

Assessments Evaluating the Relationship Between Psychosocial Factors and Upper Extremity Trauma: A Scoping Review

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Objectives of Presentation: *At the conclusion of this presentation, attendees will:*

- Identify 3 current assessments available that evaluate the psychosocial components of upper extremity (UE) recovery after trauma.
- Discuss 3 of the most common types of psychosocial challenges often experienced by individuals with UE trauma.

Clinical/Research Question: What assessments are available for examining the relationships between psychosocial factors and UE trauma during rehabilitation of adults with UE trauma?

Methods:

- Search of the literature conducted in November 2020 and January 2021
- Databases searched: PubMed, CINAHL, PsycInfo
- Articles were stored, organized, and reviewed using Endnote 20 software
- Review Process:
 - Initial search yielded 604 results, 55 removed due to duplicates
 - Title and abstract review completed and resulted in 384 articles
 - Full text review completed and removed 93 articles

Results:

- Final number of articles: 65
- Most commonly identified psychosocial factors:
 - Depression (52.3%)
 - Anxiety (44.6%)
 - PTSD (16.9%)
 - Mental health status (13.8%)
 - Pain catastrophizing (10.8%)
- Most frequently identified UE trauma:
 - Fractures, amputation, unspecified UE trauma, rotator cuff tear, nerve injury, crush, burns
- Top 3 assessments used:
 - Short form (SF-36), hospital anxiety and depression scale (HADS), pain catastrophizing scale (PCS)

Implications:

- For practitioners:
 - Psychosocial factors should be addressed following a traumatic UE injury
 - There are many standardized assessments available for measuring psychosocial impact
- For educators:
 - Greater emphasis on addressing psychosocial issues during rehabilitation is needed
 - Education on use of psychosocial assessments for UE trauma is needed
- For researchers:
 - Future research needed to better understand and address why OTs are under-represented
 - More research needed to explore use of psychosocial standardized assessments by OTs following UE injury

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