

# Tailoring Your Knowledge Translation Strategies for Your Intended Users

KTDRR's 2023 Virtual KT Conference

November 6, 8, and 9

Center on  
**KNOWLEDGE TRANSLATION FOR  
DISABILITY & REHABILITATION RESEARCH**



Infographics and

# The Rehabilitation Measures Database

2023 KT Conference

Linda Ehrlich-Jones, PhD, RN, Associate Director, Center for Rehabilitation Outcomes Research

# Disclosures – Funding



- Funding for the Rehabilitation Measures Database comes from NIDILRR through the Knowledge Translation Disability Rehabilitation Research Project on Promoting Patient-Centered Care through Use of Standardized Assessments (90DPKT0007), and Shirley Ryan AbilityLab.

# Learning Objectives



1. What is the Rehabilitation Measures Database?
2. Why produce infographics?
3. What does the RMD Advisory Committee do?
4. What goes into making an infographic?
5. How have infographics been received?

# What Is the Rehabilitation Measures Database?



- Free, online database with over 550 rehabilitation measures, summaries that provide psychometric properties, and links to actual measures if available.
- The Center for Rehabilitation Outcomes Research collaborates with universities and volunteers across the country to produce these summaries.

# Who Uses the Rehabilitation Measures Database?



- Allied health therapists (OT, PT, SLP), nurses, and physicians who work in physical medicine and rehabilitation settings with disability populations.
- Measures related to stroke, spinal cord injury, brain injury, vestibular disorders, cancer, older adults, arthritis and more.
- We know it's a valuable resource because it gets more than 4,500,000 page views annually by people from 195 countries.

# What Else Does it Offer?



- Rehabilitation measurement statistics
- Modules on selecting and using rehab measures
- Online LinkedIn Rehabilitation Measures Networking Group
  - <https://www.linkedin.com/groups/12153520/>



Rehabilitation Measures Database Networking Group

# Advisory Committee



- Who are they?  
Educators, clinicians, researchers, people with lived experience and members of organizations that support people with disabilities
- What do they advise on?  
Infographics, development of focus group questions, input on RMD social media and other dissemination efforts

# Advisory Committee (cont'd)



- Advisory Committee suggested focus groups to provide feedback on how information about measures could reach patients and their care partners.
- Focus group participants said:

“I’d like to know which assessments they’re using, why they’re using them, what they mean, how they can be helpful to the patient and the family. And how we’re going to use them to evaluate or as a tool moving forward.”

“I don’t feel like the communication between perhaps the professional and the family is always clear and consistent. And often that information perhaps is shared among the professional team, and not relayed effectively to the family member and how it’s used and what it means.”

# Why Infographics?



- Improve patients' and care partners' understanding of standardized assessments.
- Plain language describes the measure, how and why it is used, what the patient needs to do, and what their score means. Graphics support text and increase readability.
- Can be easily printed and handed out.
- Patients and care partners can follow rehabilitation progress.

# Making an Infographic



- Select measures that are commonly used.
- Start with a template created in Canva.
- Sections include
  - What is the purpose?
  - What do I have to do?
  - What does my score mean?

# Making an Infographic (cont'd)



- Following the template, describe the measure using plain language, aiming for an 8th-grade reading level.
- Select relevant graphics.
- Drop text and graphics into the template.

# Examples



## Berg Balance Scale



### A Test to Measure Balance

#### What's the purpose?

The Berg Balance Scale measures your ability to balance, which helps your therapist assess your risk of falling. Understanding your risk of falling is important in developing your rehabilitation plan. This test includes 14 balance-related tasks and takes about 20 minutes.

#### What do I have to do?

- Stand from a sitting position
- Stand without assistance
- Sit without assistance
- Sit down from a standing position
- Transfer from a bed to a chair
- Stand with your eyes closed
- Stand with your feet together
- Reach forward with your arms
- Pick an object up from the floor
- Look behind yourself while standing
- Turn 360 degrees while standing
- Place your foot on a stool while standing
- Stand with one foot in front of the other
- Stand on one foot



*Have a conversation with your healthcare provider about what the results mean for you as an individual.*

#### What does my score mean?

The tasks are scored from 0 to 4 based on how much assistance you need. A score of 4 is given if you complete the task without assistance. A lower overall score indicates you are at a higher risk of falling.



To see a full summary of this instrument and more, visit [sralab.org/rehabilitation-measures](http://sralab.org/rehabilitation-measures). Questions? Email [rehabmeasures@sralab.org](mailto:rehabmeasures@sralab.org) or call 312.238.2802

The contents of this infographic were developed under a grant from the National Institute on Disability, Independent Living, and Rehabilitation Research (NIDILRR grant number 90DPKT0007). NIDILRR is a Center within the Administration for Community Living (ACL), Department of Health and Human Services (HHS). The contents of this infographic do not necessarily represent the policy of NIDILRR, ACL, or HHS, and you should not assume endorsement by the Federal Government.

## Dynamic Gait Index



### A Test to Evaluate Risk of Falling

#### What's the purpose?

The Dynamic Gait Index evaluates your gait, or how you walk, and your ability to maintain your balance as you walk while performing different tasks. It is most often used to evaluate the risk of falling in older adults. During this test, your therapist will ask you to maintain your balance while you walk and complete different tasks and as you switch from one task to another. There are 8 items on this test, which takes about 15 minutes.

#### What do I have to do?

- Walk 20 feet at your normal pace
- Walk at your normal pace for 5 feet, then walk as fast as you can for 5 feet, then walk slowly for 5 feet
- Walk at your normal pace while turning your head to the right, and then to the left
- Walk at your normal pace, then turn around to face the opposite direction and stop
- Walk at your normal pace, step over a shoebox and continue walking
- Walk up a set of stairs. At the top of the stairs, turn and walk down



*Have a conversation with your healthcare provider about what the results mean for you as an individual.*

#### What does my score mean?

Each task is scored between 0 and 3, with 0 indicating the lowest level of function and 3 the highest for a total possible score of 24. Scores between # and # indicate an increased risk of falling.



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# Examples (cont'd)



## 9-Hole Peg Test

Shirley Ryan  
**Abilitylab.**  
Center for Rehabilitation  
Outcomes Research

### A Test to Evaluate Finger Dexterity

#### What's the purpose?

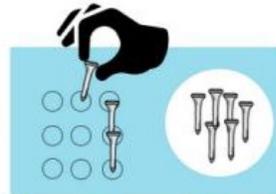
The 9-Hole Peg Test is used to evaluate finger dexterity -- or how well you can use your fingers -- in people with various neurological conditions including stroke, Parkinson's disease, multiple sclerosis and brain injury.

#### What do I have to do?

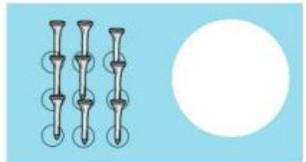
Your therapist will time you while you perform this test. The goal is to go as fast as possible while moving the pegs into and out of the holes on the board. You will do the test first with one hand, and then the other.



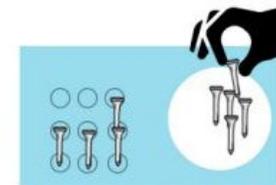
The pegboard will be placed directly in front of you on a table and all the pegs will be in the container.



Pick up the pegs one at a time using one hand and place them in the holes in any order until all the holes are filled.



All the pegs are in the holes.



Next, remove the pegs and place them back into the container one at a time. Your therapist will stop the clock once all the pegs are in the container.

#### What does my score mean?

The faster you are able to complete the task, the better you are at controlling your fingers.

*Have a conversation with your therapist about what the results mean for you.*

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## Oswestry Disability Index

Shirley Ryan  
**Abilitylab.**  
Center for Rehabilitation  
Outcomes Research

### How Much Does Low Back Pain Limit Daily Activity?

#### What's the purpose?

The Oswestry Disability Index is a questionnaire that helps give your therapist an idea of how low back pain affects your ability to do everyday activities.

#### What do I have to do?

The questionnaire takes about 10 - 20 minutes to complete and covers 10 areas:

- Pain intensity
- Personal care (grooming, bathing, etc.)
- Lifting
- Walking
- Sitting
- Standing
- Sleeping
- Sex (if applicable)
- Social activities
- Travel



For each of the 10 areas, there are six statements that describe different levels of limitation related to that area. You pick the statement that best matches your ability.

#### What does my score mean?

Each of the six statements has a point value from 0 to 5. Statements that indicate greater levels of limitation have higher point values, with 5 representing the most limitation and 0 representing no limitation.

SCORE	LEVEL OF LIMITATION
0 - 4	No limitation
5 - 14	Mild limitation
15 - 24	Moderate limitation
25 - 34	Severe limitation
35 - 50	Cannot perform most or all activities

*Have a conversation with your therapist about what the results mean for you.*

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# Reviewing Infographics



- Advisory Committee reviews three infographics at their quarterly meetings.
- Feedback incorporated.
- Final draft is scanned for accessibility using Adobe Accessibility Checker (images are described, sections are labeled by reading order, color contrast is checked).
- Final infographic is posted with their measure.

# Dynamic Gait Index

SHARE    

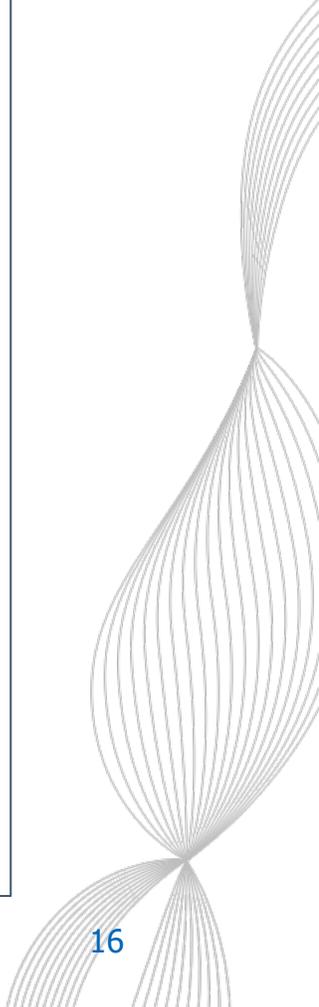
LAST UPDATED  
FEBRUARY 18, 2020



## PURPOSE

- The DGI assesses individual's ability to modify balance while walking in the presence of external demands.
- The Dynamic Gait Index (DGI) was developed as a clinical tool to assess gait, balance and fall risk. It evaluates not only the usual steady-state walking, but also walking during more challenging tasks.
- The Dynamic Gait Index (DGI) was developed to assess the likelihood of falling in older adults by testing eight facets of gait.

## LINK TO INSTRUMENT



# Dissemination



- CROR Outcomes newsletter – 4,000 subscribers.
- Shared at conferences, webinars, presentations.
- Infographics shared on CROR's Facebook (3.1K followers), Twitter (1,644 followers), and LinkedIn (315 members) accounts.
- Functional Gait Assessment Infographic posted on Facebook was seen by 1,064 people (CROR posts are usually seen by 30–100 people).
- Infographics were downloaded ~ 7,500 times between February and June 2023.

# Infographics to Date



- 9-Hole Peg Test
- Dynamic Gait Index
- Timed Up and Go
- Modified Ashworth Scale
- Oswestry Disability Index
- Functional Gait Assessment
- Berg Balance Scale
- Disabilities of the Arm, Shoulder and Hand Questionnaire

# RMD Survey 2023



- Clinicians, rehabilitation patients and their care partners were asked if they would like to view infographics.  
70% said yes.
- Patients and care partners were asked if the Berg Balance Scale infographic (shown in the survey) would be useful if the measure were used during rehabilitation.  
55% said yes. (similar response for Dynamic Gait Index)
- Clinicians were asked if they thought the infographic (shown in the survey) would be useful for communicating with patients and care partners about the assessment.  
60% said yes.

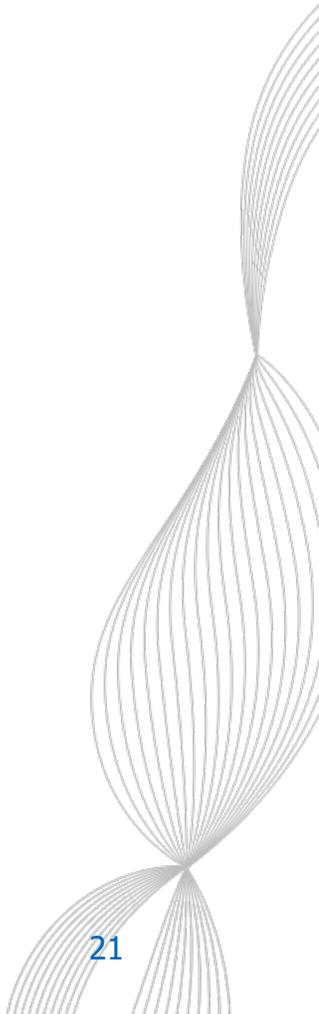
# RMD Survey 2023: Comments About Infographics



- Useful, practical, easy to read.
- I really appreciate this idea of creating resources to help patients understand measures.
- I am someone who likes to use several different forms of communication for my clients, and I do like these options.
- I love this idea and would like to see it for more assessments! I always discuss test results with clients, but I know I've had students and colleagues who don't feel comfortable. A tool like this would make those conversations more accessible.



**Questions?**





**Q&A**

 [www.ktdrr.org](http://www.ktdrr.org)

 [ktdrr@air.org](mailto:ktdrr@air.org)

 800.266.1832

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