

# Evaluating the use of a new Patient-Reported Outcome Measure (PROM) with acute adult in-patients receiving physiotherapy

Ruth Johnson

ruth.johnson@uhl-tr.nhs.uk

## Purpose

- PROM tools used are often detailed quality of life questionnaires which are impractical in a fast-paced, acute clinical environment
- "THERA-PROM"** (Fig 1) was iteratively developed based on the literature and piloted in clinical practice in an acute general surgery at a large teaching hospital.

## Method



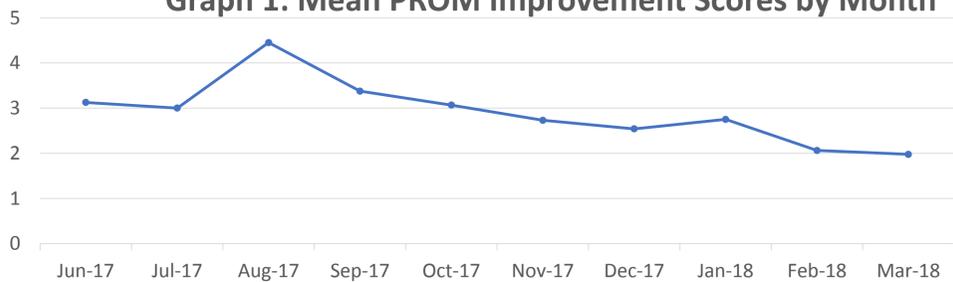
- "THERA-PROM"** was trialled
  - June – August 2017
  - with patients following emergency & elective general abdominal surgery.
  - Scores were recorded pre & post treatment (chest physiotherapy, mobilisation practice & rehabilitation)
- Exclusion criteria:
  - Patients who do not speak English
  - Patients with cognitive impairment.
- Patients used a verbal rating scale to reply to individually identified, goal-focused questions asked by the physiotherapist
- Improvement scores = end score - initial score.

## Results

During the pilot study:

- Complete sets of **THERA-PROM** data increased from 55% to 81% of patients.
- The number of data sets almost doubled (June 2017 n=11; August 2017 n=21), the number of datasets then stabilised.
- Mean improvement scores peaked at 4.5 in August 2017, and then steadily declined to 2.0 by March 2018, Graph 1.

Graph 1: Mean PROM Improvement Scores by Month



## Conclusion



- A simple PROM tool (**THERA-PROM**) can be implemented and routinely embedded into practice for an identified patient population.
- THERA-PROM** is context specific but has potential flexibility to be individualised for different patient populations.

## Implications

The findings have generated the following actions:

- To assess the psychometric properties of THERA-PROM, including validity, reliability and minimally important clinical difference.
- To evaluate the correlations between PROMs, CROMs & PREMs.
- Assess the feasibility of physiotherapists utilising the tool in various clinical settings.
- To set local standards for PROM use.

**Figure 1: THERA-PROM Tool**

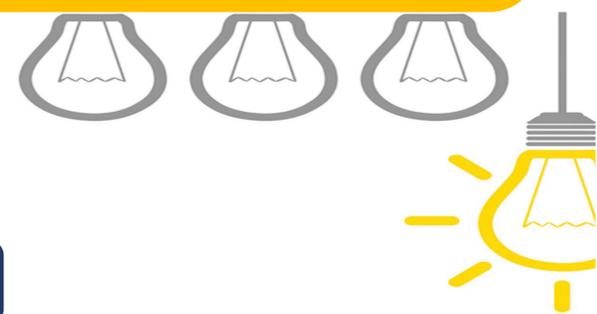
|   | Please rate...   | 0                      | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|--|------------------------|---|---|---|---|---|---|---|---|---|----|
| A | How confident are you when mobilising?                       | Not at all.....Totally |   |   |   |   |   |   |   |   |   |    |
| B | How confident are you in completing ADLs?                    | Not at all.....Totally |   |   |   |   |   |   |   |   |   |    |
| C | How confident are you going up and down the stairs?          | Not at all.....Totally |   |   |   |   |   |   |   |   |   |    |
| D | How confident are you in managing your breathlessness?       | Not at all.....Totally |   |   |   |   |   |   |   |   |   |    |
| E | How confident are you in clearing your sputum independently? | Not at all.....Totally |   |   |   |   |   |   |   |   |   |    |
| F | Have you achieved your goal of.....?(define)                 | Not at all.....Totally |   |   |   |   |   |   |   |   |   |    |
| G | How confident do you feel about going home?                  | Not at all.....Totally |   |   |   |   |   |   |   |   |   |    |

### Strengths of **THERA-PROM**

- Quick to complete
- Flexible to variety of clinical caseload eg: chest clearance, mobilisation or rehabilitation
- Patient-centred approach
- Quick to analyse
- Intuitive

### Weaknesses of **THERA-PROM**

- Not suitable for patients with cognitive impairment or who are non-English speaking
- Professional credibility not ascertained
- "New" unvalidated, unrecognised tool



## Discussion

- THERA-PROM** has been successfully embedded into practice
- Further audit planned
- The decline in mean improvement scores from September is hypothesised to be due to high number of medical outlier patients over the winter months

### References

Devlin, N. & Appleby, J. (2010) Getting the most out of patient reported outcome measures: putting health outcomes at the heart of NHS decision making. *Office of health economics* [www.kingsfund.org.uk/publications/proms.html](http://www.kingsfund.org.uk/publications/proms.html) Accessed 3.4.12

Greenhalgh, J. et al (1998) Reviewing & selecting outcome measures for use in routine practice. *Journal of evaluation in clinical practice*. 4(4)339-50

Bausewein, C et al (2010) Implementing patient reported outcome measures in palliative care – users cry for help. *Health & Quality of Life Outcomes* (9)27

Wedge, F. et al (2012) Factors influencing the use of outcome measures in physiotherapy practice. *Physiotherapy Theory & Practice* 28(2)119-33