

New CAHE Outcomes Calculators

CAHE releases four versions of world renowned assessment tool!

Many of you will have used the original CAHE Musculoskeletal Outcomes Calculator (OC), and you may have heard the whispers about the new CAHE OCs. We can now announce officially that CAHE has released four versions of this definitive resource. The versions now available are:

- CAHE Musculoskeletal Outcomes Calculator (revised and relaunched)
- CAHE Incontinence Outcomes Calculator
- CAHE Neurological Disorders Outcomes Calculator
- CAHE Chronic Disease Management Outcomes Calculator

All four Outcomes Calculator and the CAHE OC User Manuals are supplied on CD-ROM for the cost of \$100 (plus GST) including postage and handling. The new Outcomes Calculators have been adapted to work on a wider range of operating systems, making them compatible with just about all hardware/software combinations. [You can order online today - CAHE OC orders will be posted in January 2008!](#)

Message from Professor Karen Grimmer-Somers

The development of the CAHE Outcomes Calculator (OC) suite has taken a team effort over the past seven years, and it is with an enormous sense of pride that we finally announce the arrival of the four calculators! We first started talking about the need for software that could keep track of patients' outcomes over an episode of care prior to 2000. Then it was a matter of finding the resources to fund the identification of psychometrically sound outcome measures, to contact developers and receive their permission to use their instrument(s) and then to fund software development. We have been very lucky to have found programmers who have listened to us, and translated our needs into action. Our inaugural team for the musculoskeletal calculator included Dr Andrea Bialocerkowski (now at University of Melbourne), Dr Saravana Kumar (CAHE Deputy), Steve Milanese (now PhD student at UniSA) and Barrie Mulley (programmer). The Incontinence OC is largely Dr Trish Neumann (who commenced the Incontinence OC work during her PhD). The neurological calculator team was lead by Dr Susan Hillier (snr CAHE researcher), Matt Sutton, and Alexandra Young, and Lucy Lizarondo and I put the chronic disease management manual together. The best calculator feature for me is the data export function. This was a dream for me which I never thought would be realised, however here it is for all to use. Accessing information on real patients' outcomes will enable the development of benchmarks for performance in key health areas addressed by the OCs. Good luck to those using the calculators, and we look forward to your feedback over the next few months on how they perform!

Testing the waters: CAHE's South African Evidence-Synthesis Group trials improved Musculoskeletal OC!

Professor Quinette Louw talks about the new CAHE Musculoskeletal OC.

The Outcomes Calculator was first introduced to South African physiotherapists in 2006 when Professor Karen Grimmer-Somers presented it to a group forty physiotherapists attending a continuing professional education course. This year, I have offered a workshop to present the new version of the Outcomes Calculator at the National Physiotherapy Conference, attended by over fifty physiotherapists. The calculator is also presented at outcome measurement workshops and to physiotherapy postgraduate students. The new musculoskeletal version is currently being trialled by a group of twenty clinical physiotherapists and there is keen interest from physiotherapists to trial the neurological and general health versions of the calculator.

Export of data into MS Excel is a new function of the revised OC and this function creates an excellent opportunity to collect clinical data. An application of this function involves low back pain (LBP) patients in the public health sector. Chronic LBP is the most commonly seen by physiotherapists working at community health centres in Cape Town. The physiotherapist in charge of services offered at community centres is currently devising a plan to provide insight into the LBP patients and their progress.

Testing the waters: The OC in South Africa Continued from page 1.

As part of this initiative, we are designing an outcome measurement plan for physios working at all the community health centres in the city. The Outcomes Calculator contributes significantly to this initiative by reducing the administrative burden and thereby assists in monitoring and improving quality of services offered at these centres.

The Outcomes Calculator plays an important role in promoting the measurement of outcomes in practice. A recent survey illustrated that more than 85% of South African physiotherapists have heard of outcome measurement, but don't measure outcomes in a systematic manner in clinical practice. Physiotherapists measuring outcomes indicated that hard copies of completed outcome measurement creates a storage burden and offers very little insight into their practice as they often lack skills to summarise the information in a useful manner. The CAHE calculators allow electronic storage of information and the option for selecting data of patients treated within a specified time period or suffering from a specific disorder. Physiotherapists with basic MS Excel skills can thus summarise the information according to their specific objectives. In November this year, I offered one outcome measurement workshop where clinicians were taught basic skills in summarising outcome measurement information in order to make the information meaningful to their practice.

CAHE OC software developer: Kristiaan Schreve CAHE has high praise for the developer of the new OC software!

The CAHE Outcomes Calculator began as an idea, and was developed in to a working program in 2003. From this original program came all the refinements and advancements you will find in the new CAHE OCs. Making all of this possible was Kristiaan Schreve of University of Stellenbosch. Kristiaan began his career as a research assistant, aiding in the commissioning of Reverse Engineering facilities, CAD modelling and quality control. He went on to lecture (part time) for the Mechanical Engineering department of a prominent Sth African university, focusing on Design for Manufacturing and Computer Aided Engineering.

He later held the position of Operations Manager, responsible for project coordination, integration of Rapid Product Development process chains, quotations, training on CAD software and measuring machines, project work on the CAD software, 3D Printer (Zcorp Z402) and measuring machines.

Currently, Kristiaan is a Senior Lecturer for the University of Stellenbosch's Design and Mechatronics Division, passing on his knowledge in Engineering Drawings, Computer Aided Engineering and Mechatronics. His research now focuses on Machine Vision in Mechanical Engineering and since 2005 he has supervised several undergraduate and postgraduate projects in this field. *Pictured left: Stellenbosch's Kristiaan Schreve & Prof Quinette Louw*



He loves computer programming and that is a central part of many of his research and work activities. He is also passionate about teaching and hopes he can bring something positive to the young South African democracy. In his spare time he runs half-marathons and the occasional marathon. But his favourite pastime is watching birds in the national parks of Sth Africa. Recently he was married to Marié-Louise and they live in Stellenbosch, Sth Africa.

CAHE sends Kristiaan a HUGE thank you for his unfailing patience, technical wizardry and ability to design a program that's not just easy to use – it works!



The making of the OC User Manuals! CAHE's Lucylynn Lizarondo fine tunes the text

It's all very well to have a great product but you need the instructions to back it up and bring out its best. CAHE's Lucylynn Lizarondo understands this and she has worked her way through over 400 pages in four different manuals fine-tuning and testing to ensure that the CAHE Outcomes Calculator User Manuals are accessible and user-friendly, as well as technically correct.

You can see the evidence of Lucy's hundreds of hours of hard work online at the CAHE website (<http://www.unisa.edu.au/cahe/CAHEOCs/default.asp>). The CAHE OC User Manuals are all under 600KB and easy to download and print! Thanks to Lucy for all her hard work in making these user manuals as useful as the OCs themselves!

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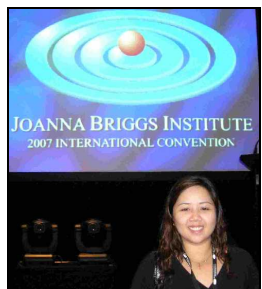
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Philippines researchers in Adelaide for JBI Convention

CAHE Evidence Synthesis Group (ESG) from University of Santo Tomas

Janine Dizon, ESG Primary Convenor and Director, Centre for Research on Movement Science (CRMS) at the University of Santo Tomas (UST), has been in Adelaide, South Australia, for the past two weeks attending the 2007 JBI International Convention and JBI 'Train the Trainer' workshop.

Janine and the researchers at CRMS work with the Centre for Allied Health Evidence in an Evidence Synthesis Group (formerly known as Evidence Translation Group) and have undertaken a number of protocols since their inception in May 2006. Janine has worked with her team on two protocols during this time:



- The Effectiveness of External Ankle Supports in the Prevention of Inversion Ankle Sprains among Elite and Recreational Players
- Effectiveness of Mental Practice with motor imagery in Neurological Rehab of Stroke Patients

Janine is delighted to be linked to two international centres, CAHE & JBI, as they provide international exposure and opportunities for the University of Santo Tomas, as well as providing increased opportunities for learning and collaborative work. The CRMS's work with CAHE and JBI over the last 18 months has updated and improved research and evidence-based practice sourcing skills. Presenting at the JBI Convention her research on external ankle support Janine stated that she felt the international forum was a great asset to researchers, enabling them to receive comments and feedback as well as increasing research productivity and creating opportunities for collaboration.

Whilst here Janine also attended the 'Train the Trainer' workshop with fellow CRMS researcher and PhD Student Consuelo 'Bebet' Suarez. This training will enable them to conduct training in the Philippines on their return, and already they intend to conduct a workshop with the UST nursing group. Janine has also proposed a Lecture-Workshop and Certification to the Philippine Council of Health Research and Development on Evidence Based Practice and Knowledge Translation.

Summary of the Incontinence Outcomes Calculator

CAHE's Dr Patricia Neumann introduces her work on CAHE Incontinence OC

The Incontinence Outcomes Calculator is an exciting development, providing clinicians in the field of continence management with a set of 17 outcome measures to evaluate response to treatment for clients with urinary or faecal incontinence. The included measures are those recommended by the International Consultation on Incontinence, the International Continence Society and the Australian Commonwealth Government Continence Outcomes Measurement Suite project. Only measures which are psychometrically robust have been included, so clinicians can be confident that if they are used according to the instructions, the measure will demonstrate change in the client's incontinence status over time.

Instruments to be found on the Incontinence Outcomes Calculator include urinary incontinence and urinary symptoms questionnaires such as the ICI-Urinary Incontinence-Short Form and the Revised Urinary Incontinence Scale, Objective measures (Bladder Diary, Incontinent Episode Diary and Pad Test), quality of life measures, a new bowel symptom score (Revised Faecal Incontinence Scale), questionnaires on sexual matters and a single item patient satisfaction measure.

The Incontinence Outcomes Calculator comes with a Users Manual and Software Manual. The actual questionnaires can be printed from the Users Manual and given to the client to be completed and the results entered into the calculator which then evaluates change in symptoms or quality of life and provides the outcome in graph format which can then be printed for the client or the referrer. The calculator also has a function which allows data to be exported to an Excel file for further processing, offering the potential to permit processing of pooled data. The User Manual guides users through the simple installation and operation of the program.



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