



3. Choosing patient-reported outcome measures (PROMs): How to pick the right PROMs?

Patient-reported outcomes (**PROs**) reflect the patient's opinion and self-assessment of their own health.

A **PROM** is a questionnaire that measures PROs and that allows the patient to assess their own health status, based on outcomes such as pain, quality of life or fatigue.





3. PROM toolbox

Has been developed that consists of several tools to help with the selection and application of PROMs for individual patient care and quality improvement.

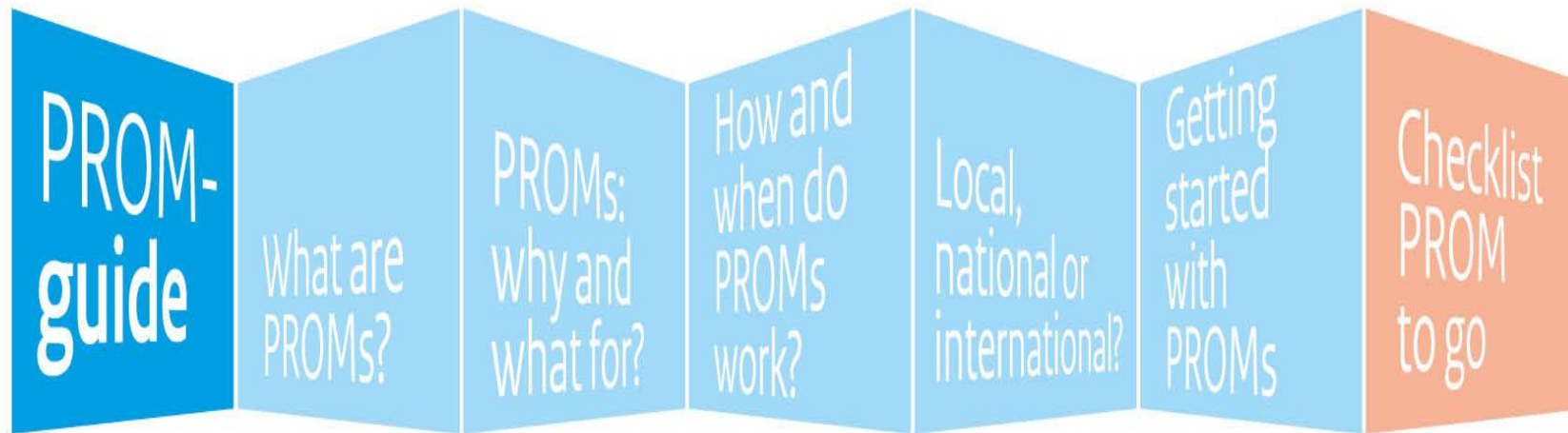
- **PROM-guide**: basic information on PRO's and PROMs
- **PROM-cycle**: roadmap for selecting and implementing the right PROM
- **PROM-overview**: extensive overview of available PROMs
- **PROM-select app**: user-friendly web application to select PROMs





3.1 PROM-guide

- Orientation and preparation for measuring PROs with PROMs.
- Step 3 is accompanied by **a literature review on the use of PROMs.**

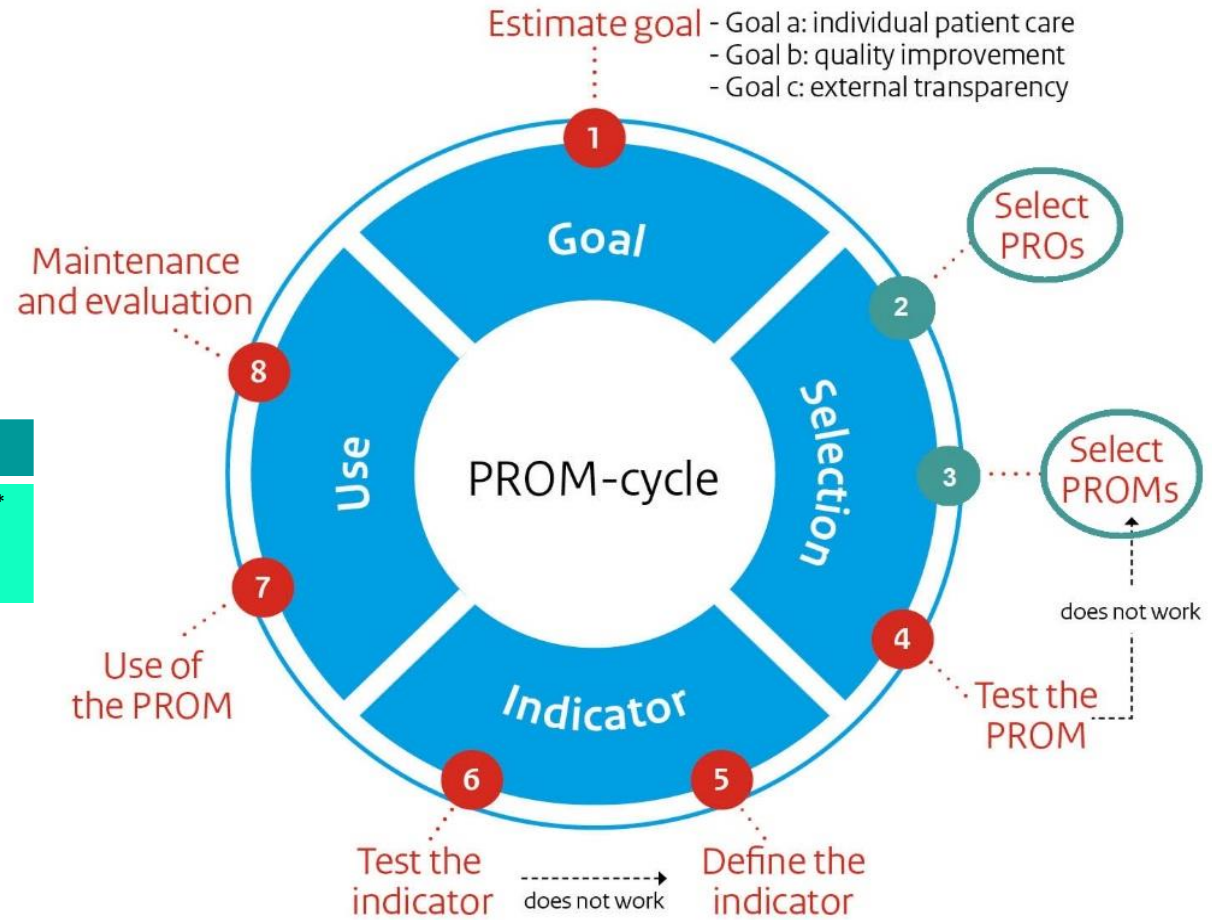




3.2 PROM-cycle

- The selection and application
- The Linnean menu

Outcome measurement instruments				
PROMIS	RAND / SF-36	Domain-specific instruments	EQ-5D (economic evaluations)	EORTC QLQ-C30 **





3.3 PROM-overview

- Excel database of PROMs.
- The making of ...

1	Source	Patient Reported Outcome Measure	Patient Reported Outcome(s)	Dimensions=utility	Health problem(s)	link to questionn	Availa
56	https://www	A-CAT Anxiety-CAT computer adaptive test (A-CAT)	Anxiety		3 Anxiety	https://pubmed.ncbi.nlm.nih.gov/1	
57	https://www	Actionable Actionable 8-item screening questionnaire for neurogenic bladder overactivity in multiple sclerosis			1 MS	https://repub.eur.nl/pub/81891/RE	
58	https://www	ADDQoL13 Audit of Diabetes Dependent QoL (ADDQ	the impact of diabetes on their quality of lif	Quality of life	1 Diabetes Nutritional and M	https://www.healthpsych	Audit of C
59	https://onl	ADDQoL19 Audit of Diabetes Dependent Quality of Life	health-related quality of life	Quality of life	1 Diabetes type 1 & type 2	https://www.healthpsych	Audit of C
60		ADL Activities of Daily Living (ADL)	a global score for independence: body car	body care, dressing, eating,	Head & Neck canc		
61	https://epr	ADS Appraisal of Diabetes Scale (ADS)	diabetic person's appraisal of his or her disease		Diabetes Mellitus N		
62	https://www	AI Ambulation Index (AI)	the time and degree of assistance require	mobility	1 MS		
63	https://www	AIMS ABNORMAL INVOLUNTARY MOVEMENT SCALE	Health status	movements, phys	1 Arthritis, parkinson,		
64	ICHOM	AIRBREATH	Airway and Breathing, Has your child/have you required surgery on the		Craniofacial Micros		
65	https://pub	ALSFRS(-R) Amyotrophic Lateral Sclerosis Functiona	participation activity	self-sufficiency in	1 motor neuron disea		
66	https://www	AM-PAC Activity Measure for Post Acute Care	Activity	activities of daily	3 Post-acute care, re		





3.4 PROM-select app

- The making of the **PROM-overview** & **PROM-select** app
- User-friendly web app for selecting PROMs: the **PROM-overview** interface

Patient Reported Outcome do you want to measure?

*health-related quality of life, health, QoL
 physical functioning/activity, mobility
 pain discomfort
 depression emotional distress/wellbeing anxiety, worry
 work productivity ADL self-management self-efficacy, self-care, daily living
 fatigue energy vitality
 social role/participation/performance/support/relationships/health/functioning
 cognitive/psychological/brain function mental health
 health literacy, attitudes, knowledge of disease
 satisfaction, well-being
 perception, vision hearing
 sexual function
 spiritual function
 incontinence, bladder dysfunction
 recovery*

What is your health problem and/or patient group?

*generic
 (Head and Neck) Cancer
 Diabetes
 MS
 MDS
 (long lasting) COVID
 mental health
 surgery
 chronic disease
 lifelong disorder
 other*

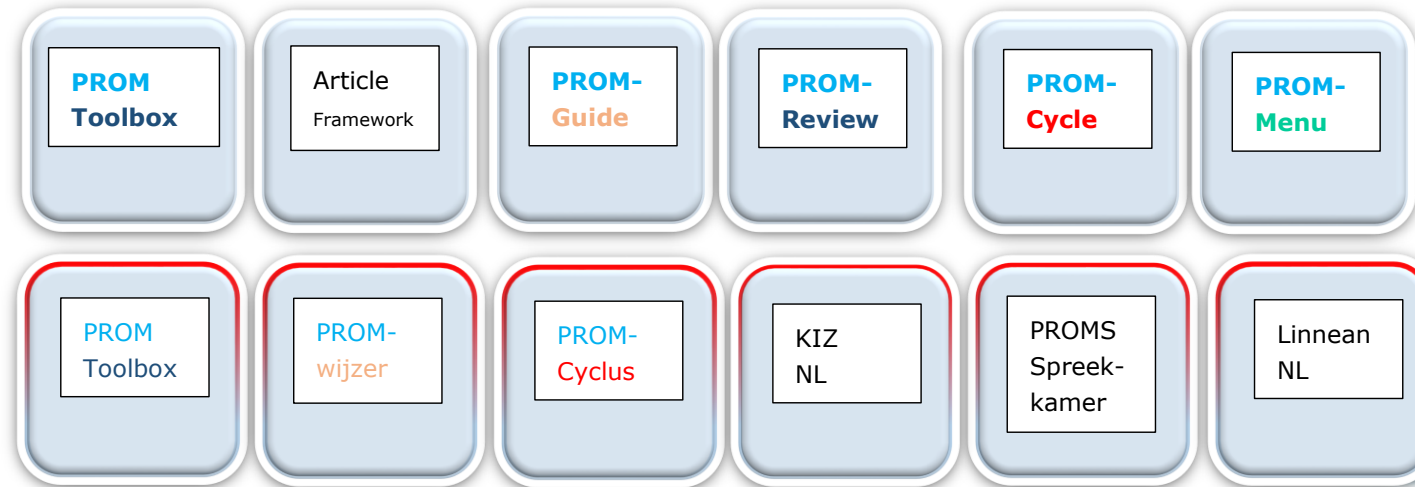
Select PROM ->
info PROM-overview





3.5 PROM-links

PROM toolbox



The PROM-overview





3.6 **PROM** toolbox available via:

- [HTx Project | Publications \(htx-h2020.eu\)](https://www.htx-h2020.eu)
- <https://www.zorginzicht.nl/ondersteuning/prom-toolbox-summary-in-english>
- <https://www.prom-select.eu>
-
- Thank you for listening!

Please check out the **PROM toolbox** and let me know if you want to add or change anything: EQuik@zinl.nl or HTx@zinl.nl

