried out a review of the most used scales, defining their use and including original and updated literature.

Keywords: Scales; scores; tables; update.

Level of Evidence: V

Puntajes II

RESUMEN

El Comité Editorial quiere brindar a sus lectores una actualización de las escalas de uso corriente. El empleo de tablas y escalas es una práctica muy extendida en la Ortopedia y Traumatología. La medición y la cuantificación de los aspectos clínicos, funcionales y radiográficos se convirtieron en una herramienta imprescindible para la toma de decisiones en diferentes aspectos de la actividad asistencial. Llevamos a cabo una revisión de las escalas más utilizadas, definiendo su uso e incluyendo bibliografía original y actualizada.

Palabras clave: Escalas; puntajes; tablas; actualización.

Nivel de Evidencia: V

INTRODUCTION

The Editorial Committee wants to provide its readers with an update on the commonly used scales. The use of tables and scales is a widespread practice in Orthopedics and Traumatology. The measurement and quantification of clinical, functional, and radiographic aspects have become essential tools for decision-making in different aspects of healthcare activity.

We carried out a review of the most used scales, defining their use and including original and updated literature. In this opportunity, we dealt with the section of hand scores.

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DASH Scale (Disabilities of the Arm, Shoulder and Hand)

DASH SCALE	1	2	3	4	5
	No difficulty	Mild difficulty	Moderate difficulty	Severe difficulty	Unable
1. Open a tight or new jar					
2. Write					
3. Turn a key					
4. Prepare a meal					
5. Push open a heavy door					
6. Place an object on a shelf above your head					
7. Do heavy household chores					
8. Garden or do yard work					
9. Make a bed					
10. Carry a shopping bag or briefcase					
11. Carry a heavy object (over 10 lbs)					
12. Change a lightbulb overhead					
13. Wash or blow dry your hair					
14. Wash your back					
15. Put on a pullover sweater					
16. Use a knife to cut food					
17. Recreational activities which require little effort (e.g. cardplaying, knitting, etc)					
18. Recreational activities in which you take some force or impact through your arm, shoulder or hand (e.g. golf, hammering, tennis, etc)					
19. Recreational activities in which you move your arm freely (e.g. playing frisbee, badminton, swimming, etc)					
20. Manage transportation needs (getting from one place to another)					
21. Sexual activity					
	Not at all	Slightly	Moderately	Quite a bit	Extremely
22. During the past week, has your arm, shoulder or hand problem interfered with your normal social activities with family, friends, neighbors or groups?					
23. During the past week, were you limited in your work or other regular daily activities as a result of your arm, shoulder or hand problem?					

	None	Mild	Moderate	Severe	Extreme
24. Arm, shoulder or hand pain					
25. Arm, shoulder or hand pain when you performed any specific activity					
26. Tingling (pins and needles) in your arm, shoulder or hand					
27. Weakness in your arm, shoulder or hand					
28. Stiffness in your arm, shoulder or hand					
29. During the past week, how much difficulty have you had sleeping because of the pain in your arm, shoulder or hand?	No difficulty	Mild	Moderate	Severe	Extreme
30. I feel less capable, less confident or less useful because of my arm, shoulder or hand problem	Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly agree

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QuickDASH SCALE. Comparison Between DASH Questionnaire Items and QuickDASH Questionnaire Items

Category	Questionnaire item	DASH	Questionnaire item	QuickDASH
Daily life activities	1	Open a tight or new jar	1	Open a tight or new jar
	2	Write		
	3	Turn a key		
	4	Prepare a meal		
	5	Push open a heavy door		
	6	Place an object on a shelf above your head		
	7	Do heavy household chores	2	Do heavy household chores
	8	Do outdoor or yard work		
	9	Make a bed		
	10	Carry a shopping bag or briefcase	3	Carry a shopping bag or briefcase
	11	Carry a heavy object		
	12	Change a lightbulb overhead		
	13	Wash or blow dry your hair		
	14	Wash your back	4	Wash your back
	15	Put on a pullover sweater		
	16	Use a knife to cut food	5	Use a knife to cut food
	17	Recreational activities which require little effort.		
	18	Recreational activities that require some strength	6	Recreational activities that require some strength
	19	Recreational activities in which you move your arm freely		
	20	Manage transportation needs		
	21	Sexual activities		
Social activities	22	Interference with social activities	7	Interference with social activities
	23	Limitation in work, daily activities	8	Limitation in work, daily activities

Category	Questionnaire item	DASH	Questionnaire item	QuickDASH
Symptoms	24	Arm, shoulder or hand pain	9	Arm, shoulder or hand pain
	25	Arm, shoulder, or hand pain when performing a specific activity		
	26	Tingling in the arm, shoulder, or hand	10	Tingling in the arm, shoulder, or hand
	27	Weakness in the arm, shoulder, or hand		
	28	Stiffness in the arm, shoulder, or hand		
Sleep	29	Difficulty to sleep	11	Difficulty to sleep
Self image	30	Feeling less capable, less confident, or less useful		

DASH Questionnaire = Arm, Shoulder, and Hand Disabilities Questionnaire QuickDASH = Quick Arm, Shoulder, and Hand Disabilities Questionnaire.

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Table. HISS Scale (*Hand Injury Severity Score*)

Integuments					
Skin loss	Absolute values (hand)	Dorsum	<1 cm ²	5	
			>1 cm ²	10	
			>5 cm ²	20	
	Weighting factors (digits)	Dorsum	Dorsum x2		
			<1 cm ²	2	
		Pulp	>1 cm ²	3	
<25%	3				
Skin laceration			>25%	5	
			<1 cm	1	
			>1 cm	2	
Nail injury				1	
Skeletal					
Fractures	Simple shaft			1	
	Comminuted shaft			2	
	Intraarticular DIPJ			3	
	Intraarticular PIPJ			5	
	Intraarticular MCPJ			4	
Dislocations	Open			4	
	Closed			2	
Ligament injury	Sprain			2	
	Rupture			3	
Motor					
Extensor tendon	Proximal to PIPJ			1	
	Distal to PIPJ			3	
Flexor profundus	Zone 1			6	
	Zone 2			6	
	Zone 3			5	
Flexor superficialis				2	
Neural					
Absolute values	Recurrent branch of the median nerve			30	
	Deep branch of the ulnar nerve			30	
Weighting factors	Digital nerve x 1			3	
	Digital nerve x 2			4	

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Boston Scale for carpal tunnel syndrome

Independent variables	Variable values
Severity at night	Between 1 and 5
Recent awakening due to discomfort	Between 1 and 5
Daytime pain	Between 1 and 5
Frequency of daytime pain	Between 1 and 5
Duration of daytime pain	Between 1 and 5
Loss of sensation	Between 1 and 5
Weakness	Between 1 and 5
Tingling	Between 1 and 5
Loss of sensation and tingling during the night	Between 1 and 5
Recent awakening, loss of sensation or tingling	Between 1 and 5
Functional difficulty	Between 1 and 5

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Conflict of interest: The authors declare no conflicts of interest.

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