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## Practice Forum

## The PRWE/PRWHE update



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The Patient-Rated Wrist Evaluation (PRWE) was published in 1996 in *The Journal of Hand Therapy*.<sup>1</sup> We have learned much over the past 20+ years from the evaluations of the PRWE, Disabilities of the Arm, Shoulder and Hand, and other outcome measures that followed. New measurement methods are available, and we are more aware of issues like cross-cultural translation and health literacy. The PRWE has continued to show strong measurement properties and has been successfully translated in many languages.<sup>2–4</sup> The Patient-Rated Wrist/Hand Evaluation (PRWHE) was introduced later with a minor modification of “wrist/hand” and a supplemental esthetics question to allow for a broader range of application to all wrist and hand conditions.<sup>5</sup> The PRWHE is more responsive than the Disabilities of the Arm, Shoulder and Hand in hand conditions,<sup>5</sup> making it the briefest and most responsive of the commonly used hand-specific measures.

However, over the years of usage, some recurrent themes have arisen in the use of the PRWE that suggest some minor modifications would be beneficial. Health literacy has helped us to understand that simplifying language and format can make it easier for respondents to provide valid responses. Some of the tasks on the PRWE can be confusing. Fastening buttons and cutting meat are the two bimanual tasks on the PRWE. In these tasks, the injured hand may either be the mover or the stabilizer. This was clarified by removing affected hand from the cutting item. Furthermore, vegetarians may not cut meat, so this item was not as inclusive as it should be (so vegetables were added in brackets).

Some small variations exist between different cross-cultural translations of the PRWE. The items in The specific activities were selected to reflect daily functional tasks of common importance that tap into different dimensions of wrist function including dexterity (fastening buttons), grip/ulnar deviation (cutting), forearm rotation (turn doorknob), wrist extension (chair push up), strength (carry heavy object), and wrist flexion (use bathroom tissue). In cultural adaptations, some of these

items have been modified to find another daily activity that taps into the same aspects of wrist function and that appears to have the same importance and level of difficulty to retain content validity. For example, in the Swedish version, “turning a tap or key”<sup>6</sup> was used because doorknobs are not commonly used. In the Hindi and Arabic versions, the bathroom tissue specified a washer,<sup>4,7</sup> which retains both the same function and a similar need for wrist flexion.

A recognized limitation of many self-report questionnaires is that the focus on activities of daily life does not necessarily include high-difficulty items or reflect the person's usual activity. Therefore, the usual activities subscale was designed to measure the extent to which people can perform their usual activities, that is, those conducted before injury in the areas of personal care, household work, work, and recreation.

A recent update of the PRWE/PRWHE was conducted to streamline the instructions and clarify the aforementioned issues. Other than the small wording changes noted previously, only format and shortening of instructions was used to improve the appearance of the PRWE/PRWHE. Although no items were changed, cognitive interviewing was used to assess the clarity, interpretation, and relevance of the items. It was found that the revised version was clearer for patients. The one item that may be difficult for patients is the bathroom tissue item because it may never be performed with injured/nondominant hand (and would then be left blank and the mean score of the other specific items would be substituted). However, because this item has performed well, is important, and change would invalidate comparisons with prior data, this item was not changed. No difference in scores was observed in patient responses based on the enhanced clarity, and no further issues required remediation. The revised version helps patients respond more easily.

The revised versions of the PRWE and PRWHE are made freely available for use (unmodified) by the developer/author in the attached appendices and appear as in [Figures 1 and 2](#) when printed on a single page.

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ID - Name

Date: \_\_\_\_\_

The questions below will help us understand how much pain and difficulty you have had because of your affected wrist/hand in the past week. **Circle the answer that you think is best.**

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Rate the **amount of pain** in your wrist. A zero (0) means that you did not have any pain and a ten (10) means that you had the worst possible pain.

PAIN when....	NO PAIN (0)										WORST POSSIBLE (10)											
1. at rest	0	1	2	3	4	5	6	7	8	9	10	0	1	2	3	4	5	6	7	8	9	10
2. doing a task with a repeated wrist movement	0	1	2	3	4	5	6	7	8	9	10	0	1	2	3	4	5	6	7	8	9	10
3. lifting a heavy object	0	1	2	3	4	5	6	7	8	9	10	0	1	2	3	4	5	6	7	8	9	10
4. at its worst	0	1	2	3	4	5	6	7	8	9	10	0	1	2	3	4	5	6	7	8	9	10
5. <b>How often</b> do you have pain?	(never)										(always)											

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Rate **how difficult** it was doing the things listed below, this week. A zero (0) means it was **not difficult** at all and a ten (10) means it was so difficult you were **unable to do it**.

SPECIFIC ACTIVITIES	NOT DIFFICULT (0)										UNABLE											
6. Fasten buttons on your shirt?	0	1	2	3	4	5	6	7	8	9	10	0	1	2	3	4	5	6	7	8	9	10
7. Cut meat (or vegetables) using a knife?	0	1	2	3	4	5	6	7	8	9	10	0	1	2	3	4	5	6	7	8	9	10
8. Turn a door knob with your affected hand	0	1	2	3	4	5	6	7	8	9	10	0	1	2	3	4	5	6	7	8	9	10
9. Use your affected hand to push up from a chair?	0	1	2	3	4	5	6	7	8	9	10	0	1	2	3	4	5	6	7	8	9	10
10. Carry a heavy object in your affected hand?	0	1	2	3	4	5	6	7	8	9	10	0	1	2	3	4	5	6	7	8	9	10
11. Use bathroom tissue with your affected hand?	0	1	2	3	4	5	6	7	8	9	10	0	1	2	3	4	5	6	7	8	9	10

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**USUAL ACTIVITIES**- Rate how difficult it was doing your **usual activities**, this week. By **usual activities**, we mean **what you did before** you started having a problem with your wrist/hand.

12. Personal care activities (like dressing/washing)	0	1	2	3	4	5	6	7	8	9	10
13. Household work (like cleaning or maintenance)	0	1	2	3	4	5	6	7	8	9	10
14. Work (your job or other work)	0	1	2	3	4	5	6	7	8	9	10
15. Recreational activities	0	1	2	3	4	5	6	7	8	9	10

Fig. 1. Patient-Rated Wrist Evaluation.

James Roth Research Chair in Musculoskeletal Measurement and Knowledge Translation.

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