



In Motion

Highlighting Articles Advancing Pain Research in Canada and the World

Featured article:

Walton DM, Elliott JM, Lee J, Fakhereddin M, Seo W (2021) **Identification of clinically-useful cut scores of the Traumatic Injuries Distress Scale (TIDS) for predicting rate of recovery following musculoskeletal trauma.** PLoS ONE 16(3): e0248745.

DOI:10.1371/journal.pone.0248745

Key insights from the study:

- **Effective Risk Identification:** The Traumatic Injuries Distress Scale (TIDS) effectively identifies individuals at risk of poor recovery after musculoskeletal trauma, aiding early intervention.
- **Clinically Useful Cut Scores:** The study establishes specific scores that categorize patients into low, moderate, and high-risk categories for prolonged recovery or chronic pain.
- **Validation Across Populations:** Validated with patient data from both Canada and the USA, these findings support the TIDS's reliability and usefulness in diverse settings.

What happened?

Researchers analyzed data from two patient cohorts in Canada and the USA, applying the TIDS to assess non-catastrophic musculoskeletal injuries. The study focused on developing and validating cut scores that predict recovery outcomes at different stages post-injury. This involved statistical techniques to ensure the scores were effective at identifying patients at different risk levels for poor outcomes.

Why is it important?

Effective early identification of patients at high risk for delayed recovery or chronic pain can significantly improve treatment strategies. By knowing which patients are likely to face challenges in their recovery, healthcare providers can allocate resources more efficiently and tailor treatments to individual needs, potentially reducing the incidence of chronic pain and improving overall outcomes.

What now?

Clinicians are encouraged to adopt the TIDS in their practice to enhance diagnostic accuracy and treatment planning. The TIDS scoring and interpretation guide, which is available in multiple languages, can be accessed at <https://tinyurl.com/278wxyru> for real-time risk tracking. This tool is explicitly designed for primary care settings and will be valuable for identifying patients at high risk of developing chronic pain, as outlined in the user manual provided by lead researcher David Walton (available here: <https://ir.lib.uwo.ca/ptpub/78/>).

