
OPUS – Health Quality of Life Index

The Orthotics and Prosthetics User's Survey (OPUS) is a subjective patient questionnaire that consists of five sections and is used to assess multiple facets of life for prosthesis or orthosis users. The Health Quality of Life Index will assess aspects pertaining to your quality of life and social perceptions as an individual with prostheses or orthoses.

Please select the response that most closely reflects your opinion.

	Not at all	A little	A fair amount	A great deal	Excessively
	4	3	2	3	0
1. How much do you keep to yourself to avoid people's reactions to a missing body part or your need for a device?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. To what extent do you find that people's attitudes toward your physical condition are insulting?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. To what extent are you prevented from doing what you want to do because of social attitudes, the law, or environmental barriers?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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| 4. | How much does pain interfere with your activities (including both work outside the home and household duties)? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. | To what extent do you accomplish less than you would like because of your physical condition? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. | To what extent do you accomplish less than you would like because of emotional problems? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 7. | How much does your physical condition restrict your ability to run errands? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 8. | How much does your physical condition restrict your ability to pursue a hobby? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 9. | How much does your physical condition restrict your ability to do chores? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
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10. How much does your physical condition restrict your ability to do paid work?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. To what extent have you cut down on work or other activities because of your physical condition?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. To what extent have you cut down on work or other activities because of emotional problems?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

During the past week, how often have you...

	All of the time	Most of the time	Some of the time	A little of the time	None of the time
	4	3	2	1	0
13. felt full of life?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14. felt calm and peaceful?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15. had a lot of energy?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16. been happy?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	0	1	2	3	4
17. been very nervous?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

18. felt so down in the dumps that nothing could cheer you up?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
19. felt downhearted and depressed?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
20. felt worn out?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
21. felt tired?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
22. been easily bothered or upset?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
23. had difficulty concentrating or paying attention?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Total Score:

Interpretation

The score is represented on a 0-100 scale where 100 represents the highest quality of life and 0 represents the lowest quality of life.

Minimal Detectable Change (MDC)

Upper and Lower Extremity Prosthesis, Lower Extremity Orthosis, Orthopedic Shoes:
MDC = 7.4.

Unilateral Lower Limb Amputation: MDC = 9.2.

These are published values for specific populations and provide guidance if the patient does not have the listed condition.

Selected References

1. Bettoni E, Ferriero G, Bakhsh H, et al. A systematic review of questionnaires to assess patient satisfaction with limb orthoses. *Prosthet Orthot Int*. 2016;40(2):158-169. doi:10.1177/0309364614556836
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 3. Heinemann AW, Bode RK, O'Reilly C. Development and measurement properties of the Orthotics and Prosthetics Users' Survey (OPUS): a comprehensive set of clinical outcome instruments. *Prosthet Orthot Int*. 2003;27(3):191-206. doi:10.1080/03093640308726682
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 5. Resnik L, Borgia M. Reliability of outcome measures for people with lower-limb amputations: distinguishing true change from statistical error. *Phys Ther*. 2011;91(4):555-565. doi:10.2522/ptj.20100287
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