

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

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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



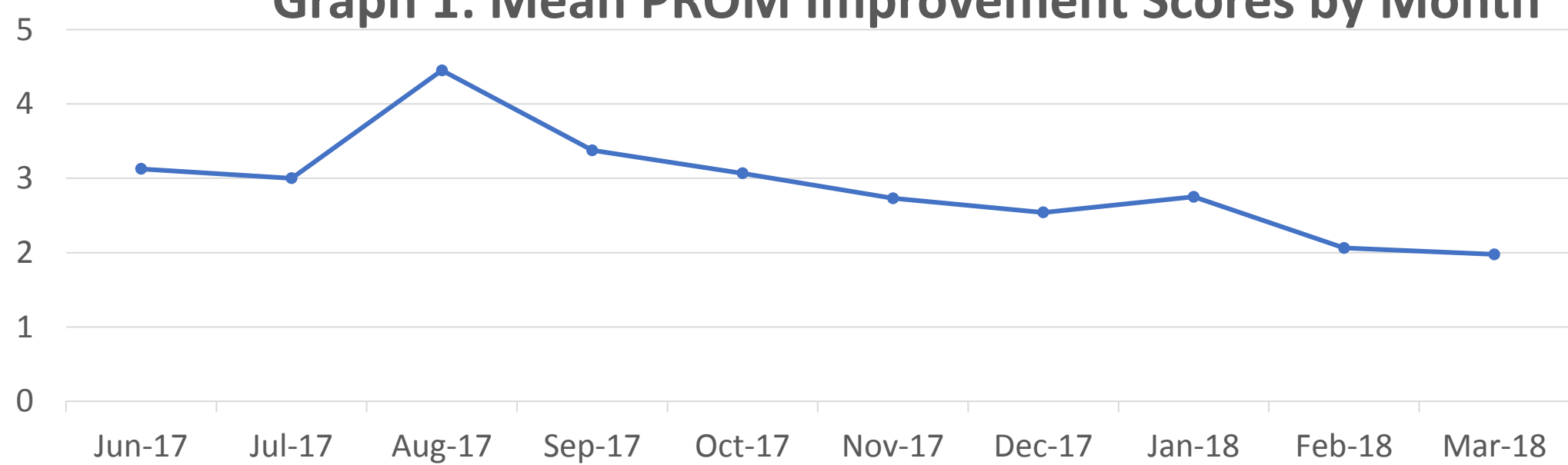
- "THERA-PROM"** was trialled
 - June – August 2017
 - with patients following emergency & elective general abdominal surgery.
 - Scores were recorded pre & post treatment (chest physiotherapy, mobilisation practice & rehabilitation)
- Exclusion criteria:
 - Patients who do not speak English
 - Patients 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

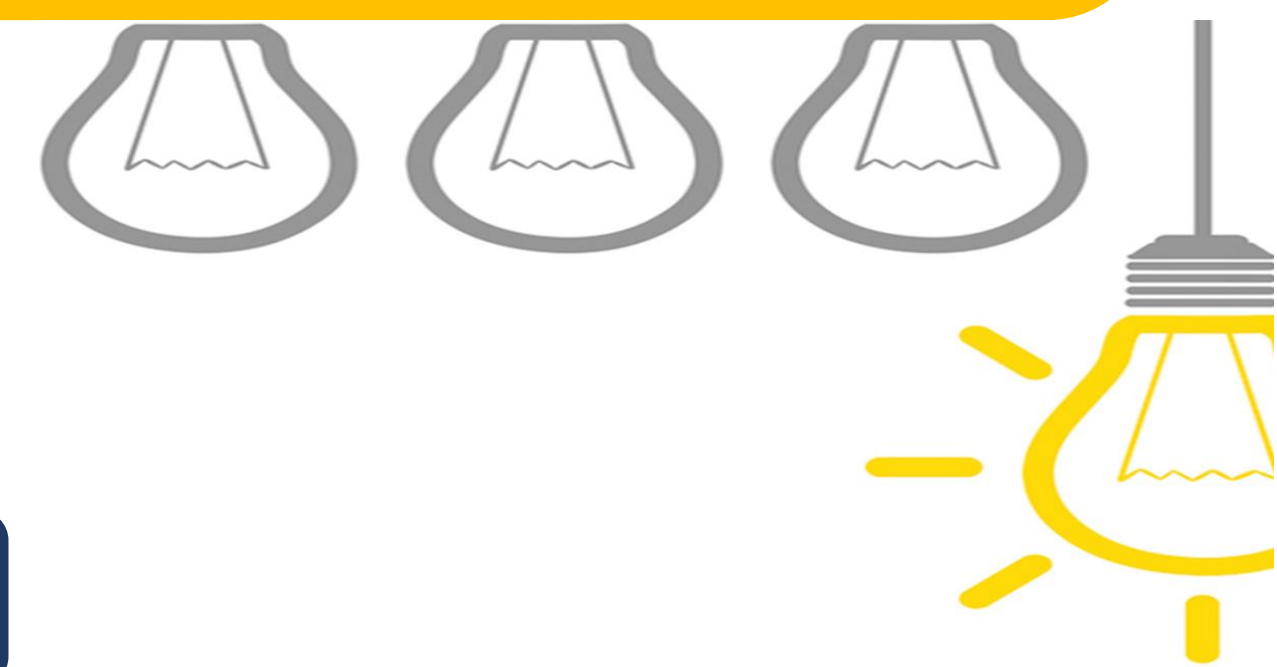
| | Please rate... | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|--|------------------------|---|---|---|---|---|---|---|---|---|----|
| A | How confident are you when mobilising? | Not at all.....Totally | | | | | | | | | | |
| B | How confident are you in completing ADLs? | Not at all.....Totally | | | | | | | | | | |
| 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

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