Measuring Functional Outcomes Using the Pediatric Orthopedic Data Collection Instrument in a Pediatric Sports Medicine Setting

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OBJECTIVES
• The focus of PT in a pediatric sports medicine setting is to improve patients’ function including returning to sports and physical activities
• Previously established norms of typically developing children without orthopedic conditions show that most patients score 85 or above on all scales of the Pediatric Orthopedic Data Collection Instrument (PODCI), indicating typical function.
• The goal of this study was to analyze patients’ scores on all scales of PODCI at evaluation and discharge from physical therapy compared to previously established norms.

RESULTS
• 188 matched evaluation and discharge surveys were completed
  • 4 surveys excluded because their diagnosis did not fit into any category (ie s/p BMT, CRPS)
  • 8 surveys excluded because of missing diagnosis or score information
• LEOU n=55, FX n=17, UEOU n=22, Back n= 32, Acute n=43, Opknee n=7
• 74% of patients scored below 85 on Global Functioning scale at initial evaluation, indicating decreased function as compared to healthy peers.
• 8% of patients scored below 85 on Global Functioning Scale at discharge, indicating that very few were still demonstrating decreased function.

CONCLUSIONS/DISCUSSION
• The PODCI can be used to detect meaningful functional change from initial evaluation to discharge among adolescent sports medicine patients referred to physical therapy with a variety of diagnoses.
• The Opknee group scored worse than other groups on Sports Scale at discharge, however none of these patients are cleared for sports at discharge from PT. Their scores on global scales were similar to the other diagnostic groups.
• Future recommendations:
  • Identify patient outliers and what about their presentations extended their plan of care
  • Investigate whether evaluation scores on PODCI can help predict length of plan of care

METHODS
• The PODCI was distributed to all sports medicine patients 11 years old and older at initial evaluation and discharge
• For analysis, diagnoses were organized into subsets including: post-operative knee (Opknee), post-fracture (FX), lower extremity overuse (LEOU), back, acute injury (ankle, knee and upper extremity) and upper extremity overuse (UEOU).
• Scores on PODCI were compared to previously established norms with a score of 85 or greater indicating typical function.