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 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 and in the U.S. validating it after vaginal and cesarean delivery). A translated Hebrew version of ObsQoR-10 has also been reported following all delivery modes.

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**


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