

# EPOSA FACT

## Minimal clinically important decline in physical function over one year

### AUSCAN and WOMAC

The Australian /Canadian hand Osteoarthritis Index (AUSCAN) and the Western Ontario and McMaster Universities knee and hip Osteoarthritis Index (WOMAC) are the most commonly used clinical tools to manage and monitor osteoarthritis (OA). Few studies have reported longitudinal changes in the AUSCAN index regarding the hand. While there are published data regarding WOMAC assessments of the hip and the knee, the two sites have always evaluated separately.

In EPOSA, we have determined the minimal clinically important difference (MCID) in decline in the AUSCAN hand and WOMAC hip/knee physical function scores over one year in older adults with and without OA.



The changes in the AUSCAN physical function score correlated significantly with those in the AUSCAN pain score ( $r=0.31$ ). Changes in the WOMAC hip/knee physical function score were significantly correlated with changes in both the WOMAC pain score ( $r=0.47$ ) and the WOMAC stiffness score ( $r=0.35$ ).

Anchor- and distribution-based approaches (see details in paper) converged identifying 4 as the MCID for decline in the AUSCAN hand physical function. These approaches converged identifying 2 as the MCID for decline in the WOMAC hip/knee physical function.

### Conclusion

The most reliable MCID estimates of decline over one year in the AUSCAN hand and WOMAC hip/knee physical function scores were 4 and 2 points, respectively. Further research is required to confirm the robustness of these estimates and to evaluate their temporal consistency and country-dependency.

Based on: Siviero et al. *BMC Musculoskelet Disord* 2019;20:227.