SpineAware 3.0 Client Review Document

Overview

The SpineAware HRA assesses the pain and function of a specified area of the back: lower back, middle or upper back, or neck.

Main Scientific Basis

Pain Disability Index (PDI)[1] questionnaire.

Product Description

The SpineAware HRA asks a series of questions and determines a rating for spine function using the questionnaire and scoring system provided by the Pain Disability Index (PDI). The PDI asks users to rate on a scale from 0 to 10 how much their pain interferes with various aspects of their lives, including family and home responsibilities, recreation, social activities, and their occupation. In addition to the PDI, the HRA also gathers information about the spine area that is causing trouble, current BMI information and tobacco use status.

This HRA also asks questions to identify users who report certain symptoms that could indicate a possible heart attack, meningitis, or spinal damage. These users are shown alert messages as well as a result that urges them to seek immediate medical attention.

Key Results Provided

The primary result from the SpineAware HRA is either an impairment category or a message urging the user to seek immediate medical care due to symptoms that could indicate an even more serious problem. Follow-up programs are able to be developed around all impairment categories as well as the more urgent symptoms that may be identified.

About the PDI

The PDI consists of seven questions that assess how spine pain impacts different areas of the user's life. Users are shown a severity scale and are prompted to select between 0 (pain doesn't limit activities at all) to 10 (pain totally disrupts or prevents normal activities). The sum of the scores obtained gives an overall impairment category (0 = normal, 1-27 = mild impairment, 28-55 = moderate impairment, and 56 or higher = severe impairment). Other risk factors for spine pain are assessed, such as weight (BMI) and tobacco use status.

References

1. Tait RC, Chibnall JT, Krause SJ. The Pain Disability Index: psychometric properties. *Pain*. 1990 Feb;40(2):171-82.