

SIRVA Survey Results

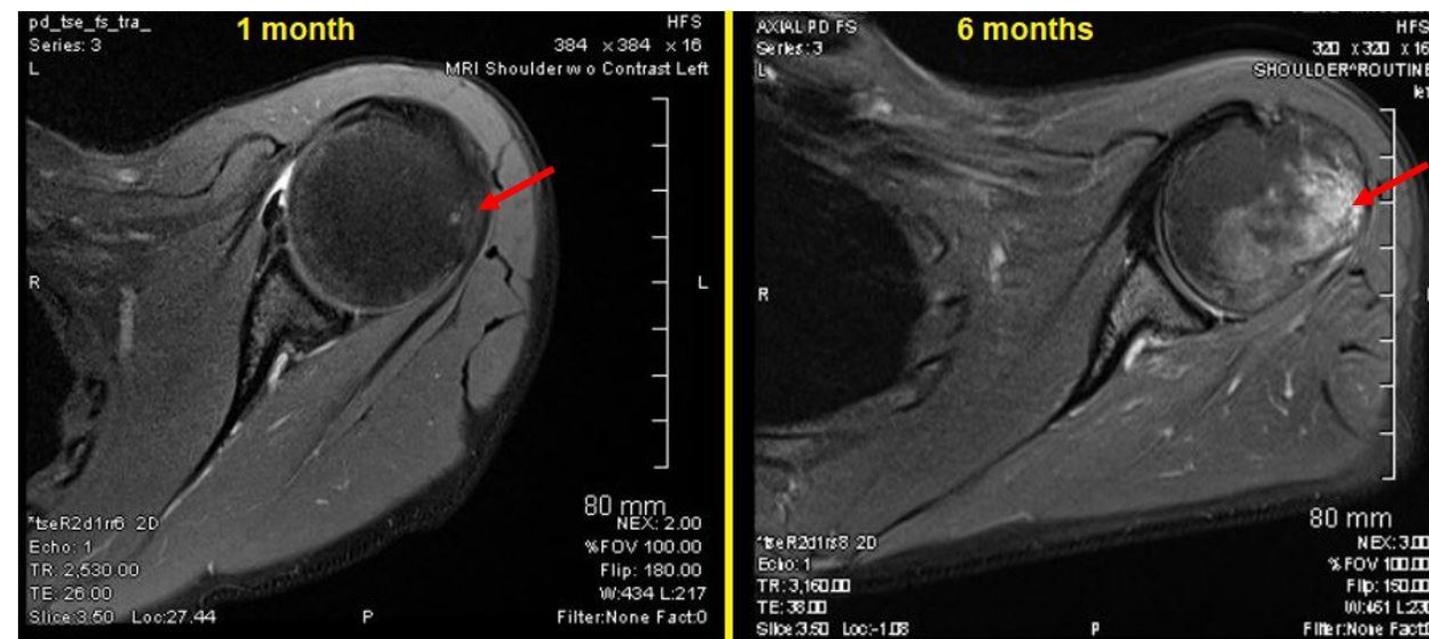
Amy Jordan, Ph.D.

ACCV Meeting, 5/18/20



April, 2014

My Shoulder Injury Related to Vaccine Administration (SIRVA)



- Damage to teres minor tendon
- Bone edema
- Infection (possible)

- Many rounds of PT
- Months of taking medication for pain management (NSAIDs)
- Two surgeries (July 2018, Feb. 2020)
- 2.5 years of cyclical pain



About the SIRVA Survey

- Website: sirvasurvey.org
- What I really wanted to know:
 - **How long did it take to recover?**
 - **What helped?**
- Survey asks about what happened, what they experienced trying to get help, what they tried, and whether they think it helped
- Also asks about symptoms and lifestyle changes
 - Mental and physical well-being, sleep
- 246 respondents between 3/10/18 and 5/10/20

SIRVA Resources

A place for gathering information and options about Shoulder Injuries Related to Vaccine Administration

PAGES

Welcome!

SIRVA Survey

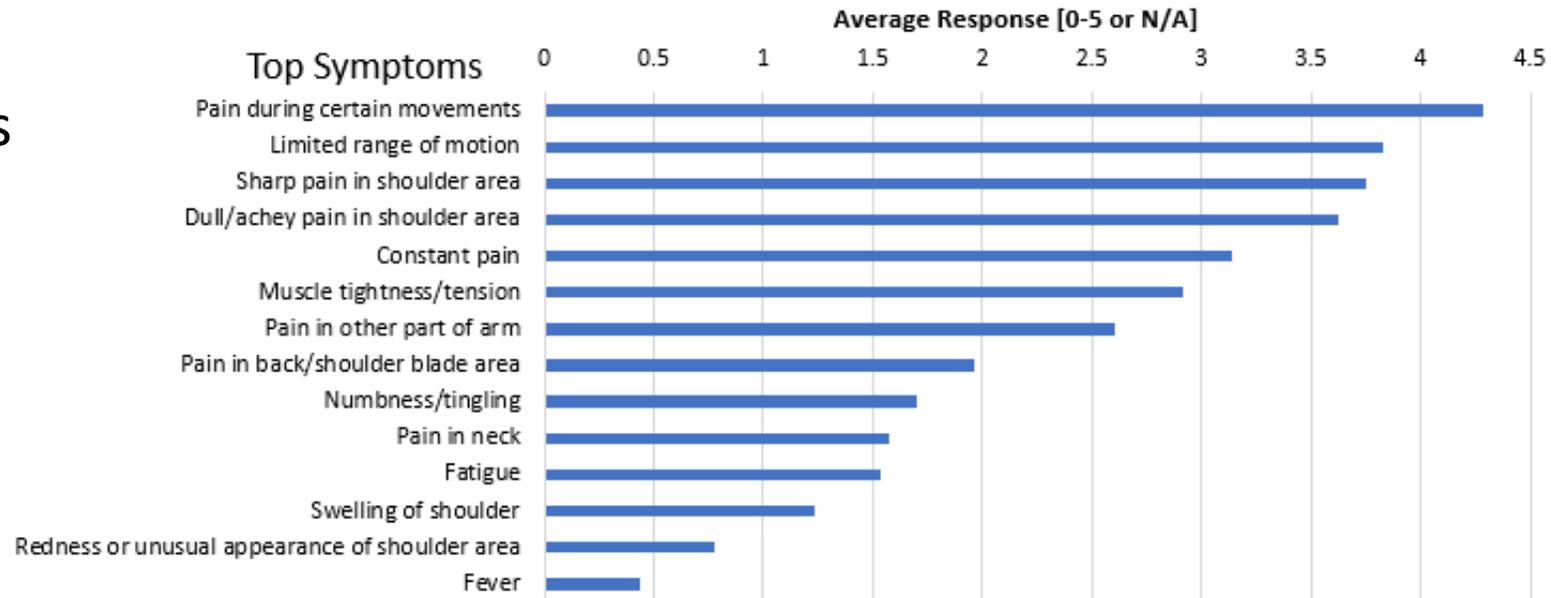
What is SIRVA?



Welcome!

Key factors that respondents mention:

- Pain, pain, pain
 - Severe pain is the #1 symptom
 - Typically on certain movements
 - For some, constant (88%)
 - Some develop frozen shoulder
- Impacted sleep
- Inability to do activities or work functions
- Financial burden
- **LACK OF BELIEF FROM DOCTORS, NURSES, etc.**



Key factors that respondents mention:

- Inability to do daily activities:
 - Driving
 - Dressing – particularly removing a shirt, reaching behind to put arm into jacket, putting on or taking off a bra...
 - Grooming – combing hair, putting it in a ponytail, shaving, putting on deodorant, washing, putting in contacts...
 - Chores – laundry, baking (stirring a batter), putting away items on high shelves, bringing groceries into the house, cleaning, mopping, shoveling snow, making a bed, yard work...
 - Life – walking the dog, picking up child/grandchild or pet, opening doors, putting on a seatbelt, reaching for the phone, reaching for toilet paper, using a drive-through, hammering, pushing a shopping cart at the store....
 - Sleep – rolling over in bed, lifting/pulling the covers, can't sleep in usual position, pain worse at night

Key factors that respondents mention:

"Everything involving 2 arms"

- Things we love:

- Playing the guitar, classical violin/viola, cello, piano, climbing, surfing, yoga, running/jogging, exercise, weight lifting, throwing or catching a baseball, biking, skiing, canoeing, ultimate frisbee, golf, fly-fishing, tennis, auto repair, playing with our kids, competition mud runs, horseback riding, gardening, paddle boarding, kayaking, bowling, competitive archery, college soccer, basketball, volleyball, crossfit, woodworking, art, sewing, quilting, Zumba ...

"I can't sleep, I'm not sure that's an activity but I enjoyed it when I could."



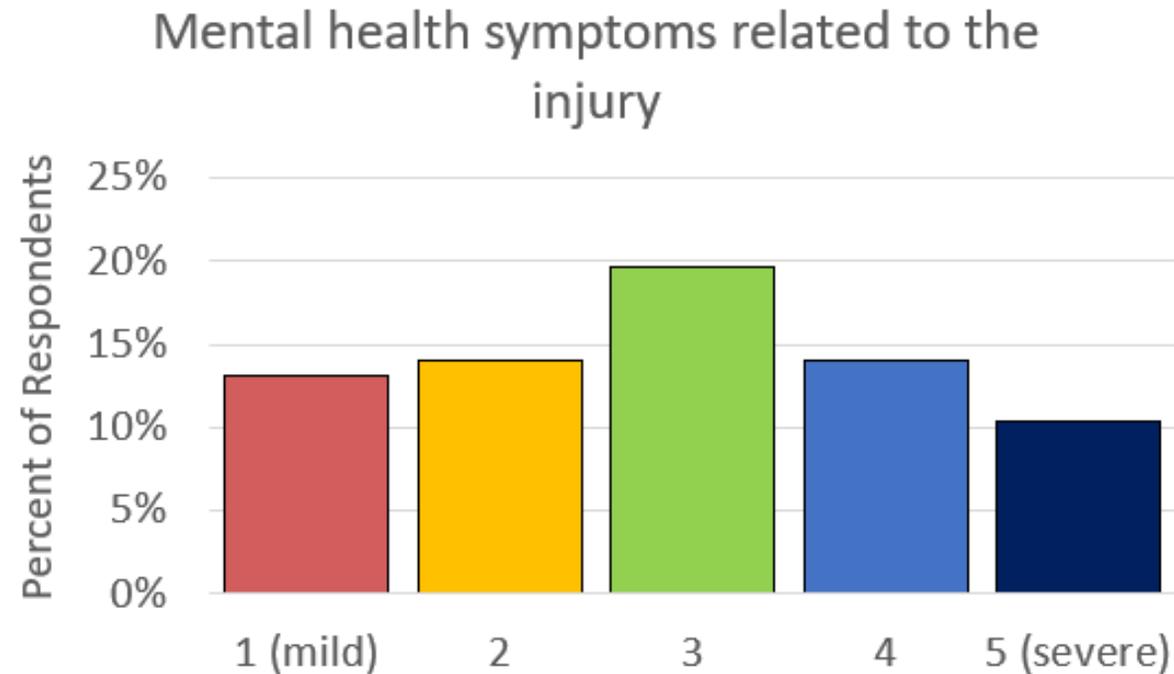
"I am at a point where I can't do much with my right arm. My house is a wreck, wash hair like once a week with body bent over so I don't have to lift arm...spa has replaced shower for the summer at least. Not able to work, housework minimal. I order groceries, cooking very limited personal care very limited, no hair or makeup anymore. 2 finger typing, no art work, painting, knitting. Can't walk my dogs. Sleeping hard as I'm a side sleeper. Getting dressed, bras really complicate matters. Doors and locks are a problem, I am terminally right handed.....my left hand isn't connected to my brain, God just gave it to me for sentry and balance."

Key factors that respondents mention:

- Our jobs:
 - Musician, barber and hairdresser, carpenter/handy man/construction, custodian, medical, metal worker, wood worker, Pilates or yoga instructor, cross-country/track and field coaching, ceramic artist, painter, ...
- Even typing/mousing is painful for many
- Financial burden of treatment
- Missed work for PT, surgeries
- Distraction at work due to pain

Mental well-being

- Mental health symptoms related to the injury (e.g., **depression**): [1 (mild) to 5 (severe), N/A if you have not experienced this symptom]
- 71% indicated some type of mental health symptom, with responses fairly evenly distributed in severity:



“Adding Insult to Injury”

- Lack of awareness in the medical community
- Isolating/polarizing topic to discuss with friends
- Loss of work, joyful activities
- Anxiety, stress, pain, lack of sleep

