

Main Street Chiropractic Health and Wellness Center

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**The RAND 36-Item Health Survey, Version 1.0
Outcomes Assessment: Explanation and Summary**

Patient Name: John B. MySamplePatient **File #:** 123456789

Date of Birth: 01/01/1968

Diagnosis: 724.2, 739.3, 739.4, 739.5, 739.1

Background and Explanation: We use the Rand 36-Item Health Survey, version 1.0 as a tool to help track the progress of patients that receive care at our facility. This questionnaire is a valuable tool to measure the self-perceived health status of a patient. This survey was developed by RAND health as part of the Medical Outcomes Study. The Medical Outcomes Study was a multi-part and multi-year study that sought to explain differences in patient outcomes. This survey relies on patient self-reporting. Tracking changes in responses to the survey throughout treatment is a great way to gauge treatment effectiveness and patient progress.

How it Works:

The survey features 36 generic statements that evaluate quality of life. The survey addresses 8 general health concepts:

1. Physical Functioning
2. Bodily Pain
3. Role Limitations due to physical health problems
4. Role Limitations due to emotional problems
5. Emotional Well-Being
6. Social Functioning
7. Energy/Fatigue
8. General Health Perceptions

Scoring the Rand 36-Item Health Survey 1.0 is a two part process. First, precoded values for each of the patient's responses are recoded using a table. Values fall within a scale of 0 to 100, with higher values representing a more favorable state of health. These scores represent the percentage of the total score possible. Next, another table is used to help calculate the average score for each of the 8 categories.

Goals: The ultimate goal for treatment, with regard to the Rand 36-Item Health Survey 1.0 is to achieve a score as close to 100 as possible for each of the 8 scoring categories. Since the highest score of 100 is the optimal score, a score of 100 may not be possible in all cases.

The Results: The results of the patient's Rand 36-Item Health Survey Version 1.0 score for each of the 8 categories throughout treatment to this point are listed on the following pages. The scores for the initial survey is listed in the row labeled "Assessment #1". Individual charts demonstrating the score progress of each of the 8 categories are also provided. Feel free to ask any questions you might have or to request any further explanation that may be needed.

Scoring Calculator for RAND 36-Item Health Survey Version 1.0

Question #	Patient Response	Point Value
1	3	50
2	3	50
3	2	50
4	2	50
5	2	50
6	2	50
7	2	50
8	2	50
9	2	50
10	2	50
11	2	50
12	2	50
13	1	0
14	1	0
15	1	0
16	1	0
17	1	0
18	1	0
19	1	0
20	3	50
21	4	40
22	3	50
23	3	60
24	3	40
25	3	40
26	3	60
27	3	60
28	3	40
29	3	40
30	3	60
31	3	40
32	3	50
33	3	50
34	3	50
35	3	50
36	3	50

1. Physical Functioning	50
2. Limitations Due to Physical Health	0
3. Limitations Due to Emotional Problems	0
4. Energy and Fatigue	50
5. Emotional Well Being	48
6. Social Functioning	50
7. Pain	45
8. General Health	50


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Patient Name: John B. MySamplePatient

File #: 123456789

DOB: 01/01/68

Date: 03/01/08

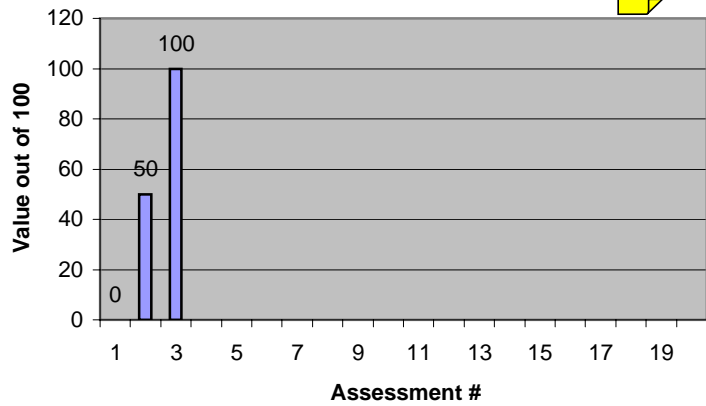
Assessment #	Date	Phys. Fxn* 1	RLPH* 2	RLEP* 3	Eng./Fat.* 4	Emotional* 5	Social Fxn* 6	Pain* 7	Gen. Health* 8
1	01/28/00	0	0	0	0	0	0	0	0
2	02/15/08	50	0	0	50	48	50	45	50
3	03/01/08	100	100	100	100	100	100	100	100
4									
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RAND 36-Item Health Survey Version 1.0 Outcomes Assessment

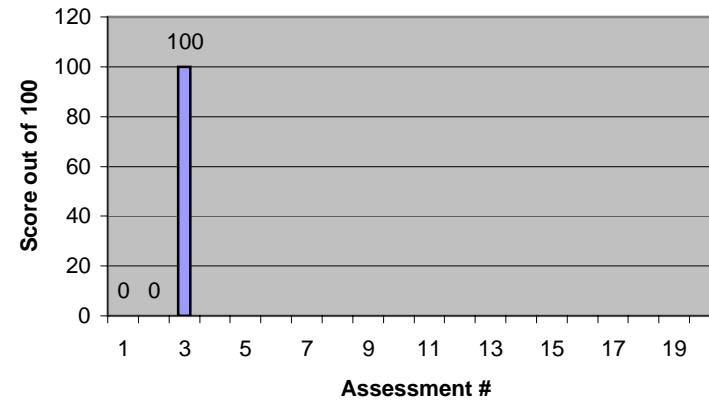
Doctor's Signature: _____

- * 1. Phys. Fxn = Physical Functioning 2. RLPH = Role Limitations Due to Physical Health 3. RLEP = Role Limitations Due to Emotional Problems
 4. Eng./Fat.= Energy/Fatigue Levels 5. Emotional Well Being 6. Social Functioning 7. Pain 8. General Health

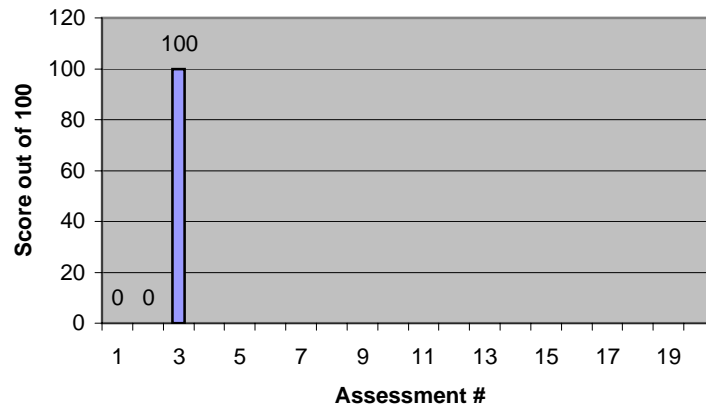
1. Physical Functioning



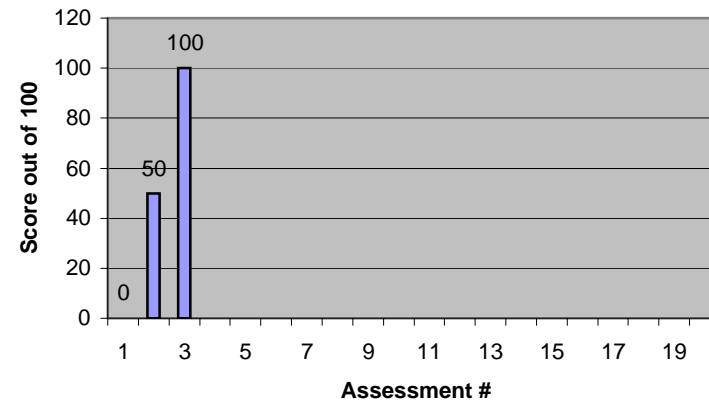
2. Role Limitations Due to Physical Health



3. Role Limitations Due to Emotional Problems

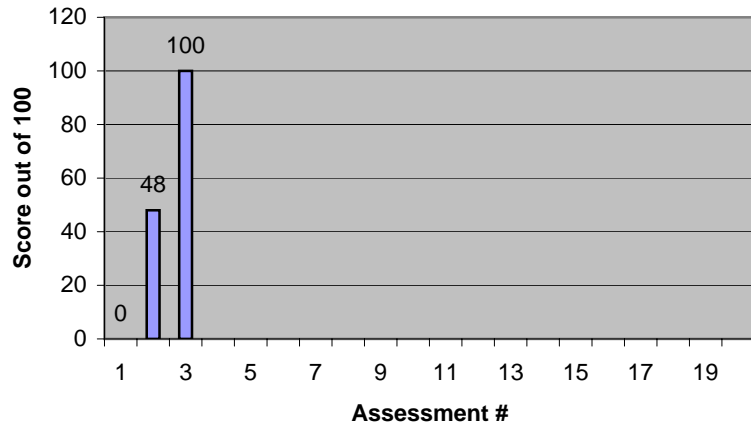


4. Energy/Fatigue Levels

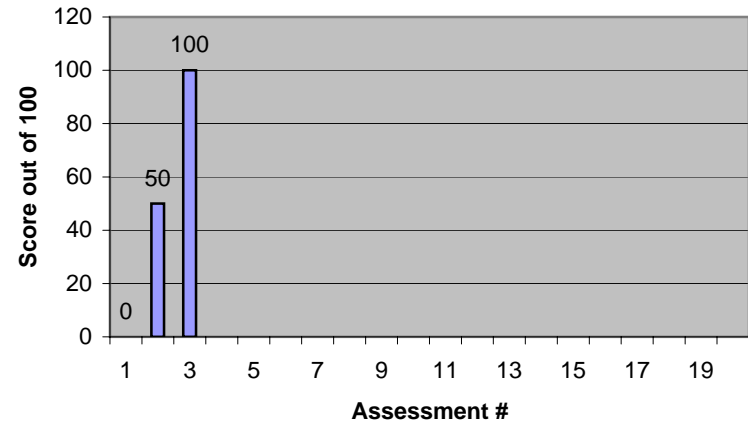


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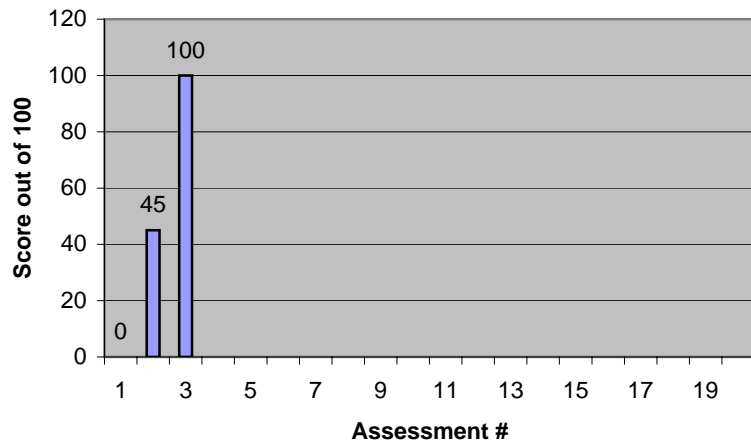
Emotional Well Being



Social Functioning



Pain



General Health

