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Obstetric Quality of Recovery-10 scoring tool

Researchers at Stanford have developed a validated scoring tool that can be used to quantitatively assess quality of recovery following childbirth. The scoring tool, abbreviated ObsQoR-10, is a patient-reported outcome measure that can be used to assess quality of recovery following all delivery modes. Clinically it can be used as a follow-up tool after obstetric anesthesia and surgical intervention, or to facilitate readiness for hospital discharge. Currently, there are few adequately validated scoring tools for assessing quality of recovery. This new 10-item scoring tool is derived from an 11-item scoring tool[1,2] previously developed by Dr. Pervez Sultan and amended based on patient feedback. It has been utilized in several studies (including a study in the UK validating it after vaginal delivery[3] and in the U.S. validating it after vaginal and cesarean delivery[4]). A translated Hebrew version of ObsQoR-10 has also been reported following all delivery modes.[5]

Stage of Development
Further work is currently underway validating this instrument in China, Japan, South America and mainland Europe. A large 80-center study in the UK also plans to further validate ObsQoR-10 in the UK.

Applications

- Obstetric patient assessment following obstetric anesthesia/surgical intervention, or to facilitate readiness for hospital discharge

Advantages

- Provides a global assessment of recovery
- Performs well in measures of validity, reliability and feasibility

- Other global recovery tools (e.g., EuroQoL and QoR-40) have been validated in non-obstetric patients and therefore fail to include aspects of recovery important in postpartum women.
- Most other measures assessing postpartum recovery are unidimensional

Publications

- 1 - Ciechanowicz S, Setty T, Robson E, et al. Development and evaluation of an obstetric quality-of-recovery score (ObsQoR-11) after elective Caesarean delivery. Br J Anaesth 2018; 122: 69–78.
- 2 - Ciechanowicz S, Howle R, Heppolette C, Nakhjavani B, Carvalho B, Sultan P. Evaluation of the Obstetric Quality-of-Recovery score (ObsQoR-11) following non-elective caesarean delivery. Int J Obstet Anesth 2019; 39: 51–9.
- 3 - Sultan P, Kormendy F, Nishimura S, Carvalho B, Guo N, Papageorgiou C. Comparison of spontaneous versus operative vaginal delivery using Obstetric Quality of Recovery-10 (ObsQoR-10): An observational cohort study. Jounal Clin Anesth 2020; 63: 109781.
- 4 - Sultan P, Kamath N, Carvalho B, et al. Evaluation of inpatient postpartum recovery using the Obstetric Quality of Recovery-10 (ObsQoR-10) patient-reported outcome measure: A single center observational study. Am J Obstet Gynecol MFM 2020; : In Press.
- 5 - Shalev S, Orbach-Zinger S, Sultan P, et al. Obstetric quality of recovery scoring tool: assessment of validity, reliability and feasibility in an Israeli cesarean delivery population. Int J Obs Anesth 2020; 44: 51.

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