# Using Patient-reported Outcomes (PROMs) In Clinical Program Evaluation: Two program examples measuring health status in primary care

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#### RATIONAL F

PROMs integrate the patient's perspective and provide a more comprehensive evaluation of health programming.

We describe the the integration of the EQ-5D-5L within a program evaluation framework in primary care in Alberta, Canada.

#### **METHODS**

Edmonton O-day'min Primary Care Network routinely collects EQ-5D-5L in their Kinesiology and Nutrition programs. Data collected between January 1, 2021 and March 31, 2022 was used. Descriptive analyses were completed.

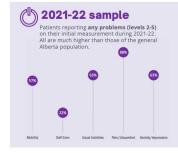
By dimension, the Pareto Classification of Health Change was applied.

- · Deteriorated: deterioration in the level of problems reported in one or more dimensions from intake to end of program, with no improvement in other dimensions
- No change: Level of problems reported (2-5 only) was the same at intake and end of program
- · Maintained perfect health: No problems reported (level 1) at intake and end of
- Improved: improvement in the level of problems reported in one or more dimensions from intake to end of program, with no deterioration in other dimensions
- Mixed change: some dimensions improved, some deteriorated

For index and VAS scores, three methods were applied.

- · Minimally important differences (MID) were used for interpretation; 0.04 (index) and 7.0
- · Effect size of change were calculated
- · Alberta general population comparisons (based on age and sex) were examined.

## The impact of Kinesiology on healthrelated quality of life



Improvement with

The largest improvement was in

Improvement: a higher health state was reported compared to previous measurement in 2021-22.

**Deterioration with** 

Deterioration: a lower health state was reported at end of care compared to

Impact of medical

apersu

follow up

follow up

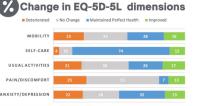
history

Pain/Discomfort

Those with a history of high cholesterol or

17% The large summer Usual Activities

Time period: January 1, 2021 - March 31, 2022 Characteristics: 72% were female and 39% were between 45-64 years old, with a mean age of 57 years, 301 patients completed 1 EQ-5D-5L (2021-22 baseline), with 112 repeating the measurement. The average duration of care in this program was 73 days. The top three conditions or concerns among the kinesiology participants were: muscle, bone or joint disorder (49%), obesity/overweight (37%) and high blood pressure (37%), 48% had pain management as their









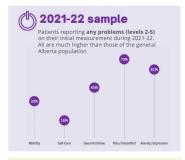
Score (mean)

For more details, please contact Al-Bakir Ali: aali@eopcn.ca

## **SUMMARY**

By describing the patients' characteristics and health status using the EQ-5D-5L, these findings are important to inform program planning and resource allocation to help meet their needs. Beyond the EOPCN, using the same tools throughout other primary care settings as indicators of health status maintenance or change are valuable to examine at the population-level. Combining PROMs with other validated and reliable outcome measures in primary care creates a robust framework to measure program outcomes across populations and over time.

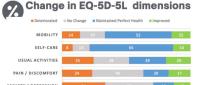
# The impact of Dietitian services on healthrelated quality of life





### **Dietitian Participants**

Time period: January 1, 2021 - March 31, 2022 Sample: 573 adult patients Characteristics: 71% were female and 37% were between 45-64 years old, with a mean age of 50 years. The mean BMI was 35. 573 patients completed 1 EQ-5D-5L (2021-22 baseline), with 212 repeating the measurement. The average duration of care in this

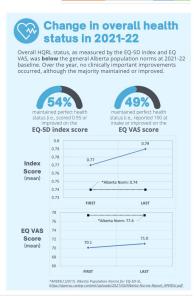












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### **HIGHLIGHTS**

- PROMs integrate the patient's perspective in health programming evaluation.
- We studied the self-report health status of patients in two health programs.
- Improvements in anxiety/depression and usual activities were noted.
- The results inform future programming to better meet patient needs.





