Fibrotic changes within the muscle

Contracure development

Pain, pressure ulcers, skin breakdown

Difficulty in performing activities of daily living

Immobilw

VALIDATION OF CONTRACTURE ASSESSMENT SCREENING TOOL
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BACKGROUND

• Joint contractures can be defined as any degree of reduction in the active or passive range of motion due to muscle or connective tissue shortening, eventually leading to structural abnormalities and limited functional use¹.

• The most common risk factor for contractures appears to be immobility leading to structural changes within the muscles resulting in a vicious cycle (fig.1) that further exacerbates the condition².

• The prevalence of contractures in at least one joint ranges from 7% up to 81% in adults with neurological conditions, while in adults with non-neurological conditions, it varies from 7% up to 94.8%³.

• This inconsistency can be attributed to a lack of risk predictor or a standardized measure for assessment³.

• There is no standard assessment tool available to assess the risk of contracture development or progression. The Contracture Assessment Screening Tool (CAST) was developed by Dorset Health Care University NHS Foundation Trust to address this gap.

• This study aims to establish the validity and reliability of the tool prior to widespread use and implementation.

Figure 1. Vicious cycle of contractures

CONCLUSION

• Timely identification of the severity of risk may trigger guidance for the health care staff to make appropriate referrals and may lead to prompt escalation of early intervention by the specialists aiming to reduce the risk of contracture development or progression of existing contractures.

The collective data provided by stages 1-4 will inform the researchers and tool designers to modify the tool accordingly.

REFERENCES

