

**Prognostic AND Diagnostic Assessment of Shoulder Pain**



**The PANDA-S Study**



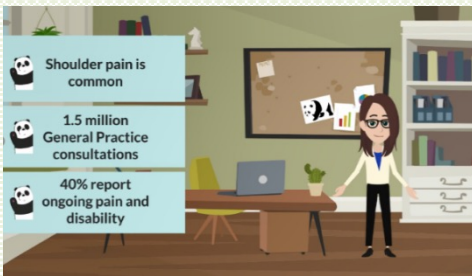
**THANK YOU**

to the **491** people who signed up to the study

**A reminder of what the PANDA-S study is about**

Many people with shoulder pain will recover within a few months, but in others the pain may last much longer.

The PANDA-S study follows people over time (up to 3 years) to understand why pain can be long-lasting, who suffers most from the impact of their shoulder problem, and what type of treatment might help best.



**Everything you tell us about your shoulder – even if your shoulder is better – is important and valuable, so please keep returning your PANDA-S Questionnaires**

**Progress to date**

Since the last newsletter a year ago:

**The 3-month, 6-month and 12-month follow-ups have all been completed!**

Response to the follow-up has been fantastic, with **over 75%** of study participants completing follow-up questionnaires at 3-months, 6-months and 12-months

**51** people have completed their 36-month follow-up questionnaire and have now finished the study



The research team are delighted with the response to the study as the information you have provided gives a fuller picture of what happens to people with shoulder pain over time

## Prognostic AND Diagnostic Assessment of Shoulder Pain

### What happens to the information you provide us with?

Paper questionnaires have been scanned into the database. Information from questionnaires completed online has been directly entered into a database. Information has been checked for completeness and explored for patterns and trends



### What have you found since the last newsletter?

You have provided lots of useful information so far: here are just a few key facts and figures



281 (57%) people reported being physically active (brisk walking, cycling, gardening) for at least 30 minutes on 4 or more days a week



Of the 273 (56%) people who are employed, 40 (15%) reported taking time off work over the last month

411 (84%) people reported problems with their sleep in the past month because of their shoulder problem



Most people experienced some difficulty with everyday activities



e.g., washing hair - 399 (81%)  
putting on a shirt or jumper - 457 (93%)  
placing an object on a high shelf - 465 (95%)



### Next steps .....

The PANDA-S team have used information collected from the questionnaires, the clinical assessment and the interviews with study participants to develop a new study which will aim to improve patient outcomes by offering more personalised care and self management support

The PANDA-S II Study will be going live in 2023!

### Keeping in touch .....

Thank you for your help so far with the PANDA-S study. Please help us to have the best possible information by completing the questionnaire we send you at 24 and 36 months - even if your shoulder is better or you feel no change.

### Want to know more?

Call: Zoe Johnson or Helen Myers on 01782 732950

Study Website: <https://www.keele.ac.uk/panda-s/>