

What Are Some Examples of PROMs?

Generic PROMs

The EuroQol-5 Dimensions (EQ-5D) is an example of a generic PROM.

It measures your quality of life based on five questions on mobility, self-care, pain, your ability to complete daily activities and your psychological status.

The question below is one of the five questions from the EQ-5D.

Mobility

- I have no problems in walking about*
- I have slight problems in walking about*
- I have moderate problems in walking about*
- I have severe problems in walking about*
- I am unable to walk*

Condition-Specific PROMs

The Oxford Knee Score (OKS) is an example of a condition-specific PROM.

Through 12 questions, it assesses your knee function and pain levels after total knee replacement surgery.

The question below is one of the 12 questions from the OKS.

During the past 4 weeks...

How would you describe the pain you usually have from your knee?

- None
- Very mild
- Mild
- Moderate
- Severe

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VALUE OFFICE

Better Care with PROMS (Patient Reported Outcome Measures)



What Are PROMs?

Patient Reported Outcome Measures (PROMs) are surveys that help you report outcomes relating to your health & wellbeing to your care provider.

These surveys will help your healthcare team better understand and track your health status.

What Are the Different Types of PROMs

There are two types of PROMs:

- I. Generic PROMs
- II. Condition-specific PROMs



Generic PROMs

Generic PROMs are used for a wide range of conditions and focus on psychosocial aspects of life such as activities of daily living, anxiety and self-care.



Condition-Specific PROMs

Condition-specific PROMs focus on specific aspects of the patients' condition (e.g. level of pain in the knee for the Oxford Knee Score).

How to Do PROMs?

Based on your condition, your healthcare team will suggest which PROMs are suitable for you, how to complete them and how often you are encouraged to do PROMs.

You may be asked to complete them during your clinical appointment before your consultation. You may also receive an SMS notifying you to complete them online between follow-up appointments.

How Can PROMs Improve My Care?



Deepen your relationship with your healthcare team

PROMs help you to better communicate with your healthcare team to improve their understanding of your current health status, health goals and general well-being.



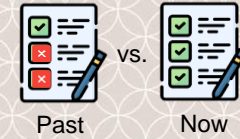
Facilitate targeted treatments to better treat your symptoms and concerns

PROMs help to determine and track the severity and status of your symptoms. This will help your healthcare team provide appropriate treatments for you in a timely manner.



Provide insights on the effectiveness of your care plan

PROMs help your healthcare team determine the effectiveness of your care plan and how satisfied you are with it. Your healthcare team will improve and customise your care plan further based on the insights.



Track your health progress over time

PROMs capture important aspects of your condition and track your health status between follow-ups.



Encourage ownership of your health

PROMs are designed to include your voice in your healthcare journey. This empowers you to play an active part in your health.

How Are My Data Protected?

PROMs can be completed via

- I. Hardcopy forms
- II. Secure online platforms such as FormSG

Please be assured that your information is strictly confidential and will only be used to tailor your care plan.

Have Any Questions?

You may speak to your healthcare team to find out more about PROMs.

Disclaimer

PROMs are used in routine clinical practice to guide your care plan and are not a substitute for medical advice.

Please visit your doctor or the Emergency Department if you require immediate medical attention.