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

<table>
<thead>
<tr>
<th>PROMIS</th>
<th>RAND/SF-36</th>
<th>Domain-specific instruments</th>
<th>EQ-5D (economic evaluations)</th>
<th>EORTC QLC-C30 **</th>
</tr>
</thead>
</table>

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### 3.3 PROM-overview

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

<table>
<thead>
<tr>
<th>Source</th>
<th>Patient Reported Outcome Measure</th>
<th>Patient Reported Outcome(s)</th>
<th>Dimensions=utility</th>
<th>Health problem(s)</th>
<th>link to questions</th>
<th>Availability</th>
</tr>
</thead>
<tbody>
<tr>
<td>56</td>
<td>A-CAT Anxiety-CAT computer adaptive test (A-CAT)</td>
<td>Anxiety</td>
<td>3 Anxiety</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>57</td>
<td>Actionable 6-item screening questionnaire for neurogenic bladder overactivity in multiple sclerosis</td>
<td>1 MS</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>58</td>
<td>ADDCoL Audit of Diabetes Dependent QoL (ADDQ) the impact of diabetes on their quality of life</td>
<td>1 Diabetes Nutritional and</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>59</td>
<td>ADDCoL19 Audit of Diabetes Dependent Quality of Life health-related quality of life</td>
<td>1 Diabetes type 1 &amp; type 2</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>60</td>
<td>ADL Activities of Daily Living (ADL)</td>
<td>a global score for independence, body care, body care, dressing, eating, Head &amp; Neck cancer</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>61</td>
<td>AIMS Appraisal of Diabetes Scale (ADS)</td>
<td>diabetic person's appraisal of his or her disease</td>
<td>Diabetes Mellitus &amp;</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>62</td>
<td>AI Ambulation Index (AI)</td>
<td>the time and degree of assistance require/mobility</td>
<td>1 MS</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>63</td>
<td>AIR Movement SCALE</td>
<td>Health status</td>
<td>movements, phy!</td>
<td>1 Arthritis, parkinson</td>
<td></td>
<td></td>
</tr>
<tr>
<td>64</td>
<td>AIR Movement SCALE</td>
<td>Airway and breathing. Has your child/have you required surgery on the Craniofacial Micros</td>
<td>1 Motor neuron disease</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>65</td>
<td>ALSFRS(R) Amyotrophic Lateral Sclerosis Functional participation activity</td>
<td>self-sufficiency in</td>
<td>1 Motor neuron disease</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>66</td>
<td>AM-PAC Activity Measure for Post Acute Care</td>
<td>Activity</td>
<td>activities of daily</td>
<td>3 Post-acute care, re</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
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**

- PROM Toolbox
- Article Framework
- PROM-Guide
- PROM-Review
- PROM-Cycle
- PROM-Menu
- PROM Toolbox
- PROM-wijzer
- PROM-Cyclus
- KIZ NL
- PROMS Spreekkamer
- Linnean NL

**The PROM-overview**

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3.6 **PROM toolbox** available via:

- HTx Project | Publications (htx-h2020.eu)
- 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