Scoring the Disability of the Arm, Shoulder, and Hand (DASH) Questionnaire:

“The DASH is a 30-item self-report questionnaire designed to measure physical function items, six symptom items, and three social/role function items.”¹ “The DASH is designed to measure physical disability and symptoms in a heterogeneous population that includes both males and females; people who place low, moderate, or high demands on their upper limbs during their daily lives (work, leisure, self-care); and people with a variety of upper-limb disorders.”¹

Scoring

Patients are asked to answer all sections and respond based on their ability to perform activities over the past week; only one answer per question.

At least 27 of the 30 items must be completed for scoring.

The assigned values are summed and divided by the number of questions answered. This value is transformed to a score out of 100 by subtracting 1 and multiplying by 25.

\[
\text{DASH} = \frac{\text{sum of } n \text{ responses} - 1}{n} \times 25 \quad n = \text{total number of questions answered}
\]

Minimum detectable change (MDC): 12.7 points; current literature holds 12.7 points to be the minimal change in score to be statistically significant at the 95% confidence interval.²

Minimum clinically important difference (MCID): 15 points; this represents the change in score needed to be considered clinically significant.²


Please visit the DASH website at www.dash.iwh.on.ca for further references.
OptumHealth* recommends an outcome measure be completed on the initial submission (baseline), requests for additional services (response to treatment), and at patient discharge (effectiveness of intervention).

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\text{DASH} = \left\{ \frac{\text{sum of } n \text{ responses}}{n} - 1 \right\} \times 25
\]

\[
\text{DASH} = \left\{ \frac{73}{30} - 1 \right\} \times 25 = 35.83\%
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