

The WOMAC (Western Ontario and McMaster Universities) Index of Osteoarthritis

Overview:

The WOMAC (Western Ontario and McMaster Universities) index is used to assess patients with osteoarthritis of the hip or knee. It can be used to monitor the course of the disease or to determine the effectiveness of anti-rheumatic medications.

PATIENT SCORING

- None 0
- Slight 1
- Moderate 2
- Severe 3
- Extreme 4

- (19) lying in bed
- (20) sitting
- (21) sitting
- (22) getting on or off toilet
- (23) heavy domestic duties
- (24) light domestic duties

Pain:

SCORE

- (1) walking
- (2) stair climbing
- (3) nocturnal
- (4) rest
- (5) weight bearing

Social function:

- (25) leisure activities
- (26) community events
- (27) church attendance
- (28) with spouse
- (29) with family
- (30) with friends
- (31) with others

Stiffness:

- (6) morning stiffness
- (7) stiffness occurring later in the day

Emotional function:

- (32) anxiety
- (33) irritability
- (34) frustration
- (35) depression
- (36) relaxation
- (37) insomnia
- (38) boredom
- (39) loneliness
- (40) stress
- (41) well-being

Physical function:

- (8) descending stairs
- (9) ascending stairs
- (10) rising from sitting
- (11) standing
- (12) bending to floor
- (13) walking on flat
- (14) getting in or out of car
- (15) going shopping
- (16) putting on socks
- (17) rising from bed
- (18) taking off socks

TOTAL

Patient Signature: _____ Date: _____ Time: _____

Provider Signature/Title: _____ Date: _____ Time: _____

All documentation must indicate the specific date and time of entry and a signature complete with identifying credential, title or classification.

