

Enhancing Patient-Centered Care and Health Outcomes through Patient-Reported Outcome Measures

Aditya S. Berad

Patient-reported outcome measures (PROMs) have gained prominence as valuable tools for assessing patient experiences and outcomes in healthcare. This article explores the role of PROMs in enhancing patient-centered care, facilitating shared decision-making, and improving overall health outcomes. The implementation, benefits, challenges, and future prospects of PROMs are discussed.

Access this article online

Website:
www.cijmr.com

DOI:
10.58999/cijmr.v2i03.131

Keywords:
Patient-Reported Outcome Measures, PROMs, patient-centered care, Shared decision-making, Health outcomes.

Introduction

Patient-reported outcome measures (PROMs) have revolutionized the healthcare landscape by providing a direct avenue for patients to contribute their perspectives on their own health and well-being. PROMs offer a unique way to incorporate patient voices, enabling a more holistic understanding of health outcomes beyond clinical assessments alone.

Definition and Purpose of PROMs

PROMs are standardized questionnaires or surveys designed to capture patients' self-reported experiences, symptoms, functioning, and quality of life. The primary purpose of PROMs is to empower patients to actively participate in their care by sharing insights into their health status and treatment effects.

Importance of Patient-Centered Care

PROMs align with the patient-centered care approach, emphasizing the importance of considering patients' values, preferences, and goals in healthcare decision-making. By integrating patient perspectives, PROMs enable healthcare providers to tailor interventions and treatments to individual needs.

Implementation of PROMs

PROMs can be administered in various clinical settings, including outpatient visits, hospital admissions, and follow-up appointments. Paper-based or electronic platforms facilitate data collection, making it feasible to integrate PROMs into routine practice for comprehensive patient assessment.

Benefits of Using PROMs

PROMs offer several benefits, such as improved patient-clinician communication, enhanced symptom management, informed shared decision-making, and the ability to track treatment progress over time. By capturing patients' subjective experiences, PROMs contribute to a more comprehensive evaluation of health outcomes.

Need of the study: A *patient-reported outcome measure* (PROM) is an instrument designed to determine treatment outcomes from the patient's perspective. More specifically, PROM is a term for self-administered questionnaires that are filled out by the patient, typically after receiving a medical treatment such as an operation. The questions usually concern information on quality of life, pain, or physical limitations, i.e., subjective information that is inherently patient-reported.

Department of Community Medicine, Chirayu Medical College, Bhopal, Madhya Pradesh, India.

Correspondence to: Aditya S. Berad, Department of Community Medicine, Chirayu Medical College, Bhopal, Madhya Pradesh, India. E-mail: adityasuryaberad@rediffmail.com

Submitted: 23/08/2023

Revision: 15/09/2023

Accepted: 18/11/2023

Published: 21/12/2023

This is an open access journal, and articles are distributed under the terms of the Creative Commons Attribution-NonCommercial-ShareAlike 4.0 License, which allows others to remix, tweak, and build upon the work non-commercially, as long as appropriate credit is given and the new creations are licensed under the identical terms.

How to cite this article: Berad AS. Enhancing Patient-Centered Care and Health Outcomes through Patient-Reported Outcome Measures. Central India Journal of Medical Research. 2023;2(3):8-9.

Challenges and Considerations

While PROMs offer valuable insights, challenges exist, including selecting appropriate measures, ensuring patient comprehension, addressing cultural and linguistic diversity, and integrating PROM data into electronic health records. Overcoming these challenges requires collaboration among researchers, clinicians, and technology experts.

Case Studies

A study by Basch *et al.* (2016) involving cancer patients demonstrated that integrating PROMs into clinical practice led to improved symptom control and better quality of life. Similarly, research by Greenhalgh *et al.* (2018) highlighted how aggregated PROM data stimulated healthcare improvement.

Future Directions and Innovations

Advancements in technology offer opportunities to enhance PROMs' utility. Real-time monitoring through mobile applications and wearable devices can capture dynamic patient experiences, enable timely interventions, and improve patient outcomes.

Conclusion

PROMs empower patients to actively engage in their healthcare journeys, promoting patient-centered care and facilitating evidence-based decision-making. As healthcare continues to evolve, the integration of PROMs offers a pathway toward personalized, effective, and patient-driven healthcare interventions.

References

1. Basch E, Deal AM, Kris MG, *et al.* Symptom monitoring with patient-reported outcomes during routine cancer treatment: A randomized controlled trial. *Journal of Clinical Oncology*. 2016; 34(6):557-565.
2. Greenhalgh J, Dalkin S, Gibbons E, *et al.* How do aggregated patient-reported outcome measures data stimulate healthcare improvement? A realist synthesis. *Journal of Health Services Research & Policy*. 2018; 23(1):57-65.
3. Lavalley DC, Chenok KE, Love RM, Petersen C, Holve E, Segal CD *et al.* (2016) Incorporating patient-reported outcomes into health care to engage patients and enhance care. *Health Affairs (Project Hope)* 35(4):575–582. <https://doi.org/10.1377/hlthaff.2015.1362>
4. Porter I, Gonçalves-Bradley D, Ricci-Cabello I, Gibbons C, Gangannagaripalli J, Fitzpatrick R *et al.* (2016) Framework and guidance for implementing patient-reported outcomes in clinical practice: evidence, challenges and opportunities. *J Comp Eff Res* 5(5):507–519. <https://doi.org/10.2217/ce-2015-0014>
5. McKenna SP (2011) Measuring patient-reported outcomes: moving beyond misplaced common sense to hard science. *BMC Med* 9:86. <https://doi.org/10.1186/1741-7015-9-86>
6. U.S. Food and Drug Administration (FDA). Guidance for Industry. Patient-Reported Outcome Measures: Use in Medical Product Development to Support Labeling Claims. (2009). Available online at: <https://www.fda.gov/downloads/drugs/guidance/ucm193282.pdf> (accessed April 07, 2020).
7. Devlin N, Appleby J. Getting the Most Out of PROMs: Putting Health Outcomes at the Heart of NHS Decision-Making. London: The King's Fund (2010). Available online at: <https://www.kingsfund.org.uk/sites/files/kf/Getting-the-most-out-of-PROMs-Nancy-Devlin-John-Appleby-Kings-Fund-March-2010.pdf> (accessed April 07, 2020).
8. Black N. Patient reported outcome measures could help transform healthcare. *BMJ*. (2013) 346:f167. doi: 10.1136/bmj.f167
9. Weldring T, Smith SMS. Patient-reported outcomes (PROs) and patient-reported outcome measures (PROMs). *Heal Serv Insights*. (2013) 6:61–8. doi: 10.4137/HSL.S11093